

200Km within 12 HOURS.
Start 8am, Whalley Bus Station.

Sunday 14th June 2015.

COURSE DETAILS:

From **Whalley** ride towards **Sawley**, suggested route, via puncture alley & A59. Left off A59 to follow lanes to **Settle (A65)** via Copy Nook. Flass, Wigglesworth, Rathmell and Settle Flats. (19miles).

Turn left (off settle flats) along A65 and make your way to **Kirby Lonsdale**, suggested route is via Lawkland and A65. Turn right off A65, and take the B6254 through Kirby Lonsdale town centre (36miles) to Old Town. **At Old Town take 2nd right**, and keep left through all road junctions, and ride over M6 motorway to rejoin the B6254 **at Old Hutton**. Turn right on B6254 (towards Kendal).

At Oxenholme (46 miles), turn right, at the Station Inn public house, along CR68. Keep straight on, taking care crossing the A684, and drop down the hill to **Laverock Bridge**. Cross the A685 to minor road and bear left down the steep hill to cross the river Mint. Turn left up the steep hill to A6. Turn right along A6 and 1st left towards Bowston. Do not go into Burnside or Bowston village, but keep on the right hand side of the river Kent till you cross the river into **Staveley**. (56 miles) Suggest dinner stop 30mins. But not compulsory.

From Staveley go under railway bridge and cross the A591 **towards Crook**. Turn right at B5284, then immediately left. Keep left to **Underbarrow**. Turn right, and left at the Punchbowl and carry straight on through to **Brigsteer**. Turn 1st left just before Levens (signposted Sizergh Fell Road). Keep left to **Sizergh Castle**. (65 miles).

Carry on straight under A591. Turn right and cross the River Kent and the A590 to **Hincaster** and Greenside. Turn right at crossroads and pick up CR6 through Woodhouse to Milnthorpe. **At Milnthorpe** take the B5282 through Sandside to **Arnside**. (73 miles)

At the end of Arnside prom turn left, pass Arnside Tower to **Silverdale**. Turn right through Silverdale centre and Silverdale Green. Turn right over the railway crossing into **Warton** village then turn right to A6 (do not go into Carnforth). Turn left on A6 ,then at the roundabout, take the 3rd exit signposted Borwick (you can use the cycle path instead of going around the roundabout). Go over the M6. Turn right and take the road **over The Kellets** to Halton Green and pick up CR90 through **Quernmore** to Five Lane Ends. (98 miles) **At Five Lane Ends** turn left. Go through all crossroads until you cross the river Wyre. After crossing the River Wyre, bear right and then turn right at crossroads to **Scorton**. Suggest scone jam and cream stop 30mins. But not compulsory (103 miles).

From Scorton follow **CR6 until** you cross the river Calder. After you cross the river, take the second left (Smithy Lane). Cross the river Brock and at the T junction turn left and then take the first right (Button Street). Take the first left (Church Lane) through Whitechapel. At the T junction (with Syke House Lane) turn left. Take the second left (Loud Bridge Road). Take the second left signposted Longridge/Chipping. When you reach a set of Farm buildings on your right, take a left turn onto a quiet lane and then at the T junction (with Parsonage Lane) turn right to Chipping (117 miles). Ride through the village centre bearing right through Gibbon Bridge, **Chaigley** and over Higher Hodder Bridge. Take the next right to meet the B6243. Turn right on the B6243, and take 2nd left through **Mitton** to finish at **Whalley** bus station. (125 miles).

Well done! Have an ice cream. Don't forget to tell me if you want a medal for this event.
If you ride with me and Tony you won't get lost!

Schedule:

Point	Distance (miles)	Cumulative distance	Time (11.4mph)
Whalley	start	0	8.00am
Settle Flats	19	19	9.40am
Kirby Lonsdale	17	36	11.09am
Oxenholme	10	46	12.01pm
Staveley	10	56	12.53pm
30 mintue break – until			
Sizergh Castle	9	65	2.10pm
Arnside	8	73	25.52pm
Five Lane Ends	25	98	5.03pm
Scorton	5	103	5.29pm
30min break – until			
Chipping	14	117	7.12PM
Whalley	8	125	7.54pm.

