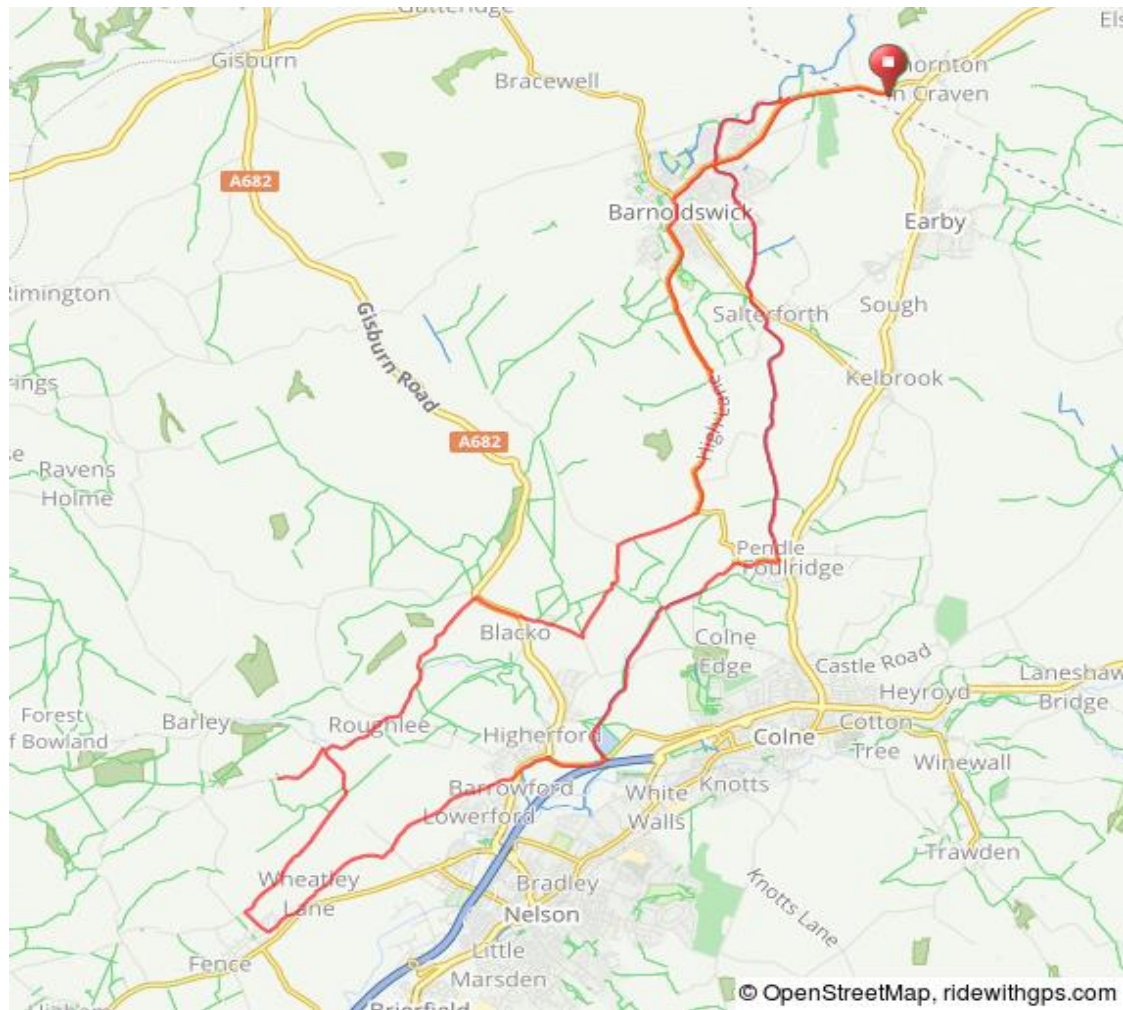
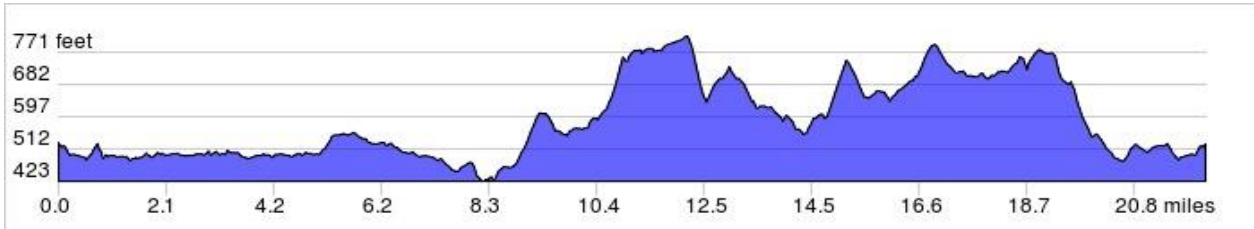


## TCN17\_Sun\_short

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Turn left onto Church Road, B6252	
3	0.8	0.7	Turn right onto Greenberfield Lane	SP Greenberfield Locks
4	0.9	0.1	Cross the bridge turn R to join canal and go underbridge	
5	2.2	1.3	Cross canal at bridge 53 to tow path on other side of canal	
6	5.1	3.0	At Cargo cafe leave canal and head up road	
7	5.3	0.1	TJ SO	
8	5.3	0.0	Turn right onto Barnoldswick Road, B6251	SP Barnoldswick
9	5.6	0.3	Turn slight left onto Reedy Moor Lane	SP Slipper hill
10	6.0	0.4	After sailing club SO through gate	SP Burnley, NCN68
11	6.2	0.3	TJ Turn right after passing through gate	NCN68
12	6.3	0.0	Turn left before bridge by Dog Waste bin	
13	6.3	0.1	Keep on higher tarmac path	
14	7.6	1.3	Leave the canal at lock 48 and TR at the road	
15	8.1	0.5	Turn left onto Gisburn Rd/A682	SP Nelson
16	8.3	0.2	RA SO	BARROWFORD: Cafe, park
17	8.4	0.1	Fork right onto Church St	Up the hill past The Lamb working mens club (rather impressive!)
18	10.7	2.3	Turn right after school onto Harpers Ln	
19	10.9	0.2	TJ right	SP Roughlee
20	12.5	1.6	Junction at bottom of fast descent. If you want a good cheap cup of tea turn L up Jinny Lane for 0.5 miles to the Clarion cyclists cafe then return to this	Pint of tea 55p!
21	13.4	0.9	Turn into Blacko Bar Road	SP Roughlee
22	15.2	1.8	TJ Turn right onto Gisburn Road, A682	
23	15.6	0.3	Turn left onto Beverley Road	SP Barnoldswick
24	16.1	0.5	TJ Turn left onto Barnoldswick Road at Cross Gaits	SP Barnoldswick
25	17.5	1.4	Turn left onto Barnoldswick Road, B6251	SP Barnoldswick
26	20.2	2.7	Turn left onto Gisburn Road, B6251	SP Gisburn
27	20.3	0.1	RA Turn right onto Skipton Road, B6252	SP Skipton
28	22.2	1.9	Turn right into campsite	
29	22.2	0.0	End of route	

