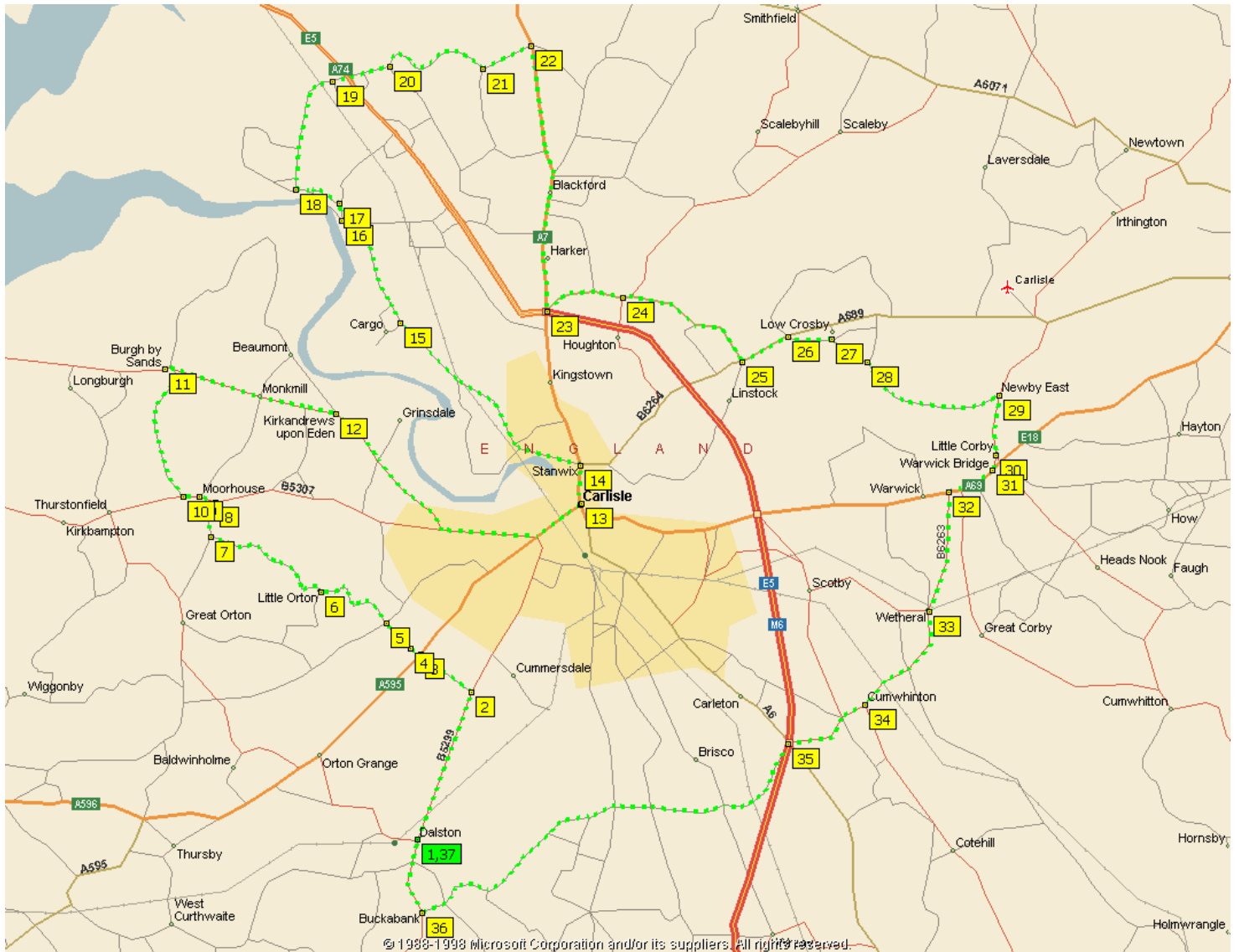


Carlisle Prayer route 1 – city boundary including some travel to work areas

No.	Mile	Instruction	For	Towards
1	0.0	Depart Dalston on B5299 (North)	1.8 mi	
2	1.8	Near Cummersdale, turn LEFT (North-West) onto Peter Lane	0.7 mi	Wigton & Workington (A595)
3	2.5	At A595 turn RIGHT then immediately LEFT	0.1 mi	Newby West
4	2.6	At Newby West, go straight on	0.4 mi	
5	3.0	At crossroads, go straight on	1.0 mi	Little Orton & Moorhouse
6	4.0	At Little Orton, go straight on	1.6 mi	Moorhouse
7	5.6	At Bow, turn RIGHT	0.4 mi	Moorhouse
8	6.0	At Junction, turn LEFT (West) onto B5307	0.2 mi	Burgh by Sands
9	6.2	Through Moorhouse, stay on B5307	0.2 mi	
10	6.4	Outside Moorhouse, turn RIGHT (North-West)	1.7 mi	Burgh by Sands
11	8.1	At Burgh by Sands, turn RIGHT	2.0 mi	Carlisle
12	10.1	At Kirkandrews upon Eden, follow signs for Carlisle,	1.8 mi	Carlisle
	11.8	Bear LEFT (East) onto B5307 Newtown Road	1.1 mi	
	12.9	At the roundabout by McVitie's take the first exit (North-East) onto A595 Church St, stay in the left lane and go straight on at the Willowholme lights.	0.6 mi	Hardwicke Circus
13	13.5	At Hardwicke Circus take the first exit (North) onto A7. Stay in the left lane.	0.4 mi	The North
14	14.0	At Stanwix lights, turn LEFT (West) onto Etterby Street	2.7 mi	
15	16.7	Near Cargo, go straight on	1.4 mi	Rockcliffe
16	18.1	At the T junction turn LEFT	0.2 mi	Rockcliffe
17	18.2	In Rockcliffe bear RIGHT then LEFT past the School	0.6 mi	Floriston
18	18.8	Near Rockcliffe Cross, bear RIGHT	1.4 mi	Floriston
19	20.2	Near Floriston bear RIGHT	0.7 mi	Garriestown
20	20.9	Go over the level crossing, then the bridge across the A74	1.3 mi	Westlinton
21	22.2	Follow this road as it twists and turns	0.6 mi	Westlinton
22	22.8	At Westlinton, turn RIGHT (South) onto A7	3.0 mi	Carlisle
23	25.8	At M6 J44 (Carlisle-North), turn LEFT (East) onto A689 (first exit)	0.9 mi	Brampton
24	26.8	At Houghton junction, stay on A689	1.7 mi	Brampton
25	28.4	At Linstock roundabout, stay on A689 (first exit)	0.6 mi	Brampton
26	29.0	Near Low Crosby, turn RIGHT (East)	0.5 mi	Crosby
27	29.5	In Low Crosby, turn RIGHT by the school	0.5 mi	Little Corby
28	30.0	Outside High Crosby, bear RIGHT at the corner junction	1.7 mi	Little Corby
29	31.8	At Newby East, turn RIGHT and go across the bridge controlled by traffic lights	0.7 mi	Little Corby
