

**200 MILES in 24 HOURS**      Whalley Bus Station 5.00 am. Saturday 25<sup>th</sup> June 2016.

## COURSE DETAILS.

From Whalley, ride through Billington and turn right down Elker Lane, through Dinckley and Ribchester to Longridge (10 miles). Climb up the hill and down through the town centre and ride onwards through Inglewhite to Catterall. Follow the B6430 through Garstang (22 miles) to Cabus, and then follow the A6 through Galgate to Lancaster where turn sharp left at the bottom of the one-way system and cross the River Lune on the Millennium Bridge (33 miles). Pick up the A6 again and ride through Bolton-le-Sands and Carnforth to MILNTHORPE (46 miles).

Continue north on the A6 to Levens village (if traffic is heavy, follow the minor road through Heversham, the A6, and then the Cycle Route into Levens). Follow Cycle Route 70 to Gilpin Bridge and onwards to the Derby Arms, where turn left to the “underpass”. Continue on CR 70 to Meathop (hill) and into Grange (57 miles). Follow the B5277 through Allithwaite and then the B5278 to CARK (toilets and shop).

Continue on the B5278 and just before the River Leven near Haverthwaite, turn left on the Cycle Route by the river. This is a surfaced road until a turning right in the forest leads to a short track. Turn left at the next crossways, and follow the track to a super bridge over the River Leven. TAKE CARE crossing the A590(T) and proceed into Greenodd village (69 miles). From Greenodd ride along the A5092(T) and after about a mile take the 2<sup>nd</sup> turning on the right to Spark Bridge, where turn right, cross the River Crake, and turn 1<sup>st</sup> left towards Nibthwaite. Keep on the back road (East of the Water) to CONISTON (80 miles).

From Coniston, continue north on the A593 to Skelwith Bridge and Clappersgate, and turn sharp left just before the bridge over the River Rothay, near Ambleside. Follow this lane to Rydal, and turn left on the A591 over Dunmail Raise. Turn left at the south end of Thirlmere and take the scenic route round the lake. At the north end of the lake keep right, cross the A591, and at the B5322 turn left through St. Johns in the Vale. Cross the A66 (with care!) into Threlkeld, turn right and follow Cycle Route 71 along the back road, and then by the A66, to Scales. Keep right and follow the cycle path by the A66 for a very short distance before crossing the A66 (with care) and ride on the lane up to Hutton Moor End, near spot height 212. Cross the A66 again (with care) turning right on to the cycle path by the main road for approx 1 km. Keep on the cycle path, turning left along the lanes to the Sportsman Inn (MR 405280). Turn left and take the next right at Whitbarrow holiday village, to Greystoke. There is a cyclists' café if you turn left at the crossroads in GREYSTOKE (114 miles).

Retrace to the crossroads in Greystoke, turn left and ride along the B5288 to Penrith (119 miles). Keep left and ride past Booths, and at the bottom of the hill dismount and walk across the road (with care) to pick up the A6 south through the town centre. Keep straight on and at the traffic lights, turn left along Roper Street and then Carleton Road. At the pelican, cross the A686 and carry on straight ahead along Cycle Route 71, under the A66, to Clifton Dykes. Turn left at the T junction and continue through Cliburn, Bolton and Colby to Appleby (130 miles). Turn right along the B6260 (through Slosh) and take the next turning left through Soulby to Kirkby Stephen (140).

From K.S. take the A685 and then the A683 to Sedbergh (155 miles). Continue on the A683 and just before Casterton (after the last turning back to Barbon) turn sharp left up the hill, cross the old railway, and turn right along the Roman Road to the A65. Turn left along the A65 and continue past Ingleton (172 miles) and then over Clapham Common turning left through Clapham village and back onto the A65. At the 2<sup>nd</sup> crossroads turn right to Lawkland and along Settle Flats, through Rathmell, Wigglesworth, Sawley, Chatburn and Clitheroe back into Whalley (200 miles).

## PROPOSED STOPS.

Early morning	Milnthorpe	46 miles	Takeaway brew from kiosk near toilets, or there's a café on the A6 if it's raining and cold!
Later morning	Cark	62 miles	Toilets (good water for a wash) and Londis.
Lunch	Coniston	80 miles	Meadowdore Café. Teapot £1.70 Turkey baguette £6.50
Early afternoon	Threlkeld	103 miles	New café to the right, near toilets.
Afternoon	Greystoke or Penrith	114 miles 119 miles	Cyclists' café Café on right in town centre (or Phoenix Club).
Tea	Kirkby Stephen	140 miles	The old faithful chip shop again? Wainwright loved it here! Maybe a café, or Co-op.
Evening	Sedbergh	155 miles	There's another chippy here but it would have to be takeaway. There's a new Spar (open till 10 pm).
After dusk	Ingleton	172 miles	The Co-op garage closes at 10.00 pm.
Night	Rathmell	184 miles	Save some food and drink at the Reading Room (outside).

Please bring plenty of money and food and drinks. A small towel might be a good idea, if it's raining or even if it's too hot! Also, a mobile phone. Make sure you bring your lights in good working order.

Please take care on the steep descents, and at all the crossing points of the major roads, and especially beware of the traffic and pedestrians in Penrith town centre on Saturday afternoon.

I hope you have a great ride and the weather is kinder than it has been all year! Anne says bring some songs to sing and some jokes (we might need them!).

Tony Stott telephone 01254 232537 or mobile 07582 423527.