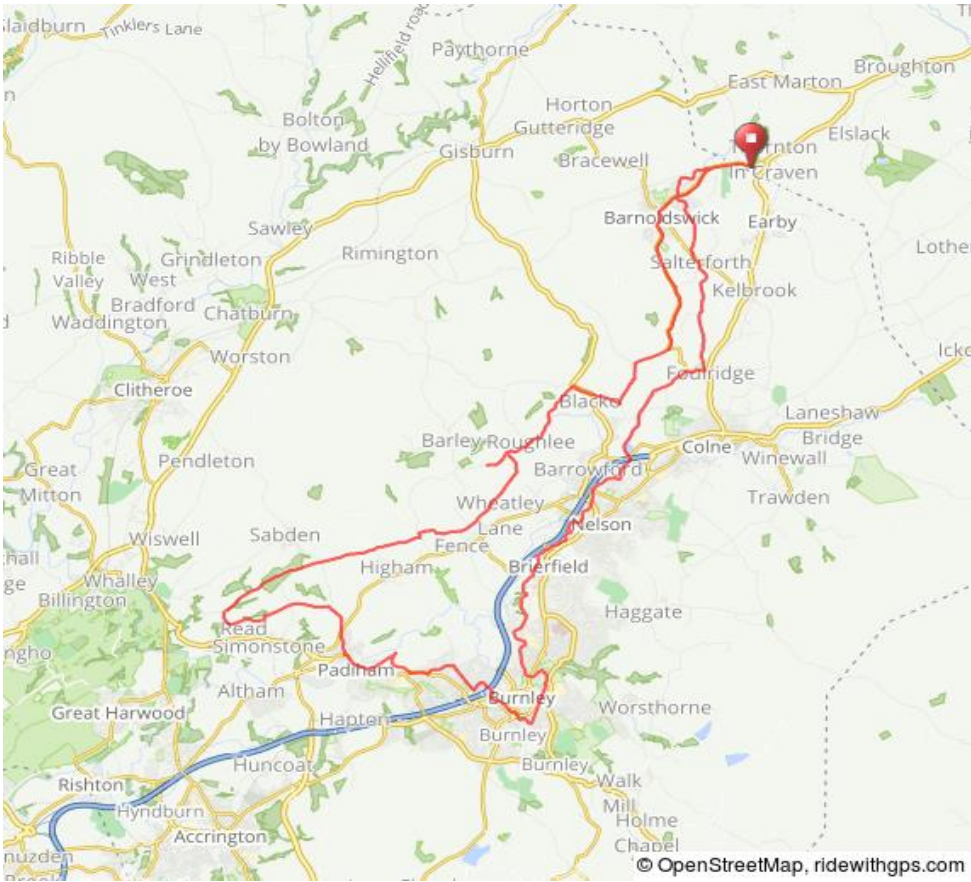
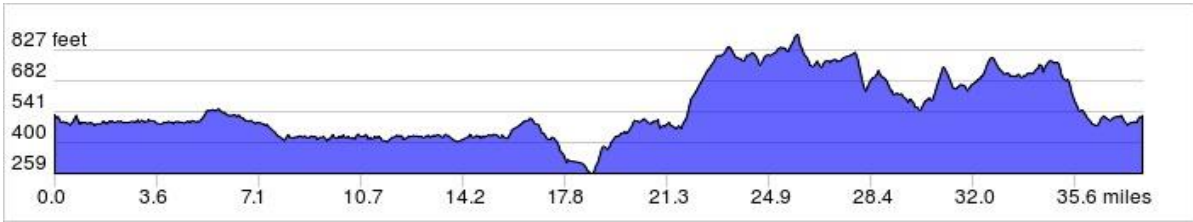
# TCN17\_Sun\_short



## TCN17\_Sunday\_Medium

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Turn left onto Church Road, B6252	
3	0.8	0.7	Turn right onto Greenberfield Lane	SP Greenberfield Locks
4	0.9	0.1	Cross the bridge turn R to join canal and go underbridge	
5	2.2	1.3	Cross bridge to tow path on other side of canal	
6	5.1	3.0	At Cargo cafe leave canal and head up road	
7	5.3	0.1	TJ SO	
8	5.3	0.0	Turn right onto Barnoldswick Road, B6251	SP Barnoldswick
9	5.6	0.3	Turn slight left onto Reedymoor Lane	SP Slipper hill
10	6.0	0.4	After sailing club SO through gate	SP Burnley, NCN68
11	6.2	0.3	TJ Turn right after passing through gate	SP NCN68
12	6.3	0.0	Turn left before bridge by Dog Waste bin	
13	6.3	0.1	Keep on higher tarmac path	
14	8.2	1.9	Cross canal at bridge 142	Bridges 134 & 131 are very low. Consider dismounting.
15	15.9	7.7	Exit canal at Gannow tunnel and turn R onto Ighten Road	Note masons marks at tunnel mouth, not found anywhere else.
16	16.5	0.5	TJ Turn R	SP River Calder Greenway
17	16.5	0.1	Turn left onto Lakeland Way	
18	17.0	0.5	TJ Turn right onto Padiham Road, A671	Use dual use path on RHS (20yds before junction)
19	17.3	0.3	Turn right onto track just before bus stop	Enter driveway by stone house with impressive chimneys!
20	17.8	0.6	Gawthorpe Hall	Cafe & toilets
21	17.9	0.1	Exit up the main tarmaced driveway	
22	18.4	0.5	Turn right onto Burnley Road, A671	CARE: Next mile through Padiham town centre
23	18.7	0.3	RA SO	
24	18.9	0.2	RA Turn right onto Moor Lane	SP Nelson
25	19.3	0.4	Turn right onto Barrowford Road, A6068	SP Nelson
26	19.3	0.1	Turn left onto Slade Lane	SP Sabden
27	20.5	1.2	Xrds SO onto Whins Lane	
28	21.3	0.7	Turn slight right	
29	22.0	0.7	Turn right at grass triangle	SP Sabden
30	23.1	1.2	Xrds SO	SP Higham
31	23.9	0.8	Xrds SO	SP Newchurch. Take care poor visibility to R
32	25.6	1.7	TJ Turn L	SP newchurch
33	25.7	0.1	Turn right onto Croft Top Lane	SP Roughlee
34	26.0	0.3	Follow rd L when you come towards a gate	
35	26.4	0.4	TJ Turn left	SP Roughlee
36	28.3	1.9	Junction at the bottom of fast descent. If you want a good cheap cup of tea turn L up Jinny Lane for 0.5 miles to the Clarion cyclists cafe then return to this point.	Pint of tea 55p!
37	29.2	0.9	Turn into Blacko Bar Road	SP Roughlee
38	31.0	1.8	TJ Turn right onto Gisburn Road, A682	
39	31.3	0.3	Turn left onto Beverley Road	SP Barnoldswick
40	31.8	0.5	TJ Turn left onto Barnoldswick Road by the Cross Gaits Inn	SP Barnoldswick
41	33.3	1.4	Turn left onto Barnoldswick Road, B6251	SP Barnoldswick
42	35.9	2.7	Turn left onto Gisburn Road, B6251	SP Gisburn
43	36.0	0.1	RA Turn right onto Skipton Road, B6252	SP Skipton
44	37.9	1.9	Turn right into campsite	
45	37.9	0.0	End of route	

# TCN17\_Sunday\_Medium

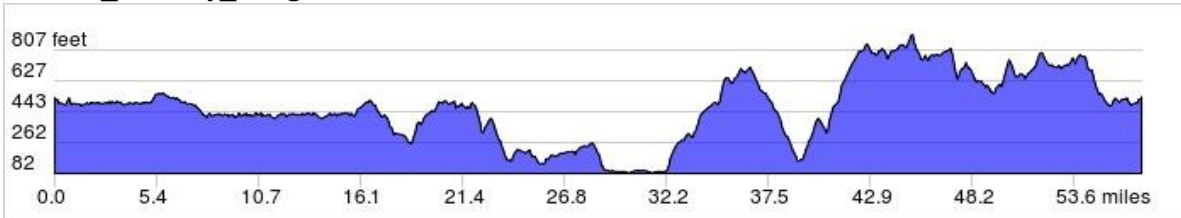


## TCN17\_Sunday\_Long

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Turn left onto Church Road, B6252	
3	0.8	0.7	Turn right onto Greenberfield Lane	SP Greenberfield Locks
4	0.9	0.1	Cross the bridge turn R to join canal and go underbridge	
5	2.2	1.3	Cross bridge to tow path on other side of canal	
6	5.1	3.0	At Cargo cafe leave canal and head up road	
7	5.3	0.1	TJ SO	
8	5.3	0.0	Turn right onto Barnoldswick Road, B6251	SP Barnoldswick
9	5.6	0.3	Turn slight left onto Reedymoor Lane	SP Slipper hill
10	6.0	0.4	After sailing club SO through gate	SP Burnley, NCN68
11	6.2	0.3	TJ Turn right after passing through gate	SP NCN68
12	6.3	0.0	Turn left before bridge by Dog Waste bin	
13	6.3	0.1	Keep on higher tarmac path	
14	8.2	1.9	Cross canal at bridge 142.	Bridges 134 & 131 are very low consider dismounting
15	15.9	7.7	Exit canal at Gannow tunnel and turn R onto Ighten Road	Note masons marks around tunnel mouth, not found anywhere else
16	16.5	0.5	TJ Turn R	SP River Calder Greenway
17	16.5	0.1	Turn left onto Lakeland Way	
18	17.0	0.5	TJ Turn right onto Padiham Road, A671	Use dual use path 20 yds before junction on R
19	17.3	0.3	Turn right onto track just before bus stop	Enter driveway next to stone house with impressive chimneys!
20	17.8	0.6	Gawthorpe Hall	Cafe & toilets
21	17.9	0.1	Exit up the main tarmaced driveway	
22	18.4	0.5	Turn right onto Burnley Road, A671	CARE next mile through Padiham town centre
23	18.7	0.3	RA SO	
24	18.9	0.2	RA Turn right onto Moor Lane	SP Nelson
25	19.3	0.4	Turn right onto Barrowford Road, A6068	SP Nelson
26	19.3	0.1	Turn left onto Slade Lane	SP Sabden
27	20.6	1.2	X rds SO	
28	22.0	1.4	At grass triangle keep L	
29	22.8	0.8	TJ L	SP Whalley
30	23.3	0.5	Turn right onto A671	SP Whalley
31	23.5	0.1	Turn left	SP Whalley
32	23.9	0.5	RA turn L onto King Street	SP Billington
33	25.0	1.1	RA Turn right onto Elker Lane	SP NCN90 by War memorial
34	27.2	2.3	Turn right approx 1/4 mile after Black Bull pub	SP Dinckley
35	29.7	2.4	TJ Turn right over bridge	SP NCN 90 IF not going to Ribchester turn L next instruction at 33.6 miles
36	30.6	1.0	Turn left on RH bend	SP Roman museum
37	30.8	0.2	Ribchester Roman Museum open 12-5pm on Sundays.	Cafes, pubs & toilets Retrace route to bridge over river
38	31.0	0.2	TJ Turn right onto Blackburn Road, B6245	SP Blackburn
39	33.6	2.6	Traffic Lights A59, Xrds SO	SP Blackburn
40	35.0	1.4	Traffic lights Xrds SO up Hollowhead Lane	A hairpin L and immediate R
41	35.7	0.6	TJ Turn left	
42	35.9	0.2	Turn slight left onto York Road	SP Whalley NCN 91
43	36.3	0.5	TJ Turn L	SP NCN 91
44	38.8	2.5	TJ turn R	CARE Left hairpin just before junction
45	39.2	0.4	RA Turn R	SP Burnley WHALLEY: Cafes, ruined Abbey