30	32.4	At Little Corby, go straight on past the pub	0.2 mi	
31	32.6	At Warwick Bridge, turn RIGHT (South-West) onto A69	0.6 mi	Carlisle
32	33.2	Immediately over the bridge, turn LEFT (South) onto B6263	1.4 mi	Wetheral
33	34.6	At Wetheral, stay on B6263	1.4 mi	Cumwhinton
34	36.0	At Cumwhinton, stay on B6263	1.1 mi	
35	37.0	At M6 J42 (Carlisle-South), take the 3 rd exit (South) onto Newbiggin Rd. At Durdar go straight on at the crossroads.	5.1 mi	Dalston
36	42.1	At Bridge End, turn RIGHT (North) onto B5299	0.9 mi	Carlisle
37	42.9	Arrive Dalston		

Carlisle Prayer route 1 – city boundary including some travel to work areas



Carlisle Prayer route 2 – city boundary avoiding dense traffic as far as possible

No.	Mile	Instruction	For	Towards
1	0.0	Depart Newby West	0.3 mi	Little Orton & Moorhouse
2	0.3	At the crossroads turn RIGHT then past Bunkershill turn LEFT onto Sandsfield Rd.	1.1 mi	
3	1.4	At the T junction, turn RIGHT (East) onto B5307 Moorhouse Road	1.8 mi	Carlisle
	3.1	At the roundabout by McVitie's take the first exit (North-East) onto A595 Church St, stay in the left lane and go straight on at the Willowholme lights.	0.6 mi	Hardwicke Circus
	3.7	At Hardwicke Circus take the first exit (North) onto A7. Stay in the left lane.	0.4 mi	The North
4	4.2	At Stanwix lights, turn LEFT (West) onto Etterby St.	2.7 mi	
5	6.9	Near Cargo, go straight on.	1.4 mi	
6	8.3	At Rockcliffe, turn RIGHT	1.0 mi	Kingstown
7	9.3	At the nursery, bear RIGHT	0.3 mi	Carlisle
8	9.6	At Kingmoor Business Park go straight on (Parkhouse Road)	1.6 mi	Carlisle
9	11.2	At the Comet lights, turn LEFT (North) onto A7	0.2 mi	M6 South
10	11.4	At M6 J44 (Carlisle-North), take the 4 th exit onto M6 South	3.6 mi	Preston
11	15.0	At M6 J43 (Carlisle-West), stay on M6	2.6 mi	Preston
12	17.6	At M6 J42 (Carlisle-South), exit the motorway and take the 3 rd exit onto Newbiggin Road	2.4 mi	Dalston
13	20.0	At Durdar crossroads go straight on	2.7 mi	Dalston
14	22.7	At Bridge End, turn RIGHT (North) onto B5299	0.9 mi	Carlisle
15	23.6	At Dalston, stay on B5299	1.8 mi	Carlisle
16	25.3	At near Cummersdale, turn LEFT (North-West) onto Peter Lane	0.9 mi	Wigton & Workington (A595)
17	26.2	At A595 turn RIGHT then immediately LEFT	0.1 mi	Newby West
1	26.3	Arrive Newby West		

