



Tan Hill Inn (DL11 6ED)

Eden Valley Run – 21st June 2009

At 130 miles, a tad longer than the norm.

Lead car – Paul O’Gorman & Bindy **YS 04 WXC Red Mk2.5**

Phone 07745 065 458 (if there is a signal!)

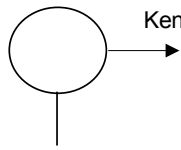
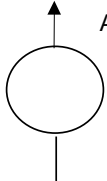
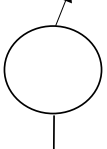
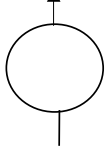
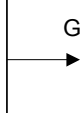

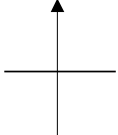
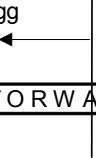
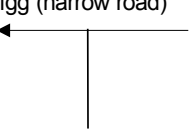
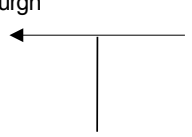
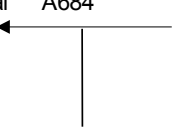
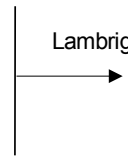
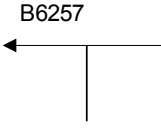
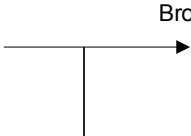
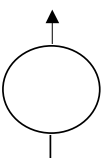
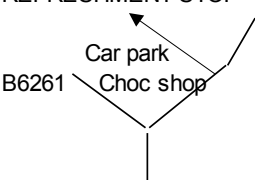

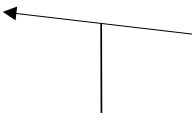
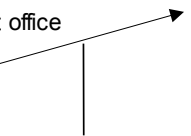
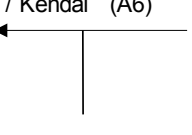
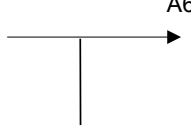
Start – Carnforth truck stop 10.00am for 10.30 start M6 Junc. 35
LA5 9RQ

Coffee stop - Kennedys Fine Chocolates – Orton CA10 3RU
Tel 01539624781

Lunch stop - Great Britain’s Highest Inn – Tan Hill Inn DL11 6ED
Tel 01833 628246