46	39.7	0.5	Turn right onto A671	SP Burnley
47	39.8	0.1	Turn left onto Portfield Road	SP Sabden
48	40.4	0.6	On LH bend by rusty railings turn R onto Old Roman Road	SP Read
49	41.2	0.8	Turn L at grass triangle	SP Sabden
50	42.4	1.2	Xrds SO	SP Higham
51	43.1	0.8	Xrds SO	SP Newchurch Care poor visibility to R
52	44.8	1.7	TJ Turn L	SP newchurch
53	44.9	0.1	Turn right onto Croft Top Lane	SP Roughlee
54	45.2	0.3	Follow rd L when you come towards a gate	
55	45.7	0.4	TJ Turn left	SP Roughlee
56	47.5	1.9	Junction at bottom of fast descent. If you want a good cheap cup of tea turn L up Jinny Lane for 0.5 miles to the Clarion cyclists cafe then return to this point.	Pint of tea 55p!
57	48.4	0.9	Turn into Blacko Bar Road	SP Roughlee
58	50.2	1.8	TJ Turn right onto Gisburn Road, A682	
59	50.6	0.4	Turn left onto Beverley Road	SP Barnoldswick
60	51.1	0.5	TJ Turn left onto Barnoldswick Road at Cross Gaits Inn	SP Barnoldswick
61	52.5	1.4	Turn left onto Barnoldswick Road, B6251	SP Barnoldswick
62	55.2	2.7	Turn left onto Gisburn Road, B6251	SP Gisburn
63	55.2	0.1	RA Turn right onto Skipton Road, B6252	SP Skipton
64	57.1	1.9	Turn right into campsite	
65	57.2	0.0	End of route	

### TCN17\_Sunday\_Long

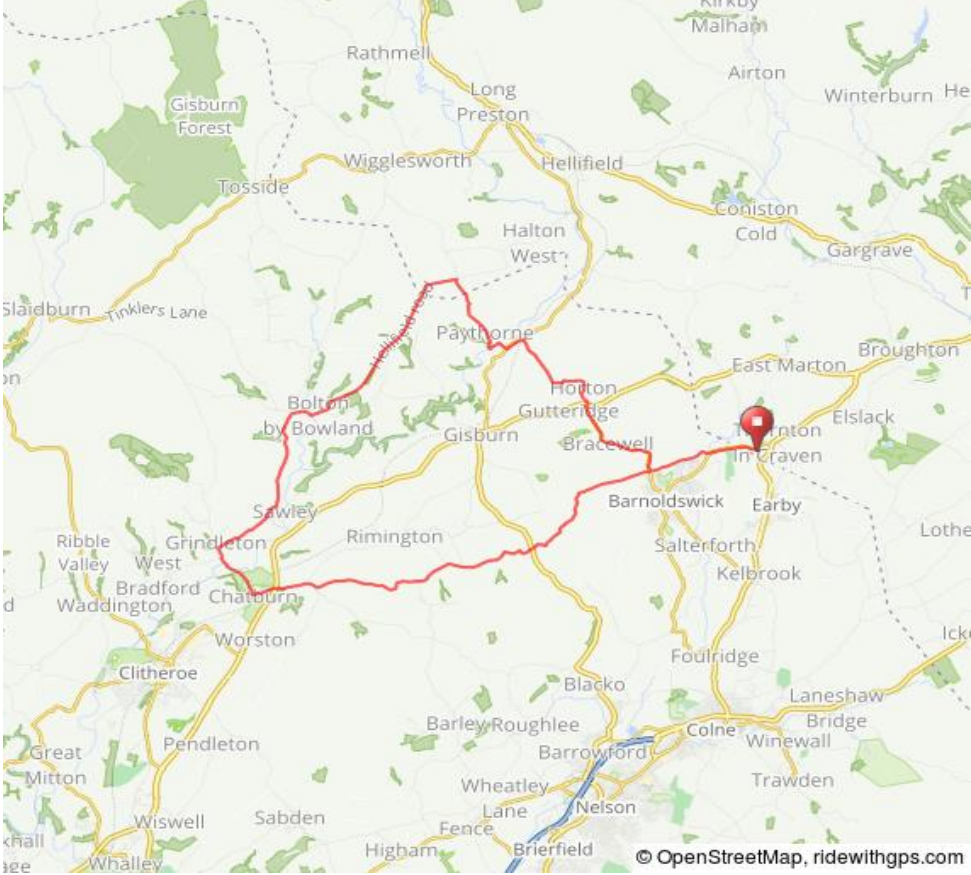




## TCN17\_Monday\_Short

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Turn left out of campsite	
3	0.8	0.7	Turn right onto Greenberfield Lane	SP Greenberfield Locks
4	1.9	1.2	X roads TR	
5	3.8	1.9	CARE: Turn right onto A59 then turn immediate L	
6	4.3	0.5	Keep L at grass triangle	
7	5.8	1.5	TJ turn L under railway	
8	6.1	0.3	Turn right	SP Paythorne
9	8.0	1.9	X roads turn L	SP Bolton-By-Bowland
10	11.6	3.6	TJ turn R	SP Clitheroe Bolton By Bowland Toilets and a small tea room
11	13.8	2.3	turn R	SP Waddington
12	15.3	1.5	Turn L on RH bend	No SP but 2nd house has swans on its gate!
13	16.2	0.9	TJ turn L	SP Gisburn
14	16.3	0.1	Turn right	SP Rimington, Cafe & cafe 1/2mile up hill
15	17.3	1.0	Bear L at the Assheton Arms	Or go R into the village then return to this spot. Downham: Toilets and small cafe
16	19.1	1.9	Turn left	SP Rimington
17	20.1	1.0	At left turn SO	SP NCN 91 and keep following NCN91
18	20.2	0.1	Gate. please leave it as you find it	CARE: another gate at the bottom of this hill. Please leave as you find
19	21.3	1.1	X rds SO into Stocks Lane	SP NCN91
20	24.0	2.7	X roads SO	NCN91
21	25.2	1.2	TJ turn L	
22	25.9	0.7	Turn right into campsite	
23	25.9	0.0	End of route	

