

NEWLANDS DUATHLON ROUTE CARD

RUN 1

Description	Distance (approx)	Comments
The start will be opposite transition field on road to Skelgill Farm	500m to farm.	Bear left up hill through farm to gate. Turn immediate right at gate onto track.
Turn left onto small grass track after 1km	1km	This is start of climb up to Catbells Hause.
Continue straight across grassy col to reach start of descent.	1km	Care is needed here if misty, if not enjoy the superb views!
Descend main track towards Manesty. Continue until you reach marshal at path junction.	1km	Steep rocky descent. Continue on track to timing station where you will need to 'dib'.
Turn left at path junction (marshal) & follow Allerdale Ramble/Bridleway	2.5km	Continue on this trail which runs parallel with road.
Left turn uphill before road & follow to small parking area.	200m	Do not join road, climb short steep track on left.
Keep left & follow small road back through Skelgill Farm to transition area.	1.5k	Extra care is needed crossing road into transition.

NEWLANDS DUATHLON RUN 2

Description	Distance	Comments
Exit transition & follow road signposted for Little Town		Take care, narrow twisty road.
Turn left onto bridleway immediately after Little Town Farm.	2km	Ensure you close gate & follow track to left.
Follow track uphill & keep left after footbridge.	1km	
Follow main track back to Skelgill Farm to finish.	2k	Fast section to finish, enjoy!

NEWLANDS DUATHLON BIKE ROUTE

Description	Distance (approx)	Comments	Sign
Turn right out of the transition field & over the small bridge	Start	Take care exiting transition.	
Turn right at the T junction at top of the hill signposted Braithwaite.	500m	Very tight right turn at junction.	Braithwaite
In Braithwaite cross the small bridge & take the first left to join B5292 at the T Junction	3k	This joins on to start of climb for Whinlatter Pass. Care through village, very narrow.	No sign, turn immediate left at large green building.
Continue past sign 'Whinlatter Visitor Centre' at top of pass & descend approx. 5km to turn left into Lorton (signposted Buttermere).	5km	When you reach Lorton, do not take first turn signposted 'Unsuitable for Motor Vehicles' otherwise you will end up on a track. Junction is approx. 200m past here.	Lorton/ Buttermere
Turn left at the next T junction after 100m at base of hill.	100m	Sharp left junction, be prepared to stop.	Buttermere
Continue through Lorton following blue CTC signs to B5289 T junction. Turn left.	700m to B5289.	Follow road through village to B5289. Take extra care as the road narrows.	CTC
Continue on B5289 for 3k then turn left for Buttermere.	3km		Buttermere
Follow B5289 to Buttermere village. Climb out of Buttermere past the small church, bearing right signposted for Honister Pass.	7k	Take care through Buttermere, short fast descent & narrow bridge. Expect people in middle of road.	Honister Pass
Follow road past Buttermere Lake, through Gatesgarth to start climb of Honister Pass.	4k	Narrow twisty road in places, care needed through Gatesgarth.	Honister Pass
Climb & descend Honister Pass to Seatholler.	7k	Descent is very dangerous, please take care. Be aware of cattle grid part way down climb.	
Continue on this road to take left turn into Grange	7k	Road narrows through Rosthwaite village. Very narrow & double bridge at Grange, prepare to give way.	Grange/ Newlands.
Follow road to reach a series of 'S Bends' .	6k	Extra Care Here. There is a series of sharp bends & cattle grid on a steep descent. Very popular tourist area, expect people wandering on road.	Portinscale/ Keswick
Turn left signposted for Swinside	1k		Swinside
Follow road past Swinside Inn for a further 400m to transition.	1k	Slow down & turn right into transition, dismount at line.	