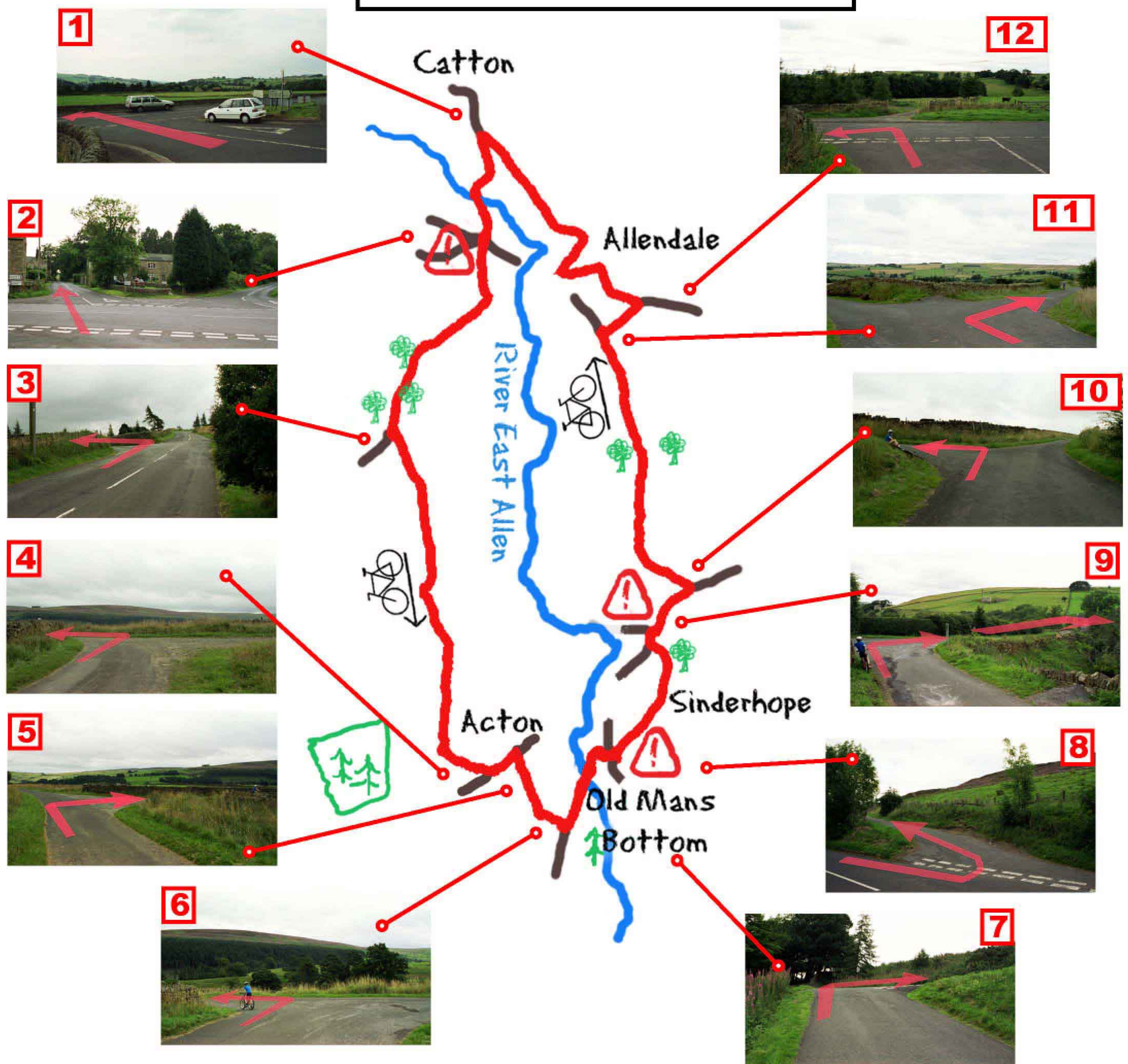


East Allen Valley



Start in Allendale and head towards Catton (Hexham), at the end of Station Road turn left (1), cycle down the road and cross over the East Allen.

At the cross roads go straight across and take the left hand branch towards Carrshield (2), continue up the hill and turn left towards Acton (3).

Cycle along the valley side and enjoy fine views looking back over the Allen Valley towards Allendale. When the road bends round sharply to the left stay on the road (4) and take the next right (5).

Take the next left (6) and cycle down the road to the ford and Old Mans Bottom.

Cross the river by way of the footbridge, cycle up the hill and turn right at top (7). Travel along the main road for a short distance and turn left up the hill (8) and pass the pony trekking centre.

When reaching the main road turn right and then right again at the corner next to the cottages (9).

Cycle up the hill, turn left (10) and continue along the valley side.

On reaching the junction above Allendale turn right (11) and then turn left (12) at the next junction before cycling back into Allendale passed the school.

The route is 11.5 miles and takes approximately 1 hours 30 minutes.