# TCN17\_Monday\_Short

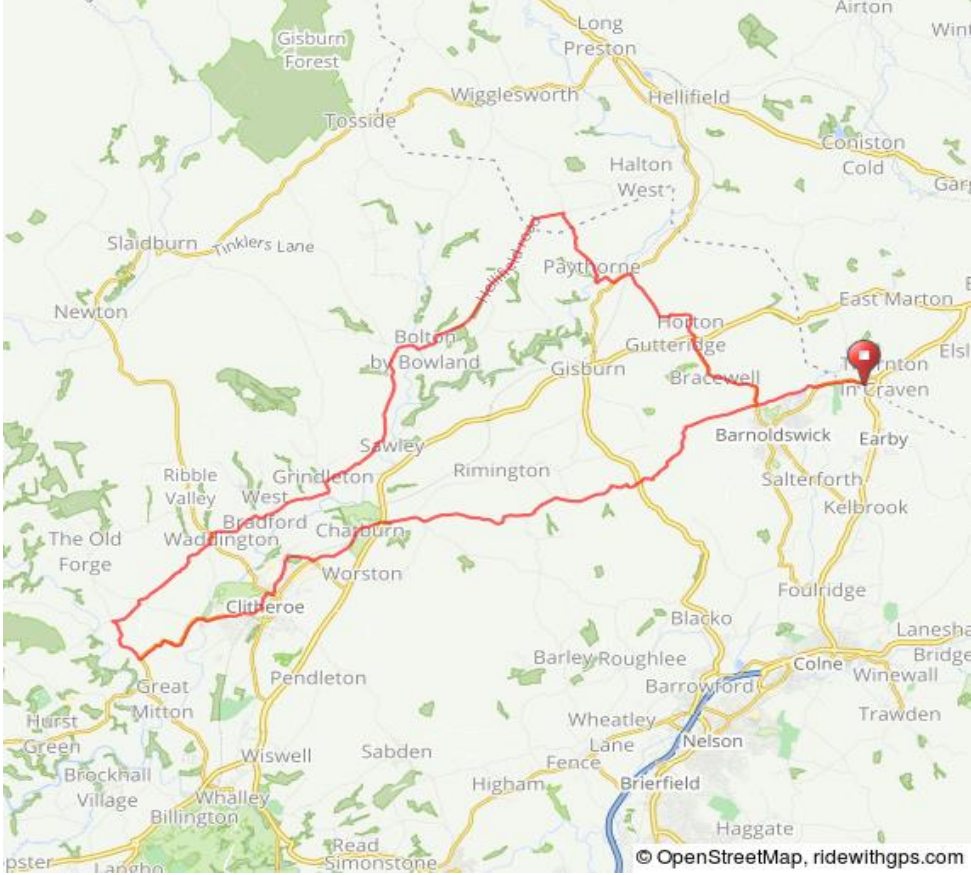




## TCN17\_Monday\_Medium

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Turn left out of campsite	
3	0.8	0.7	Turn right onto Greenberfield Lane	SP Greenberfield Locks
4	1.9	1.2	X roads TR	
5	3.8	1.9	CARE: Turn right onto A59 then turn immediate L	
6	4.3	0.5	Keep L at grass triangle	
7	5.8	1.5	TJ turn L under railway	
8	6.1	0.3	Turn right	SP Paythorne
9	8.0	1.9	X roads turn L	SP Bolton-By-Bowland
10	11.6	3.6	Bolton By Bowland Toilets	
11	13.8	2.3	turn R	SP Waddington
12	17.5	3.7	TJ Turn L SP Clitheroe then 1st R SP Mitton	
13	19.3	1.8	TJ turn L	
14	19.4	0.1	Turn R	SP Chaigley
15	20.0	0.6	Turn L	SP Mitton
16	20.9	1.0	TJ Turn left	SP Clitheroe
17	23.5	2.5	RA turn L	Walk up no entry street to castle and town centre
18	23.6	0.1	RA SO past station	
19	23.8	0.2	Follow road R	
20	23.9	0.1	At roundabout, take exit 1	SP West Bradford
21	24.6	0.8	TJ Turn right	SP Chatburn
22	25.1	0.4	At roundabout, take exit 1 onto Chatburn Road	
23	26.2	1.1	Turn right	SP Rimington, Cafe & cafe 1/2 mile up road
24	27.2	1.0	Keep left after the Assheton Arms	DOWNHAM: Toilets and cafe down in the village to the right
25	29.1	1.9	Turn left	SP Rimington
26	29.9	0.8	At left turn SO	SP NCN91 and keep following NCN91
27	30.2	0.3	Gate. Please leave it as you find it.	CARE Another gate at the bottom of this hill Leave as you find it
28	31.2	1.1	X rds SO into Stocks Lane	SP NCN91
29	33.9	2.7	X roads SO	NCN91
30	35.1	1.2	TJ turn L	
31	35.8	0.7	Turn right into campsite	
32	35.9	0.0	End of route	

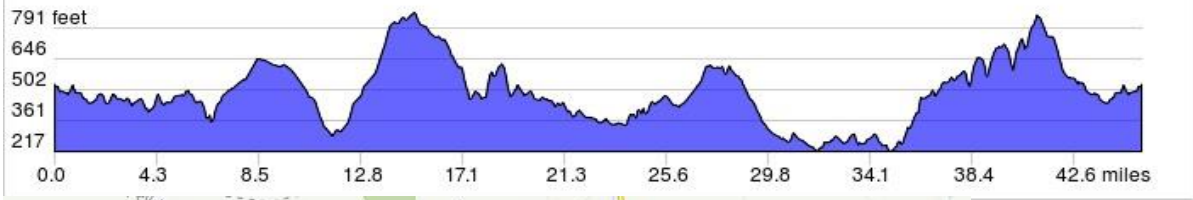
# TCN17\_Monday\_Medium



## TCN17\_Monday\_Long

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Turn left out of campsite	
3	0.8	0.7	Turn right onto Greenberfield Lane	SP Greenberfield Locks
4	1.9	1.2	X roads TR	
5	3.8	1.9	CARE: Turn right onto A59 then turn immediate L	
6	4.3	0.5	Keep L at grass triangle	
7	5.8	1.5	TJ turn L under railway	
8	6.1	0.3	Turn right	SP Paythorne
9	8.0	1.9	X roads turn L	SP Bolton-By-Bowland
10	11.6	3.6	TJ turn R	SP Clitheroe Bolton By Bowland: toilets, small tearoom
11	12.0	0.5	Turn R on LH bend by the Copy Nook	SP Holden
12	12.3	0.2	Keep R	SP Slaidburn
13	14.5	2.3	Turn L	SP Slaidburn, NCN 90
14	16.3	1.8	TJ turn L	SP Slaidburn
15	17.1	0.8	CARE: Hairpin on descent	Slaidburn: Cafe, shop
16	17.6	0.5	Follow road up through village, go L after war memorial	Keep following this road through Newton, Dunsop Bridge and Whitewell
17	26.1	8.6	Turn L	SP Browsholme Hall
18	27.9	1.8	Browsholme Hall	
19	29.5	1.5	SO at grass triangle	
20	30.8	1.3	Turn left at grass triangle	SP Waddington Cafe 200m on R
21	32.6	1.8	X roads SO	WADDINGTON: Cafe, pub
22	32.6	0.1	TJ turn R	
23	34.8	2.2	Turn right after entering Grindleton	No SP but 2nd house has Swans on its gate
24	35.7	0.9	TJ Turn L	SP Gisburn
25	35.8	0.1	Turn R	SP Rimington, cafe & cafe 1/2 mile up hill Cafe
26	36.8	1.0	Keep left after the Assheton Arms	Downham: Cafe and yoilets down in the village
27	38.7	1.9	Turn slight right	
28	38.7	0.0	Tuen L onto Skeleron Lane	SP Rimington
29	39.5	0.9	At L turn SO	SP NCN91 and keep following NCN91
30	39.8	0.3	Gate. Please leave as you find.	CARE: Gate at the bottom of the hill. Leave as you find
31	40.9	1.1	X rds SO onto Stocks Lane	NCN91
32	41.3	0.4	Turn slight right onto Brogden Lane	
33	43.6	2.3	X roads SO	NCN91
34	44.7	1.2	TJ turn L	
35	45.5	0.7	Turn right into campsite	
36	45.5	0.0	End of route	

