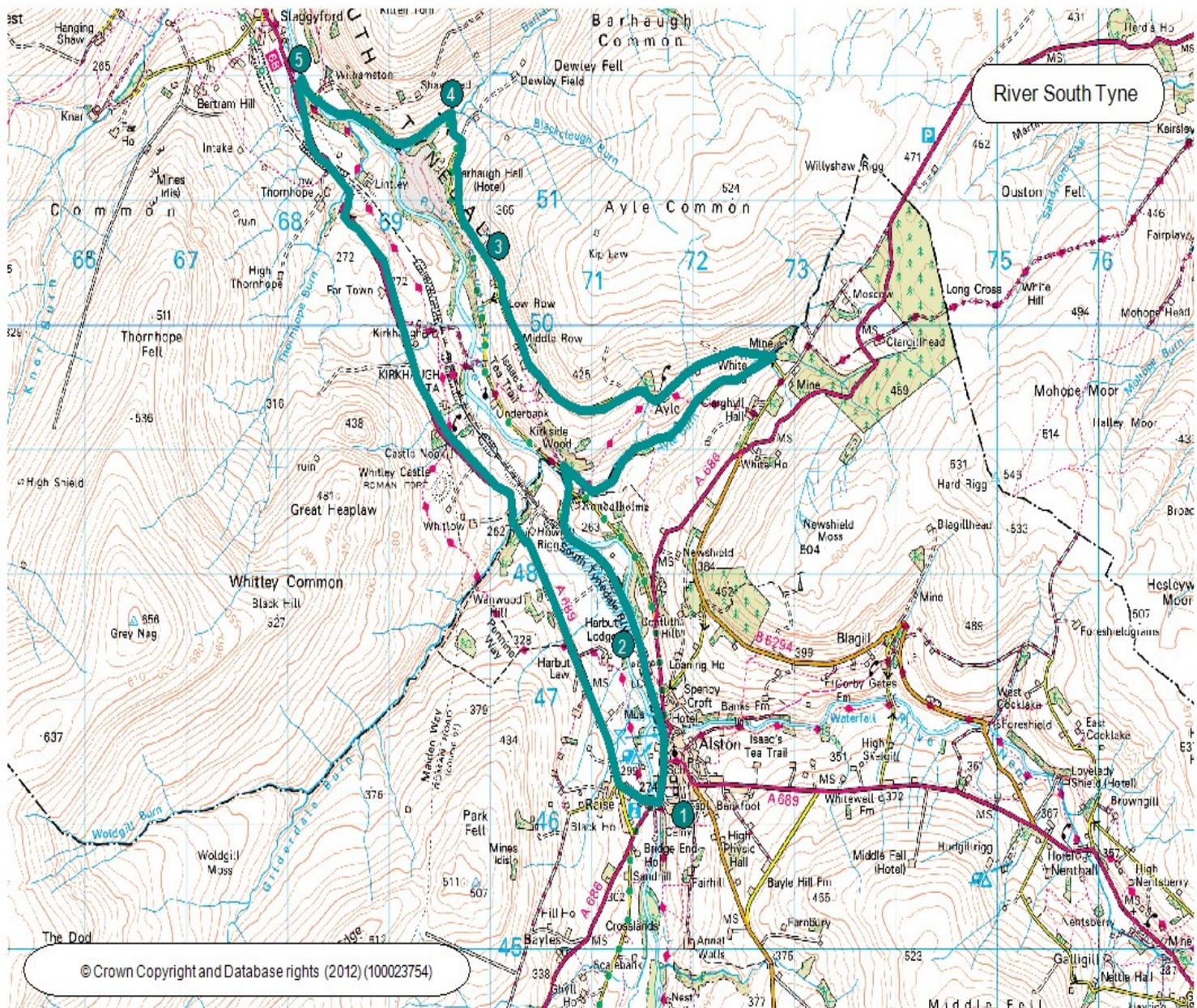


Alston Cycle Route: River South Tye



Tracing the course of the River South Tye downstream from Alston, this route provides an excellent short introductory ride to the area. It first heads out along the fell lanes on the eastern side of the river steadily gaining height to Barhaugh Hall then descending by Blackcleugh Burn to the banks of the South Tye River. The river bank makes an excellent spot for a rest or a picnic, after which the road bridge just south of Slaggyford allows the other side of the river to be reached. The return to Alston involves another climb to start with but once height is gained glorious views open up across the fells and down into the valley where you might just spot steam trains on the South Tynedale Railway, England's highest narrow-gauge railway. CAUTION: this route features a steep descent going into a tight bend, just past Barhaugh Hall going N.

- Start/Finish: Alston GR NY 718 465
- Distance: 10 miles (16km)
- Grade: Short - Challenge
- Refreshments: Cafés: Alston. Pubs: Alston

For more information on the Eden area, visit www.visiteden.co.uk

1. From the market place in Alston head downhill on the main cobbled street, turn R at the jct and follow the A686 out of the town.
2. After about 1km turn L signed to Kirkhaugh Church and Randalhome and follow the lane as it meanders alongside the river.
3. After a short steep uphill to a T-jct, turn L for Barhaugh and Slaggyford.
4. After Barhaugh Hall take care on the steep downhill going into a sharp left bend. Follow the lane alongside the river, passing through two gates to come to a T-jct after crossing the River South Tyne.
5. Turn L onto the A689 and follow it back to Alston.

This maps is provided for guidance only. You are strongly advised to take appropriate maps with you on all cycle rides and walks. The OS maps covering this area are OL31 North Pennines and OL43 Hadrians Wall.

Further information

Alston Tourist Information Centre (Local Links), Town Hall, Alston, CA9 3RF
Telephone: 01434 382244
Email: alstonlocallinks@westmorlandandfurness.gov.uk

Penrith Tourist Information Centre Middlegate, Penrith
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