

| Go Miles | Turn | Afternoon Route & Instructions <i>(note mileages are approximate)</i> | Total miles |
|----------|-------------|---|-------------|
| | | <i>Exit left from Strathmore Arms</i> | |
| 2 | ← | TL into Middleton-in-Teesdale | 2 |
| ¼ | ← | TL s.p. Alston B6277 | 2 ¼ |
| 8 | → | after Langdon Beck Pub TR s.p. St Johns Chapel 5 | 10 |
| 5 | ← | In St. Johns Chapel TL s.p. Alston A689 | 15 |
| 3 | → | In Cowshill keep right s.p. B6295 Allendale 11 | 18 |
| 4 | → | In Allenheads TR s.p. Rookhope 6 | 22 |
| 5 | → | TR s.p. Westgate 4 (before ruined bridge) | 27 |
| 2 | ← | TL s.p. Westgate 2 ½ | 29 |
| 2 ½ | → ← ← | In Westgate TR s.p. A689 Alston then before exiting speed limit sign TL thro' Ford. At crossroads TL s.p. Staindrop | 32 |
| | ← → ← | <i>Alternate Route avoiding Ford - TL in Westgate s.p. A689 Stanhope then 100 yards TR (at Hare & Hounds Pub) s.p. Brotherlee. Continue keeping left.</i> | |
| 4 | ← | TL s.p. B6278 Stanhope (cross bridge) | 36 |
| ¼ | → | In Stanhope TR A689 Wolsingham | - |
| 7 | → | In Wolsingham TR s.p. Hamsterley | 43 |
| ½ | | Keep Right to Bedburn | - |
| 5 ½ | → | Exiting Bedburn TR towards Woodland (on bend on climb unsigned) | 49 |
| 1 | → | TR s.p. Woodland | 50 |
| 3 | ← | In Woodland TL then bear right B6282 Copley | 53 |
| 1 | → | In Copley TR s.p. Barnard Castle | 54 |
| 2 ½ | ← | At crossroads TL s.p. Staindrop B6279 | - |
| 3 ½ | ← | TL B6274 enter Staindrop | 60 |

| | | | |
|-------|---|---|----|
| 1/2 | → | In Staindrop TR s.p. Winston B6274 | - |
| 3 | ↑ | TR then TL crossing A67 into Winston | 63 |
| - | ← | In Winston TL s.p. Ovington | - |
| 2 1/2 | ← | In Caldwell TL s.p. Eppleby 1 | 66 |
| 1 | ↑ | Straight thro Eppleby | - |
| 2 1/2 | ↑ | Straight over staggered crossroads to Manfield | - |
| 1/2 | ← | TL into Crown Inn - Finish | 69 |