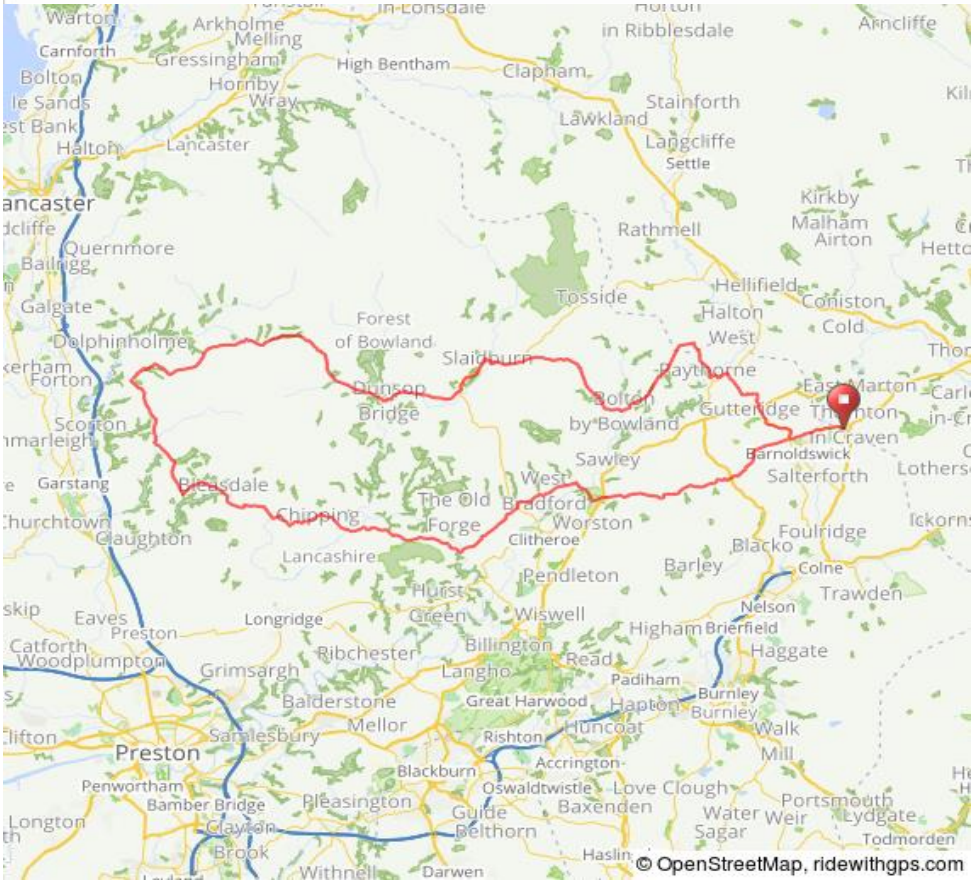
# TCN17\_Monday\_Long



## TCN17\_Monday\_Extra\_Long

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Turn left out of campsite	
3	0.8	0.7	Turn right onto Greenberfield Lane	SP Greenberfield Locks
4	1.9	1.2	X roads TR	
5	3.8	1.9	CARE: Turn right onto A59 then turn immediate L	
6	4.3	0.5	Keep L at grass triangle	
7	5.8	1.5	TJ turn L under railway	
8	6.1	0.3	Turn right	SP Paythorne
9	8.0	1.9	X roads turn L	SP Bolton-By-Bowland
10	11.6	3.6	TJ turn R	SP Clitheroe Bolton By Bowland: toilets, small tearoom
11	12.0	0.5	Turn R on LH bend by the Copy Nook	SP Holden
12	12.3	0.2	Keep R	SP Slaidburn
13	14.5	2.3	Turn L	SP Slaidburn, NCN 90
14	16.3	1.8	TJ turn L	SP Slaidburn
15	17.1	0.8	CARE: Hairpin on descent	Slaidburn: Cafe, shop
16	17.6	0.5	Follow road up through village, go L after war memorial	Keep following this road through Newton, Dunsop Bridge
17	22.0	4.4	Turn right onto Trough Road	SP Lancaster
18	27.9	5.9	Turn Left	SP Scorton
19	32.7	4.8	X rds Turn left	SP Oakencrough
20	37.5	4.8	TJ left	SP Bleasedale
21	39.6	2.1	TJ Turn left onto Oakencrough Road	SP Chipping
22	40.9	1.3	Follow rd R	keep following signs to chipping
23	43.2	2.4	Continue straight through village	Cafe pubs toilets
24	49.6	6.4	TJ left	SP Bashall Barn
25	51.5	1.9	X roads SO	WADDINGTON: Cafe, pub
26	51.5	0.1	TJ turn R	
27	53.7	2.2	Turn right after entering Grindleton	No SP but 2nd house has Swans on its gate
28	54.6	0.9	TJ Turn L	SP Gisburn
29	54.7	0.1	Turn R	SP Rimington Cafe, cafe 1/2 mile up hill
30	55.7	1.0	Keep L after the Assheton Arms	Downham: Toilets and cafe down in the village
31	57.6	1.8	Turn Left onto Skeleron Lane	SP Rimington
32	58.4	0.9	At left turn SO	SP NCN91 and keep following NCN91
33	58.7	0.3	Gate: please leave as you found it	CARE: Another gate at the bottom of this hill, please leave as found
34	59.7	1.1	Xrds SO into Stocks lane	NCN91
35	62.4	2.7	X roads SO	NCN91
36	63.6	1.2	TJ turn L	
37	64.3	0.7	Turn right into campsite	

# TCN17\_Monday\_Extra\_Long





## TCN17\_Tuesday\_Short

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Turn right out of campsite	
3	0.3	0.3	Turn left onto Colne and Broughton Road, A56	
4	2.3	2.0	CARE busy road. At roundabout, take exit 2 onto A59	SP Skipton
5	4.2	2.0	Turn right	SP Carleton
6	5.9	1.6	TJ turn L	SP Skipton
7	7.5	1.6	TJ turn left	SP Town Centre
8	7.6	0.1	Traffic lights RH lane SO	
9	7.8	0.3	At roundabout, take exit 1 onto High Street, A6131	SP Skipton Castel. Nat West on L. SKIPTON: Shops, toilets, cafe, castle
10	8.0	0.2	At roundabout, take exit 2	Keep church on L and Pizza Express on R
11	8.5	0.4	Turn left onto Skipton Road	SP Embsay
12	9.4	1.0	Turn left onto Brackenley Lane	SO for Embsay station 200m on R, cafe
13	10.9	1.5	TJ Turn R	No SP
14	14.3	3.5	Turn left	SP Hetton
15	14.8	0.5	TJ turn L	SP Gargrave
16	17.7	2.8	TJ turn L	SP Gargrave
17	18.5	0.8	Turn L to JD Tandems	
18	18.6	0.1	TJ turn R onto Skipton Road, A65	SP Kendal
19	18.8	0.3	Turn left onto Church Street	SP Station
20	18.9	0.1	Turn right	SP Bank Newton
21	24.0	5.1	Care busy road. X roads SO	SP Thortnton in Craven
22	25.4	1.4	TJ Turn L	SP Skipton
23	25.6	0.2	Turn right into campsite	
24	25.6	0.0	End of route	

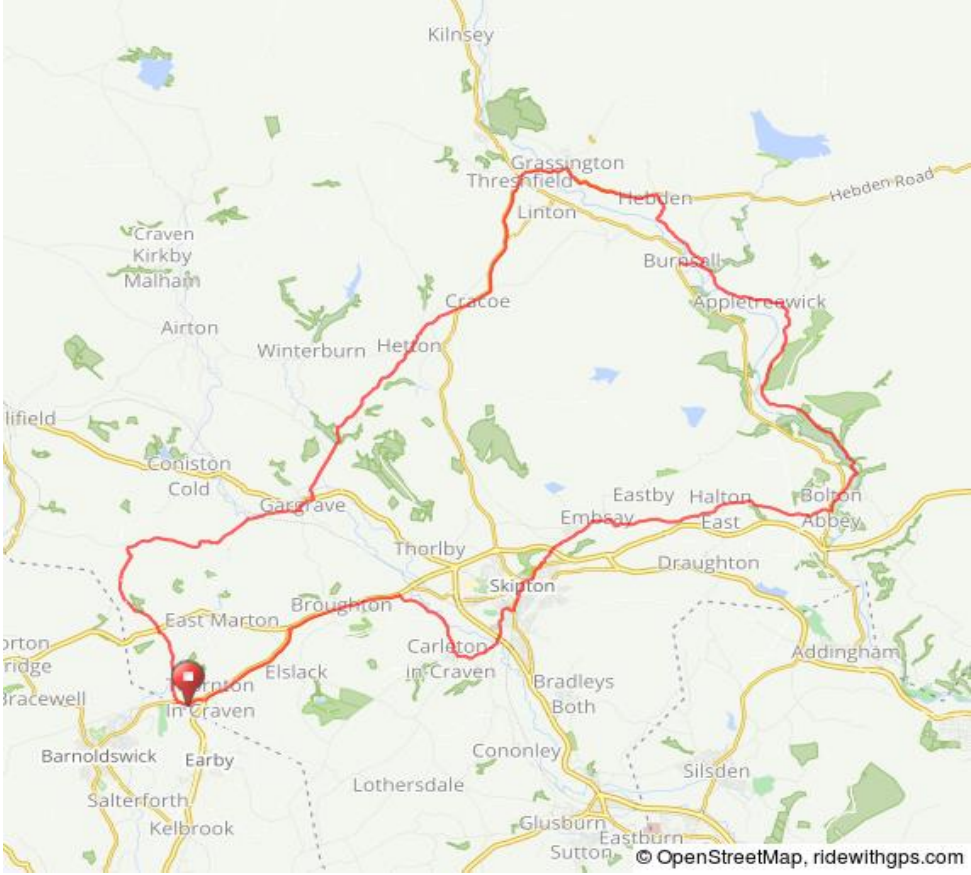
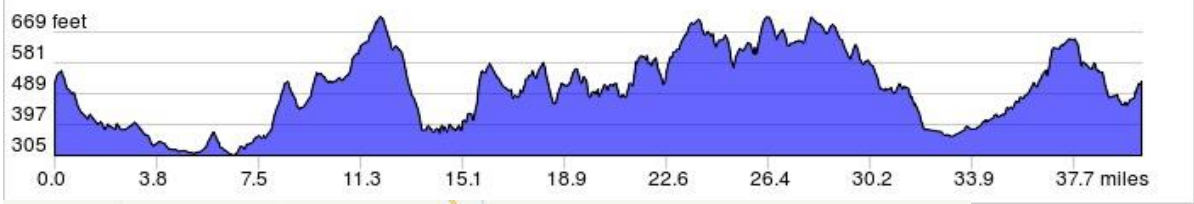
# TCN17\_Tuesday\_Short



