

Fleet Moss - 216 km Audax - 18th June 2017 – Start Time 7.30. a.m.

H.Q. Cloughton Memorial Hall, Stubbins Lane, Nr. Garstang, Preston, PR3 0QH.

Distances in Km, **[DENT]** - In bold is a place you pass through

1	Left from H.Q.
0.1	↖ <Cloughton, CalderVale> Smithy Lane
0.7	↖ <Oakenclough> <Cycle 6> Sandholme Lane
2.6	↳ <Lancaster>, <Cycle 6> Strickens Lane
6.9	↖ <Lancaster>, <Cycle 6> Harris End Fell
11.2	↳ Trough of Bowland
19.0	↳ Trough of Bowland
23.4	Info Control at Summit after cattle grid. Then steep descent.
28.5	↖ <Newton> <Slaidburn>
35.8	Control: Slaidburn Riverbank Tea Rooms on L before bridge. Retrace 200m to Memorial
36.0	↳ Bentham , <Cycle 90>, Cross Lamb and Tatham Fells
55.3	↖ <Lancaster> B6480,
60.6	Pass Wennington sign and imm. after 30 ↖ No sign, Spout Lane
62.3	↳ No sign, Spout Lane becomes Back Lane. WRAYTON
64.1	↖ <Kirkby Lonsdale, Tunstall > A683
70.0	↖ <Kendal> A65, then before bridge
70.4	↳ Sedbergh, Casterton, Barbon A683
74.4	↳ Barbon Stonedross Lane
74.8	↖ <Barbon, Dent > Moorthwaite Lane
75.5	↳ No Sign
75.8	Info control in Barbon Village
85.2	↳ Dent, Ingleton Gawthrop
85.7	↳ Dent
86.0	Control: Dent, Control and food in Car Park in centre of village on left. Continue on cobbles to Dent Brewery Tap (George and Dragon)
86.2	↖ <Hawes, Ingleton>
92.3	↳ Newby Head, Hawes Cross bridge
97.8	↖ <Hawes> B6255
108.3	↳ Aysgarth, Leyburn A684 and very soon
108.4	↳ Gayle, Kettlewell
108.5	Info Control. Then pass through Gayle to climb Fleet Moss (589M)

2	
127.2	↳ Kettlewell B6160.
133.0	In Kettlewell after Racehorses Pub, over bridge and ↖ <Church, Scargill House>
138.2	↖ on ↗ <Grassington>
143.0	↳ Skipton B6265. Threshold then
144.4	↖ <Cracoe, Skipton> B6265
148.8	In Cracoe after Devonshire Arms ↗ Hetton
154.8	↖ <Gargrave>, <Cycle 68>
155.9	↳ <Cycle 68>, Chew Lane,
156.3	↖, Markhouse lane
156.7	↳ Control: Gargrave. Dalesman cafe on right (closes 4.00.pm.) or get receipt.
156.7	↖ <Broughton> Church Street, over bridge opposite cafe.
156.9	↳ Bank Newton, Marton Marton Road
162.1	↳ Hellifield, Settle (on left bend)
165.2	↳ Hellifield, Settle A682
167.3	↖ <Halton West, Bolton by Bowland>
169.1	Info Control opposite phone box in village centre
177.8	↳ Clitheroe, Slaidburn
181.4	↳ Grindleton, Waddington (on left bend)
187.3	↖ <Clitheroe>, <Cycle 90>,
187.4	↳ Mitton, Bashall Eaves , <Cycle 90>,
190.3	↖ No sign, at bend in main road
190.4	↳ Chaigley, Chipping , <Cycle 90>,
195.9	↳ Whitewell, Chipping
203.3	↖ <Garstang, Inglewhite>
206.6	↳ Bleasdale Bleasdale Lane (Wickens Farm painted on wall)
211.8	↳ Garstang Gonder Lane
213.1	↖ <Garstang>, Butt Hill Lane
214.4	↖ <Preston, Longridge> <Cycle 6>,
214.8	↳ Preston , <Cycle 6>, Smithy Lane
215.5	↳ Garstang , Stubbins Lane
215.6	H.Q. on right.

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V1 – 21/05/2017