

## Geltsdale and Eden Valley

18 miles (29 km) - **Moderate**

**Start:** Moot Hall in Brampton

A delightful ride through the small villages, rolling green countryside and wooded valleys around the rivers Gelt and Eden, with the option to visit Talkin Tarn Country Park. Mostly on quiet roads with a section of Hadrian's Cycleway and some more gentle gradients.

**Public transport:** Station (3 km) on Tyne valley line. Hadrian's Wall Bus and other bus services.

**Cycle Hire:** Off Capon Tree Road (2 km).

**Refreshments:** Various options in Brampton; pubs in Talkin, Castle Carrock, Great Corby, Wetheral, Allenwood and Hayton villages; tearoom at Talkin Tarn.

**Public Toilets:** In Brampton (near White Lion Hotel) and at Talkin Tarn.

**1** From the Moot Hall's main entrance TL and follow the road out of Market Place (on Hadrian's Cycleway) and past the Old Brewery building. Go SA at xroads.

**2** After crossing the railway line, TL for a short detour to Talkin Tarn. Return to the road and TL.

**3** TL to Talkin, then in the village centre TR in front of the Blacksmith's Arms. At fork in road TL then at T jct TL again (sign to Castle Carrock).

**4** In Castle Carrock follow road as it swings R, then as it swings L go SA.

**5** Stay on main road as it turns L and continue to Carlatten Mill.

**6** Cross the bridge and TR immediately (sign to Cumwhitton).

**7** At T jct TR then keep L to pass first woodland on your L and then the gates of Corby Castle to reach Great Corby.

**8** Go SA through village and down to the railway line. TL through a wooden gate (blue sign to Wetheral) on the other side of the level crossing to wheel your cycle high over the River Eden on the spectacular Wetheral Viaduct. Return to village centre and TL (sign to Broadwath) just before The Queen's Inn and keep R out of the village.

**9** After going under railway bridge, go SA at x roads through Broadwath and SA again at next two xroads.

**10** TR to join Hadrian's Cycleway (72) through Hayton and back to Brampton.

**11** From the entrance to Gelt Woods you can follow the river upstream on foot to Roman quarries with some genuine 2000 year old Roman graffiti! (information leaflet from Brampton TIC).

### Key to route descriptions

TR	=	turn right
TL	=	turn left
R	=	right
L	=	left
SA	=	straight ahead
jct	=	junction
xroads	=	cross roads
(72)	=	National Cycle Network (route number)