## TCN17\_Tuesday\_Medium

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Turn right out of campsite	
3	0.3	0.3	Turn left onto A56	SP Skipton
4	2.3	2.0	CARE busy road. At roundabout, take exit 2 onto A59	SP Skipton
5	4.2	2.0	Turn right	SP Carleton
6	5.9	1.6	TJ turn left	SP Skipton
7	7.5	1.6	TJ turn left	SP Town Centre
8	7.6	0.1	At traffic lights RH lane SO	
9	7.8	0.3	At roundabout, take exit 1 onto High Street, A6131	SP Skipton Castle, keep Nat West on L SKIPTON: Shops, toilets, cafe, castle
10	8.0	0.2	At roundabout, take exit 2	Keep church on L, Pizza Express on R
11	8.4	0.4	Turn left onto Skipton Road	SP Emsay
12	9.5	1.1	Steam Railway on R	
13	9.7	0.2	Turn right onto Shires Lane	SP Bolton Abbey
14	10.0	0.3	TJ turn R grass triangle	SP Bolton Abbey
15	13.1	3.1	CARE: Gate on descent	Please leave gate as you found it
16	14.0	0.9	TJ turn left onto B6160	Cafe. Ruined Abbey through archway opposite
17	14.4	0.4	Turn right	SP Cavendish Pavilion Cafe Restaurant. Continue down drive to cafe.
18	15.0	0.6	Turn R over bridge and through gate	
19	15.1	0.1	TJ turn left	
20	17.4	2.3	TJ turn right	No SP
21	19.1	1.7	TJ Turn left	SP Appletreewick
22	20.7	1.6	SO to Burnall	Pretty village cafe and picnic spot
23	21.0	0.4	Exit village back over bridge	
24	21.4	0.4	Turn left SP Hartlington Raikes	
25	21.5	0.1	Turn left at grass triangle	SP Hebden
26	23.1	1.6	X roads TL onto Hebden Road, B6265	SP Grassington. Playground, cafe, gold postbox!
27	24.8	1.7	On LH bend by Barclays bank go right to village centre. Return to this point to continue.	GRASSINGTON: Cafe, shops
28	24.8	0.0	Continue on this road, keep Dales Toffee shop on your R	
29	25.7	0.9	TJ turn left	SP Skipton
30	28.6	2.9	CARE: Fork R on LH bend	SP Gargrave & Hetton
31	32.3	3.7	TJ turn left	SP Gargrave
32	33.1	0.8	Turn L to JD Tandems	GARGRAVE: Cafes
33	33.2	0.1	Turn right onto Skipton Road, A65	SP Kendal
34	33.4	0.3	Turn left onto Church Street	SP Station
35	33.5	0.1	Turn right	SP Bank Newton
36	38.6	5.1	Care Busy road. X roads SO	SP Thornton in Craven
37	40.0	1.4	TJ turn left	SP Skipton
38	40.2	0.2	Turn right into campsite	
39	40.2	0.0	End of route	

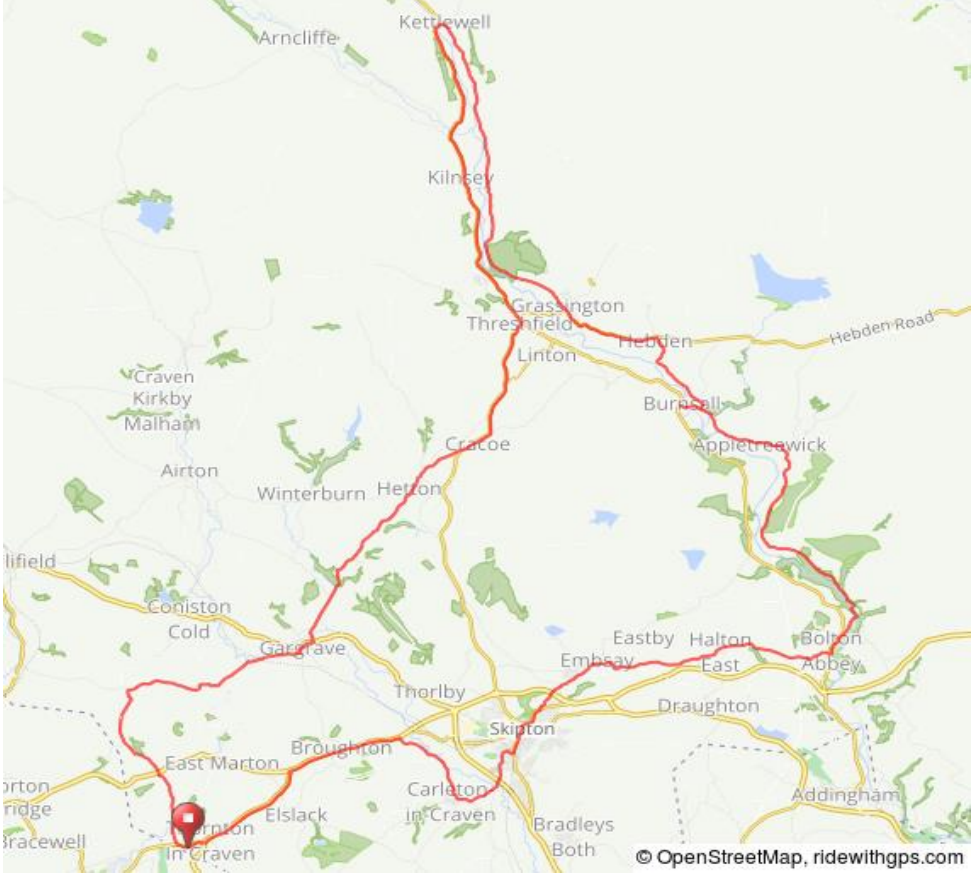
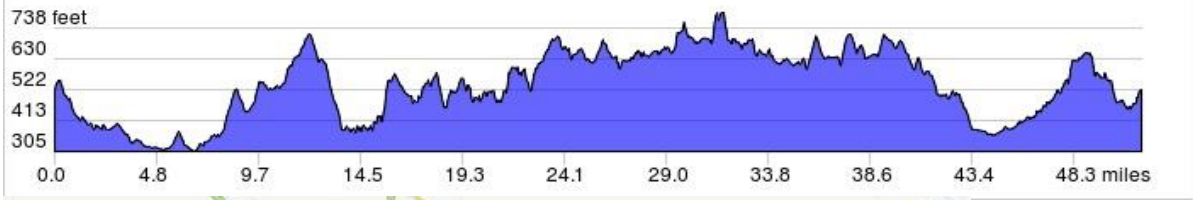
# TCN17\_Tuesday\_Medium



## TCN17\_Tuesday\_Long

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Turn right out of campsite	
3	0.3	0.3	Turn left onto A56	SP Skipton
4	2.3	2.0	CARE busy road. At roundabout, take exit 2 onto A59	SP Skipton
5	4.2	2.0	Turn right	SP Carleton
6	5.9	1.6	TJ turn left	SP Skipton
7	7.5	1.6	TJ turn left onto Keighley Road, A6131	SP Town Centre
8	7.5	0.1	At traffic lights RH lane SO	
9	7.8	0.3	At roundabout, take exit 1 onto High Street, A6131	SP Skipton Castle, Keep Nat West on L SKIPTON: Shops, toilets, cafe, castle
10	8.0	0.2	At roundabout, take exit 2	Keep church on L, Pizza Express on R
11	8.4	0.4	Turn left onto Skipton Road	SP Embsay
12	9.5	1.1	Steam Railway on R	
13	9.7	0.2	Turn right onto Shires Lane	SP Bolton Abbey
14	10.0	0.3	TJ turn R grass triangle	SP Bolton Abbey
15	13.0	3.0	Care: Gate on descent	Please leave gate as you found it.
16	14.0	0.9	TJ turn left onto B6160	Cafe. Abbey ruins through archway opposite.
17	14.4	0.4	Turn right	SP Cavendish Pavilion Cafe Restaurant. Continue down drive to cafe.
18	15.0	0.6	Turn R over bridge and through gate	
19	15.1	0.1	TJ turn left	
20	17.4	2.3	TJ turn right	No SP
21	19.1	1.7	TJ Turn left	SP Appletreewick
22	20.7	1.6	SO to Burnall	Pretty village cafe and picnic spot
23	21.0	0.4	Exit village back over bridge	
24	21.4	0.4	Turn left SP Hartlington Raikes	
25	21.5	0.1	Turn left at grass triangle	SP Hebden
26	23.1	1.6	X roads TL onto Hebden Road, B6265	SP Grassington. Playground, cafe gold post box!
27	24.8	1.7	On LH bend by Barclays bank go right to village centre. Return to this point to continue.	GRASSINGTON: Cafe, shops
28	24.8	0.0	Turn R up Wood Lane	Turn by Dales Toffee Shop
29	27.8	3.0	Fork R at triangle	
30	31.1	3.3	TJ turn left onto B6160	SP Skipton Kettlewell: Toilets, cafe
31	39.8	8.8	CARE: Fork R on LH bend	SP Gargrave & Hetton
32	43.5	3.7	TJ turn left	SP Gargrave
33	44.3	0.8	Turn L to JD Tandems	GARGRAVE: Cafes
34	44.4	0.1	Turn right onto Skipton Road, A65	SP Kendal
35	44.7	0.3	Turn left onto Church Street	SP Station
36	44.8	0.1	Turn right	SP Bank Newton
37	49.8	5.1	Care busy road. X roads SO	SP Thornton in Craven
38	51.3	1.4	TJ turn L	No SP
39	51.5	0.2	Turn right into campsite	
40	51.5	0.0	End of route	

