

0 Miles 5 10
0 Kilometres 8 16

NORTHUMBERLAND

SCOTLAND

Gretna Green Longtown

Gilsland

HADRIAN'S WALL

BOWNESS-ON-SOLWAY

CARLISLE

BRAMPTON

SILLOTH

WIGTON

ALSTON

MARYPORT

COCKERMOUTH

WORKINGTON

WHITEHAVEN

Ennerdale Bridge

Lake District National Park

KESWICK

ULLSWATER

PENRITH

APPLEBY-IN-WESTMORLAND

KIRKBY STEPHEN

GRASMERE

AMBLESIDE

WINDERMERE

RAVENGLASS

CONISTON

KENDAL

SEDBERGH

NEWBY BRIDGE

CARTMEL

ARNcliffe

ULVERSTON

GRANGE-OVER-SANDS

KIRKBY LONSDALE

BARROW-IN-FURNESS

MORECAMBE

LANCASHIRE

LANCASTER

YORKSHIRE

Yorkshire Dales National Park

CCR 200
CUMBRIA COASTAL ROUTE