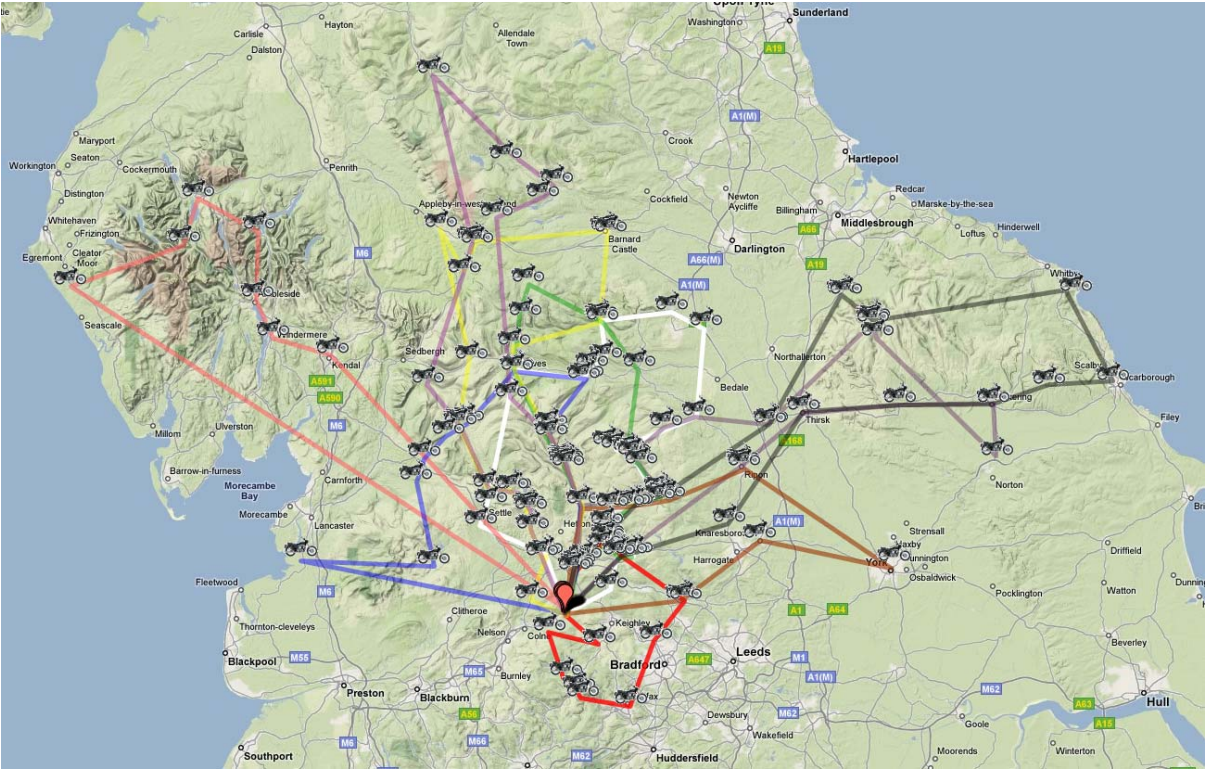

Sunderland
Washington
Carlisle
Hayton
Dalston
Allendale Town
A19
A1(M)
Maryport
Seaton
Workington
Cockermouth
Penrith
Crook
Hartlepool
Distington
Cockfield
Newton Aycliffe
Redcar
Marske-by-the-sea
Billingham
Middlesbrough
Whitehaven
Frizington
Barnard Castle
A66
Loftus
Hinderwell
Egremont
Cleator Moor
M6
Darlington
A66(M)
A19
Whitby
Seascale
Windermere
Sedbergh
Northallerton
Kendal
A591
A590
Bedale
Scalby
Scarborough
Thirsk
Filey
Millom
Ulverston
M6
A168
Barrow-in-furness
Morecambe Bay
Carnforth
Ripon
Norton
Morecambe
Lancaster
Settle
Knaresborough
A1(M)
Strensall
Harrogate
Dunnington
Driffield
Osbaldwick
Fleetwood
M6
Pocklington
Watton
Clitheroe
A1
A64
Thornton-cleveleys
Nelson
Keighley
Beverley
Blackpool
M55
Leeds
A647
M1
Bradford
M65
Burnley
A1(M)
Preston
Blackburn
M62
A63
Hull
A56
Dewsbury
M62
Goole
A15
Wakefield
M6
M66
Southport
M62
Huddersfield
Moorends
Winterton