# TCN17\_Tuesday\_Long

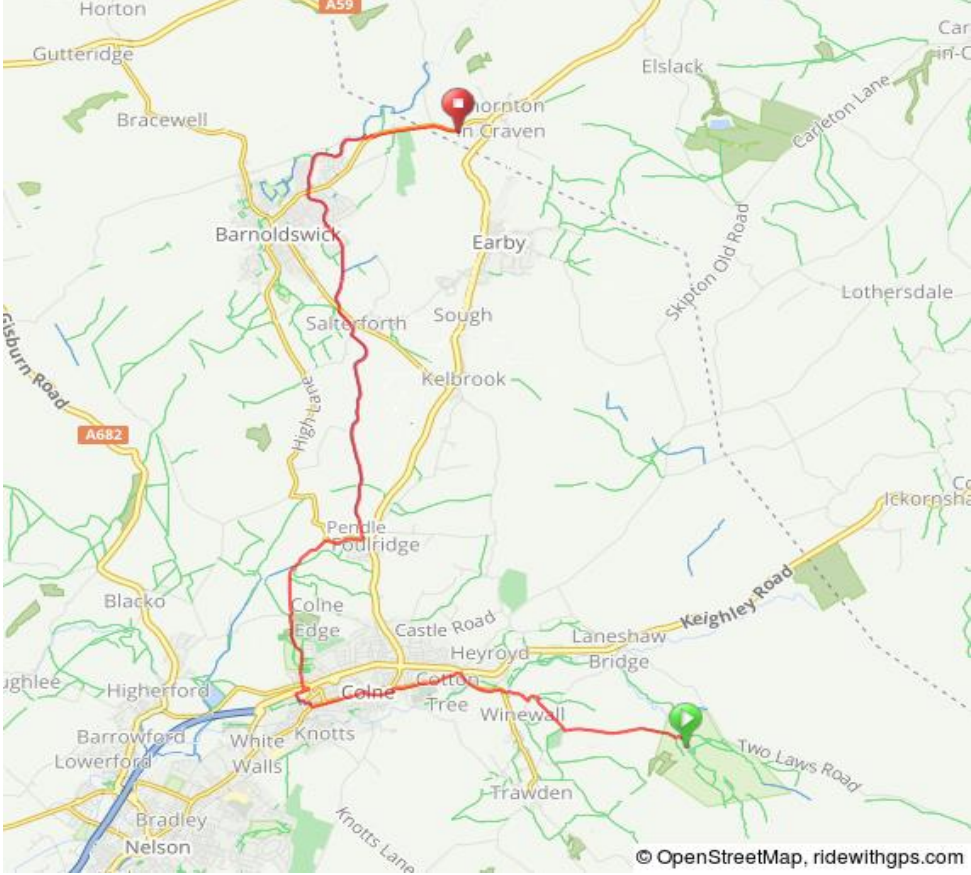




## TCN17\_Thursday\_Wycoller\_Return\_Short

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Exit Wycoller the same way you came in	
3	1.1	1.1	TJ turn R	SP Unsuitable for HGVs
4	1.8	0.7	TJ turn R	
5	2.3	0.4	TJ turn L	
6	2.3	0.0	At roundabout, take exit 1 onto Keighley Road	SP Colne Centre
7	2.9	0.6	Traffic Light turn L	
8	3.2	0.3	Follow road L	
9	3.6	0.5	CARE: Before railway station turn right onto cycle path by the red railings at the swimming pool	Follow NCN 68 signs around carpark, around end of railway line and between Boundary Mills & sports pitch
10	3.8	0.2	Turn R on cyclepath along side dual carriageway	SP NCN68
11	3.9	0.1	Cross dual carriageway and up ramp to cobbled street	NCN68
12	4.0	0.0	Follow cobbles Left	
13	4.0	0.0	Turn R before new houses	SP NCN 68
14	4.0	0.0	Xrds SO onto Alkincoats Rd	
15	4.2	0.1	Continue up into park	
16	4.3	0.2	Follow NCN68 left past gate then continue to follow NCN68 through park	
17	4.7	0.4	TJ Turn right	NCN 68
18	4.7	0.0	Turn left down hill	SP Sailing club
19	5.5	0.8	TJ turn R	SP Foulridge & NCN68
20	5.9	0.3	Turn L toward canal on RH bend	
21	5.9	0.0	SO toward canal on LH bend	
22	6.0	0.1	GO round the back of the cafe to join the canal and	
23	8.9	2.9	Bridge 153 cross bridge to continue along tow path on the opposite side	
24	10.3	1.3	Exit canal at Greenberfield Lock go over canal bridge and up Greenberfield Lane	
25	10.4	0.1	TJ turn L	
26	11.1	0.7	Turn right into campsite	
27	11.1	0.0	End of route	

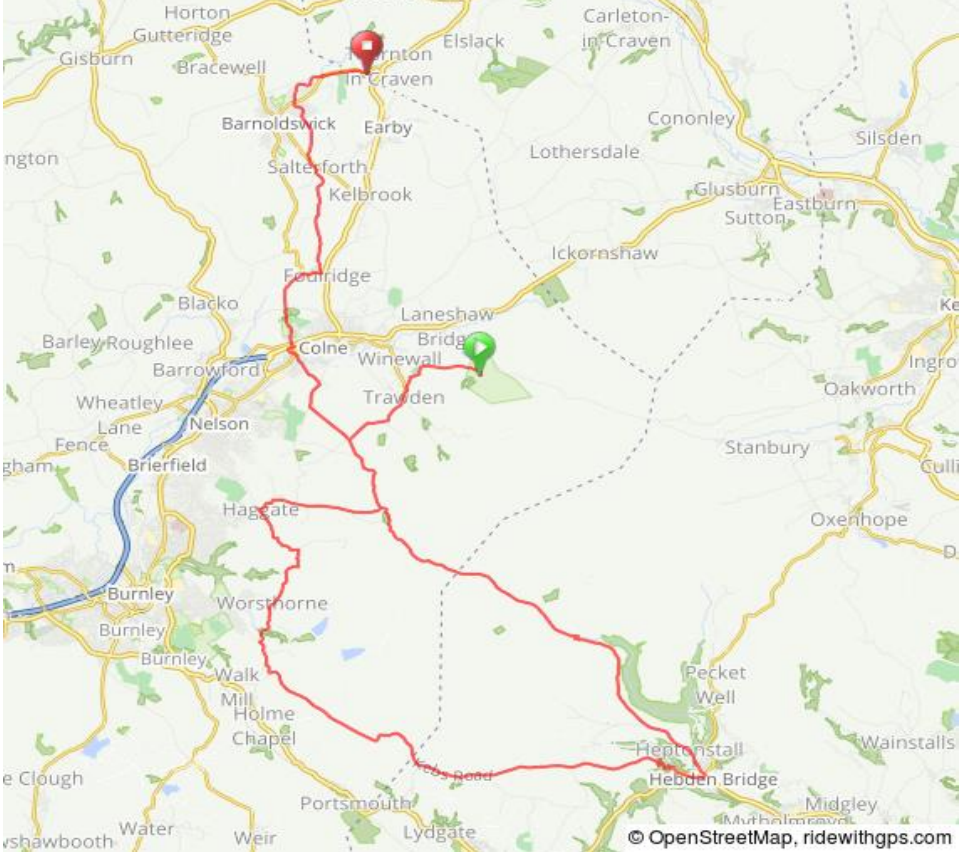
# TCN17\_Thursday\_Wycoller\_Return\_Short



