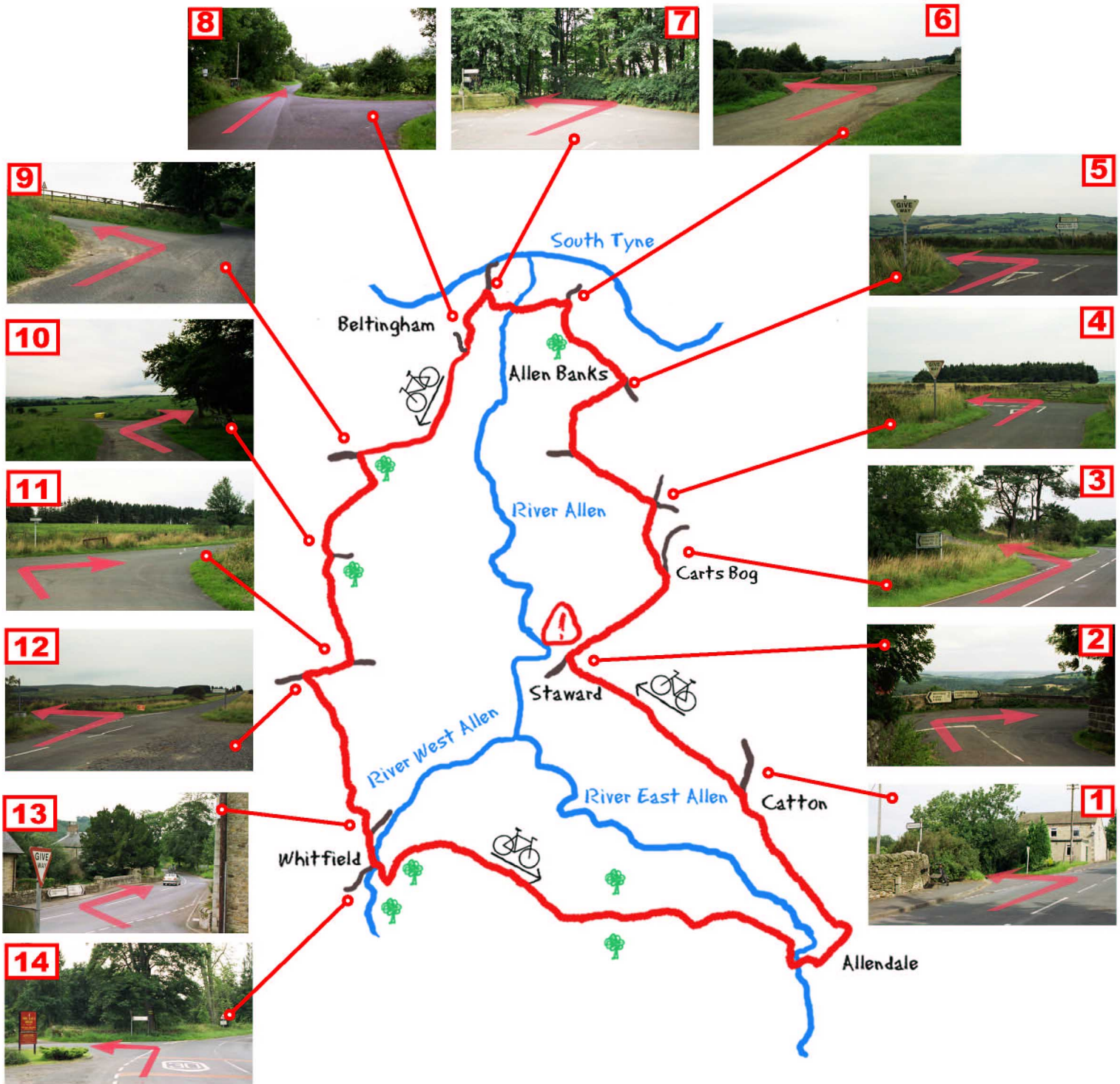


# Allen Banks



Start in Allendale and head towards Catton (Hexham), go through Catton and just before leaving Catton turn left to Staward (1). Cycle up the hill and down to Staward, turn right at the old Station to Haydon Bridge (2) and turn left just before the Carts Bog Pub towards Plankey Mill (3). On reaching the junction turn left (4), at the next junction turn left towards Ridley Hall (5), continue staying on the tarmac road (take care on the steep hill down to the River Allen), bear left at the bottom of the hill (6) and cross the metal bridge at Allen Banks. At Ridley Hall turn left towards Ridley (7), pass the Beltingham turning and head towards Whitfield, continue up the hill and turn left (8). At the top of the hill go right at the small group of trees (9) and down the steep hill taking care, keep following the signs towards Whitfield (10, 11, 12) and at Whitfield turn right towards Allendale (13). At the Elk's Head turn left (14) and follow the road all the way back to Allendale. The route is 19 miles and takes approximately 2 hours.