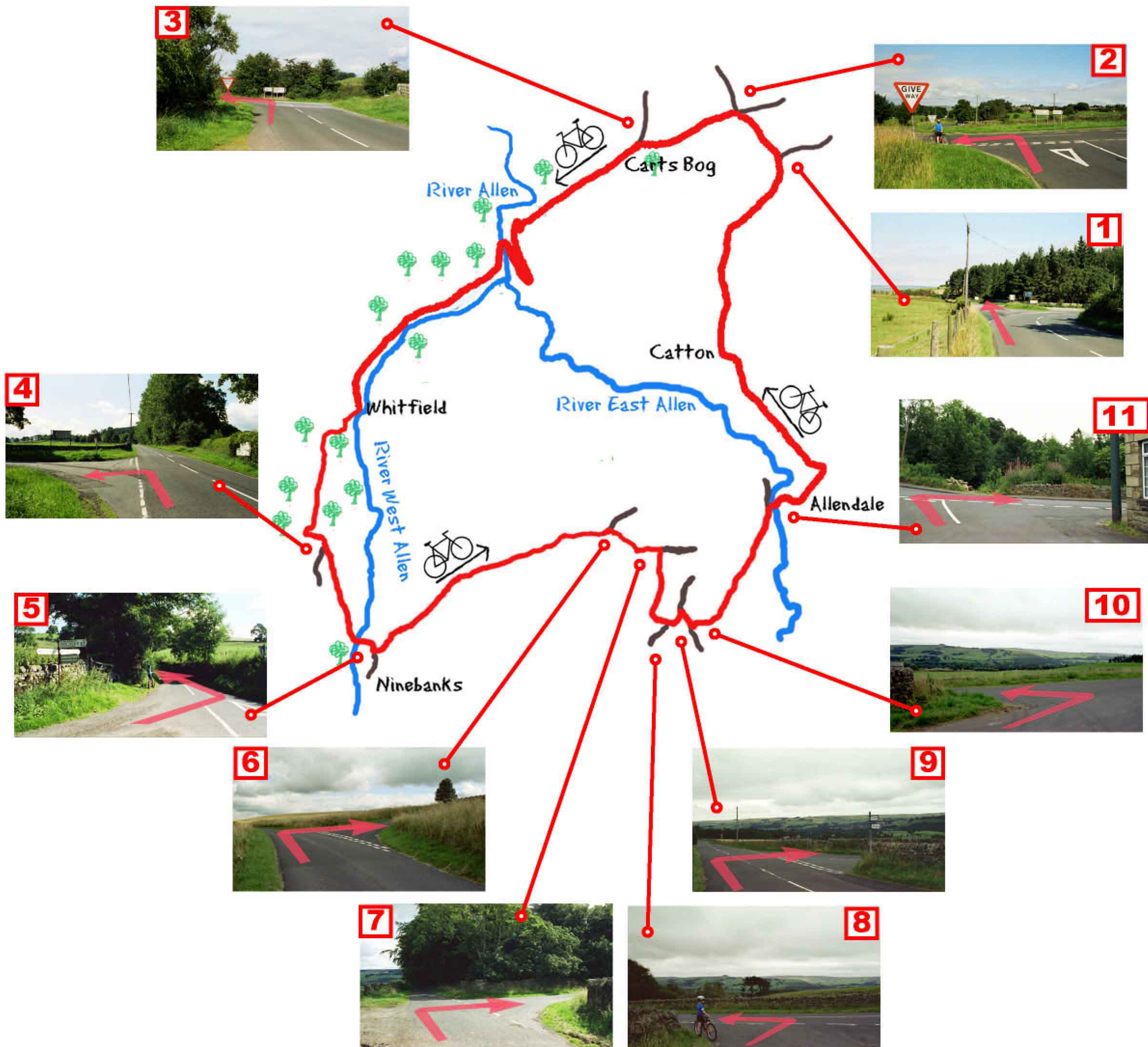


# East and West Allen



Start in Allendale and head towards Catton (Hexham), go through Catton, cycle up the hill and turn left towards Haydon Bridge (1).  
 On reaching the cross roads turn left towards Cart's Bog (2), cycle down the hill and turn left towards Whitfield at the Cart's Bog pub (3).  
 Cycle through Whitfield on reaching the Ninebanks, Carrshield, Nenthead and Limestone Brae turning, turn left towards Ninebanks (4).  
 Cycle along the road and turn left up the road sign posted Allendale (5). Cycle up the hill, at the next junction turn right (6) and at the wood turn right (7).  
 On reaching the main road turn left (8) and then at the next junction turn right towards Acton (9).  
 Cycle along the road a short distance before taking the first left (10) and cycle down the hill towards Allendale passed the farm, through the wood and past the cemetery.  
 On reaching the main road turn right (11) and cycle up the hill to Allendale.  
 The route is 17.5 miles and takes approximately 1 hours 45 minutes.