

NAM Rideout Sunday 15th March 2009

Meet: Seaton Burn Services 9.30am for 10.00am start

Ride leaders: Ron Patrick Dave Glennie

From	To	Via	Time	Miles	Fuel
Seaton Burn	Chollerford	A696, Belsay, B6342 Kirkharle, Hexham road, A6079, A6318			
Coffee 10:45 to 11:15					
Chollerford	Penrith	B6319 Haydon Bridge, A686 Alston, M6 Junction 40			
Lunch, Red Rooster, Penrith			12:30-13:30	78	yes
Penrith	Workington	A66 Keswick, Cockermouth, A595 Workington	14:30	107	yes
Workington	Dalston	B596 Maryport, B5300 Silloth, B5302 Abby town, Towards Wigton, A596 Thursby, short distance at cafe on left turn right for Dalston	15:40	143	
Dalston	Warwick Bridge	Enter Dalston turn right, after 300 yards turn left over narrow bridge, 30yards left again for Cumwhinton, over M6, B6263 forWetherall, Warwick Bridge	16:00	155	yes
Warwick Bridge	Stagshaw	A69, Greenhead B6318 Military Road, Chollerford, Stagshaw,	16:50	183	yes
	Errington Arms	End of Rideout	17:00	187	

Do arrive at Seaton Burn early, with enough fuel for at least 100 miles.

The briefing is normally at about 9.45am and the first group sets off at 10.00am sharp.

If you're new to these rideouts, barge your way to the front at the briefings and have the drop-off system explained.

Everyone remember to mark all stops, petrol stations or lunch stops.

Timings or route may change because of weather.

This being the first run-out of the season, we will be taking it easy.