End - Longlands Hotel, Tewitfield , Carnforth, 01524 781256

Eden Valley exploration

<p>1</p> <table border="1"> <tr><td>miles</td><td>0.0</td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Rster</td><td>0.0</td></tr> </table>	miles	0.0	Km	0.0	Rster	0.0	<p>ZERO TRIP AT PETROL PUMPS</p>	<p>2</p> <table border="1"> <tr><td>miles</td><td>0.0</td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Rster</td><td>0.0</td></tr> </table>	miles	0.0	Km	0.0	Rster	0.0		<p>3</p> <table border="1"> <tr><td>miles</td><td>0.4</td></tr> <tr><td>Km</td><td>0.6</td></tr> <tr><td>Rster</td><td>0.4</td></tr> </table>	miles	0.4	Km	0.6	Rster	0.4	
miles	0.0																						
Km	0.0																						
Rster	0.0																						
miles	0.0																						
Km	0.0																						
Rster	0.0																						
miles	0.4																						
Km	0.6																						
Rster	0.4																						
<p>4</p> <table border="1"> <tr><td>miles</td><td>1.1</td></tr> <tr><td>Km</td><td>1.8</td></tr> <tr><td>Rster</td><td>1.1</td></tr> </table>	miles	1.1	Km	1.8	Rster	1.1	<p>Burton A6070</p> 	<p>5</p> <table border="1"> <tr><td>miles</td><td>7.5</td></tr> <tr><td>Km</td><td>12.1</td></tr> <tr><td>Rster</td><td>7.8</td></tr> </table>	miles	7.5	Km	12.1	Rster	7.8	<p>Kendal Endmoor</p> 	<p>6</p> <table border="1"> <tr><td>miles</td><td>10.1</td></tr> <tr><td>Km</td><td>16.3</td></tr> <tr><td>Rster</td><td>10.5</td></tr> </table>	miles	10.1	Km	16.3	Rster	10.5	
miles	1.1																						
Km	1.8																						
Rster	1.1																						
miles	7.5																						
Km	12.1																						
Rster	7.8																						
miles	10.1																						
Km	16.3																						
Rster	10.5																						
<p>7</p> <table border="1"> <tr><td>miles</td><td>10.8</td></tr> <tr><td>Km</td><td>17.4</td></tr> <tr><td>Rster</td><td>11.2</td></tr> </table>	miles	10.8	Km	17.4	Rster	11.2	<p>Gatebeck</p> 	<p>8</p> <table border="1"> <tr><td>miles</td><td>13.0</td></tr> <tr><td>Km</td><td>20.9</td></tr> <tr><td>Rster</td><td>13.5</td></tr> </table>	miles	13.0	Km	20.9	Rster	13.5		<p>9</p> <table border="1"> <tr><td>miles</td><td>13.3</td></tr> <tr><td>Km</td><td>21.4</td></tr> <tr><td>Rster</td><td>13.8</td></tr> </table>	miles	13.3	Km	21.4	Rster	13.8	<p>Bendrigg</p>  <p>MOTORWAY</p>
miles	10.8																						
Km	17.4																						
Rster	11.2																						
miles	13.0																						
Km	20.9																						
Rster	13.5																						
miles	13.3																						
Km	21.4																						
Rster	13.8																						
<p>10</p> <table border="1"> <tr><td>miles</td><td>13.9</td></tr> <tr><td>Km</td><td>22.4</td></tr> <tr><td>Rster</td><td>14.4</td></tr> </table>	miles	13.9	Km	22.4	Rster	14.4	<p>Bendrigg (narrow road)</p> 	<p>11</p> <table border="1"> <tr><td>miles</td><td>16.3</td></tr> <tr><td>Km</td><td>26.2</td></tr> <tr><td>Rster</td><td>16.9</td></tr> </table>	miles	16.3	Km	26.2	Rster	16.9	<p>Sedburgh</p>  <p>NB at 15.7miles - fork left</p>	<p>12</p> <table border="1"> <tr><td>miles</td><td>17.1</td></tr> <tr><td>Km</td><td>27.5</td></tr> <tr><td>Rster</td><td>17.7</td></tr> </table>	miles	17.1	Km	27.5	Rster	17.7	<p>Kendal A684</p> 
miles	13.9																						
Km	22.4																						
Rster	14.4																						
miles	16.3																						
Km	26.2																						
Rster	16.9																						
miles	17.1																						
Km	27.5																						
Rster	17.7																						
<p>13</p> <table border="1"> <tr><td>miles</td><td>17.3</td></tr> <tr><td>Km</td><td>27.8</td></tr> <tr><td>Rster</td><td>18.0</td></tr> </table>	miles	17.3	Km	27.8	Rster	18.0	<p>Lambrigg</p> 	<p>14</p> <table border="1"> <tr><td>miles</td><td>20.4</td></tr> <tr><td>Km</td><td>32.8</td></tr> <tr><td>Rster</td><td>21.2</td></tr> </table>	miles	20.4	Km	32.8	Rster	21.2	<p>Tebay B6257</p> 	<p>15</p> <table border="1"> <tr><td>miles</td><td>22.0</td></tr> <tr><td>Km</td><td>35.4</td></tr> <tr><td>Rster</td><td>22.8</td></tr> </table>	miles	22.0	Km	35.4	Rster	22.8	<p>Brough</p> 
miles	17.3																						
Km	27.8																						
Rster	18.0																						
miles	20.4																						
Km	32.8																						
Rster	21.2																						
miles	22.0																						
Km	35.4																						
Rster	22.8																						
<p>16</p> <table border="1"> <tr><td>miles</td><td>26.1</td></tr> <tr><td>Km</td><td>42.0</td></tr> <tr><td>Rster</td><td>27.1</td></tr> </table>	miles	26.1	Km	42.0	Rster	27.1	<p>Orton / Appelby</p> 	<p>17</p> <table border="1"> <tr><td>miles</td><td>28.5</td></tr> <tr><td>Km</td><td>45.9</td></tr> <tr><td>Rster</td><td>29.6</td></tr> </table>	miles	28.5	Km	45.9	Rster	29.6	<p>REFRESHMENT STOP</p> 	<p>Leave at 12.15</p> <p>Zero Trip on Leaving</p>							
miles	26.1																						
Km	42.0																						
Rster	27.1																						
miles	28.5																						
Km	45.9																						
Rster	29.6																						
<p>19</p> <table border="1"> <tr><td>miles</td><td>0.0</td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Rster</td><td>0.0</td></tr> </table>	miles	0.0	Km	0.0	Rster	0.0	<p>CAR PARK</p> 	<p>20</p> <table border="1"> <tr><td>miles</td><td>0.0</td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Rster</td><td>0.0</td></tr> </table>	miles	0.0	Km	0.0	Rster	0.0		<p>21</p> <table border="1"> <tr><td>miles</td><td>0.0</td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Rster</td><td>0.0</td></tr> </table>	miles	0.0	Km	0.0	Rster	0.0	<p>Post office</p> 
miles	0.0																						
Km	0.0																						
Rster	0.0																						
miles	0.0																						
Km	0.0																						
Rster	0.0																						
miles	0.0																						
Km	0.0																						
Rster	0.0																						
<p>22</p> <table border="1"> <tr><td>miles</td><td>1.5</td></tr> <tr><td>Km</td><td>2.4</td></tr> <tr><td>Rster</td><td>1.6</td></tr> </table>	miles	1.5	Km	2.4	Rster	1.6	<p>Cattle grid - caution - sheep</p>	<p>23</p> <table border="1"> <tr><td>miles</td><td>4.4</td></tr> <tr><td>Km</td><td>7.1</td></tr> <tr><td>Rster</td><td>4.6</td></tr> </table>	miles	4.4	Km	7.1	Rster	4.6	<p>Shap / Kendal (A6)</p> 	<p>24</p> <table border="1"> <tr><td>miles</td><td>4.8</td></tr> <tr><td>Km</td><td>7.7</td></tr> <tr><td>Rster</td><td>5.0</td></tr> </table>	miles	4.8	Km	7.7	Rster	5.0	<p>A6 Shap</p> 
miles	1.5																						
Km	2.4																						
Rster	1.6																						
miles	4.4																						
Km	7.1																						
Rster	4.6																						
miles	4.8																						
Km	7.7																						
Rster	5.0																						

25	Newby / Morland → Travelling Light	26	Phone box Crown Inn → Water Street	27	Appleby ← Big bridge → tel box
miles 8.7 Km 14.0 Rster 9.0		miles 12.7 Km 20.4 Rster 13.2		miles 17.4 Km 28.0 Rster 18.1	NOT bridge to Appleby at 17.1 !!

28	Appleby ←	29	Ormside / Soulby →	30	(Narrow road) ← Warcop / Musgrave
miles 18.8 Km 30.3 Rster 19.5		miles 22.3 Km 35.9 Rster 23.1		miles 27.0 Km 43.5 Rster 28.0	NOT previous left turn !

31	Kirkby Stephen →	32	TINY road !!! Winton ←	33	←
miles 29.7 Km 47.8 Rster 30.8		miles 30.9 Km 49.7 Rster 32.1		miles 31.5 Km 50.7 Rster 32.7	

34	Kaber →	35	Tan Hill →	36	LUNCH STOP Tan Hill Inn Postcode DL11 6ED
miles 32.2 Km 51.8 Rster 33.4		miles 36.1 Km 58.1 Rster 37.5		miles 41.5 Km 66.8 Rster 43.1	

37	ZERO TRIP Tan Hill →	38	Keld ←	39	Kirkby Steven →
miles 0.0 Km 0.0 Rster 0.0		miles 0.0 Km 0.0 Rster 0.0		miles 3.7 Km 6.0 Rster 3.8	

40	Kirkby Steven →	41	Lights →	42	Soulby ←
miles 12.3 Km 19.8 Rster 12.8		miles 13.5 Km 21.7 Rster 14.0		miles 13.7 Km 22.0 Rster 14.2	

43	Orton ←	44	Little Asby ←	45	Ravenstonedale ←
miles 15.9 Km 25.6 Rster 16.5		miles 18.9 Km 30.4 Rster 19.6		miles Km Rster	

46	Kirkby Steven ←	47	A683 Sedbergh Fat lamb Inn →	48	Kirby Lonsdale ← Lancaster
miles 25.1 Km 40.4 Rster 26.1		miles 29.0 Km 46.7 Rster 30.1		miles 41.0 Km 66.0 Rster 42.6	

49	Lancaster Kirby Lonsdale Busk Lane	50	Lancaster Kirby Lonsdale	51	Garage						
						miles	41.2	miles	41.7	miles	42.0
						Km	66.3	Km	67.1	Km	67.6
						Rster	42.8	Rster	43.3	Rster	43.6

52	Lancaster Kirby Lonsdale A683	53	Kendal A65 (M6)	54	B6254 Carnforth Whittington						
						miles	43.7	miles	51.7	miles	51.9
						Km	70.3	Km	83.2	Km	83.5
						Rster	45.4	Rster	53.7	Rster	53.9

55	Capemwray Borwick	56	Carnforth phone	57	Warton Burton in Kendal Tewitfield Meth. Ch.						
						miles	58.7	miles	61.7	miles	62.0
						Km	94.5	Km	99.3	Km	99.8
						Rster	60.9	Rster	64.0	Rster	64.3

58	Longlands Hotel	Hope you have enjoyed the run Stop for a meal or a drink?	Turn left out of hotel and follow signs for the M6		
				miles	62.6
				Km	100.7
				Rster	65.0