## TCN17\_Thursday\_Wycoller\_Return\_Long

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Exit Wycoller the way you came in	
3	1.1	1.1	TJ Turn left	SP B6250
4	1.6	0.5	TJ turn L	SP NCN91
5	1.8	0.2	Turn R before church then immediate L up Burnley Road	SP NCN91
6	3.1	1.3	Xrds Turn left	SP Hebden bridge
7	4.6	1.5	Fork L	
8	11.6	6.9	TJ turn L	SP Heptonstall
9	11.8	0.3	Turn right on LH bend	SP Heptonstall no through road
10	12.3	0.4	Carefully descend through the village on the cobbled street	Once back on tarmac CARE, TJ on descent.
11	12.7	0.4	TJ Turn sharp left onto Lee Wood Road	
12	12.7	0.0	At the break in the wall on the R turn sharp right onto The Buttress. A steep cobbled descent CARE. Consider walking	SP NCN 68. Alternate is to head down Heptonstall Rd, i.e. back past the TJ you just came out of and down to Fox and Goose. L to town R to continue route, R up Church Lane
13	13.0	0.2	Continue SO onto cobbled bridge. Pedestrian zone	The race up what you have just come down is called "Up The Buttress"
14	13.0	0.0	Turn right through pedestrian zone	
15	13.1	0.1	Traffic lights turn right	
16	13.5	0.4	Turn right onto Church Lane	SP Parish church. Prepare yourself for 1000ft of continuous climbing over 2 miles
17	13.7	0.2	Keep R	
18	15.6	1.9	TJ turn L onto Old Shaw Lane	
19	22.0	6.4	TJ turn right onto Red Lees Road at Kettledrum Inn	SP Burnley
20	22.5	0.5	Turn right onto Salterford Lane	SP Hurstwood
21	23.3	0.8	Straight through Worsthorne	
22	24.6	1.3	Follow rd L	
23	25.7	1.2	Xrds turn right by the Hare and Hounds onto Halifax Road	
24	27.9	2.2	Follow road L	SP Colne
25	29.4	1.5	Xrds SO	SP Colne NCN68
26	31.5	2.1	TJ SO on cyclepath between red railings by swimming pool then follow cycle path around car park and railway then between sports pitch and Boundary Mills	
27	31.7	0.2	Turn R on cyclepath along side dual carriageway	SP NCN68
28	31.8	0.1	Cross dual carriageway and up ramp to cobbled street	NCN68
29	31.8	0.0	Follow cobbles Left	
30	31.9	0.0	Turn R before new houses	SP NCN 68
31	31.9	0.0	Xrds SO onto Alkincoats Rd	
32	32.0	0.1	Continue up into park	
33	32.2	0.2	Follow NCN68 left past gate then continue on NCN68 through park	
34	32.6	0.4	TJ Turn right	NCN 68
35	32.6	0.0	Turn left down hill	SP Sailing club
36	33.4	0.8	TJ turn R	SP Foulridge and NCN68
37	33.7	0.3	Turn L toward canal on RH bend	
38	33.7	0.0	SO toward canal on LH bend	
39	33.9	0.1	Go behind cafe and join canal	
40	36.8	2.9	Cross canal at Bridge 153 and continue along other side	
41	38.1	1.3	Exit canal at Greenberfield Lock go over canal bridge and up Greenberfield Lane	
42	38.2	0.1	TJ turn L	
43	39.0	0.7	Turn right into campsite	

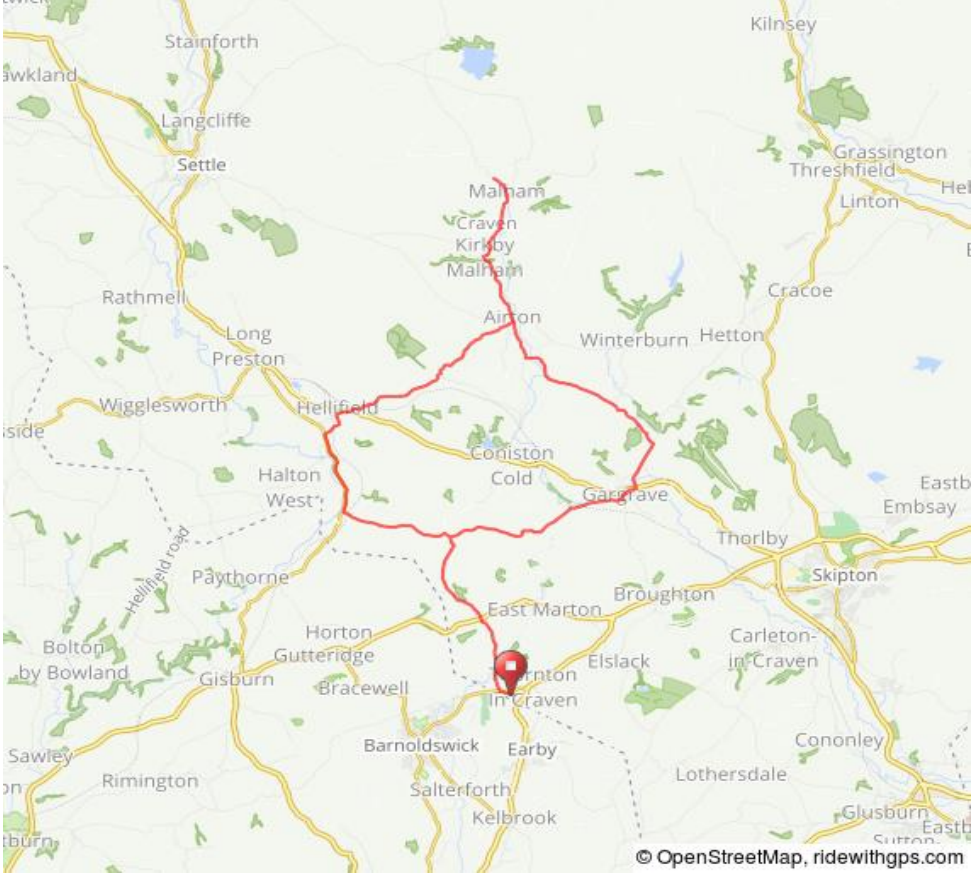
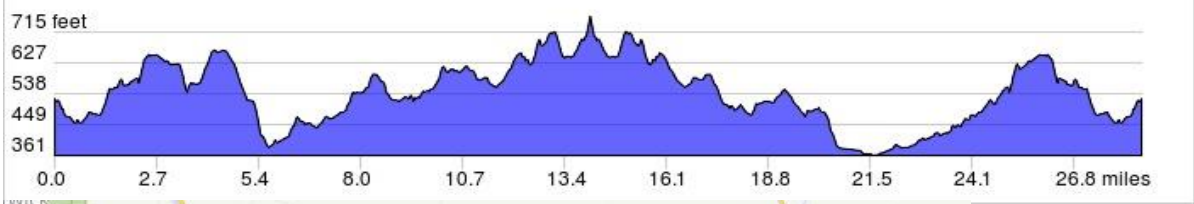
# TCN17\_Thursday\_Wycoller\_Return\_Long



## TCN17\_Friday\_Short

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Turn left out of campsite	
3	0.2	0.2	Turn right	
4	1.7	1.4	Xrds SO	
5	3.5	1.9	Turn L	SP Hellifield
6	5.4	1.9	Turn right onto A682. CARE: junction at bottom of 14% hill	SP Hellifield
7	6.9	1.5	Turn right	SP Hellifield
8	7.5	0.5	TJ turn R onto A65	SP Skipton
9	7.7	0.2	Turn left	sp malham
10	11.1	3.4	Xrds Turn left and continue to follow signs to Malham.	SP Malham. Out and back route to Malham returns to this spot.
11	13.7	2.6	Malham village. to see the cove go straight through the village. The cove is on your right with a footpath to its base.	Toilets, shops, cafes & a huge curving cliff of limestone!
12	14.1	0.4	Return back through the village the way you have just come and keep following signs to Gargrave	Route mileage includes going up the road to first sight of the cove.
13	21.6	7.5	Turn right onto Skipton Road, A65	SP Kendal GARGRAVE: Cafes, toilets
14	21.8	0.3	Turn L over bridge	SP Station
15	21.9	0.1	Turn right	SP Bank Newton
16	27.0	5.1	Xrds SO	
17	28.4	1.4	Turn left onto Church Road, B6252	
18	28.6	0.2	Turn right into campsite	
19	28.6	0.0	End of route	

# TCN17\_Friday\_Short

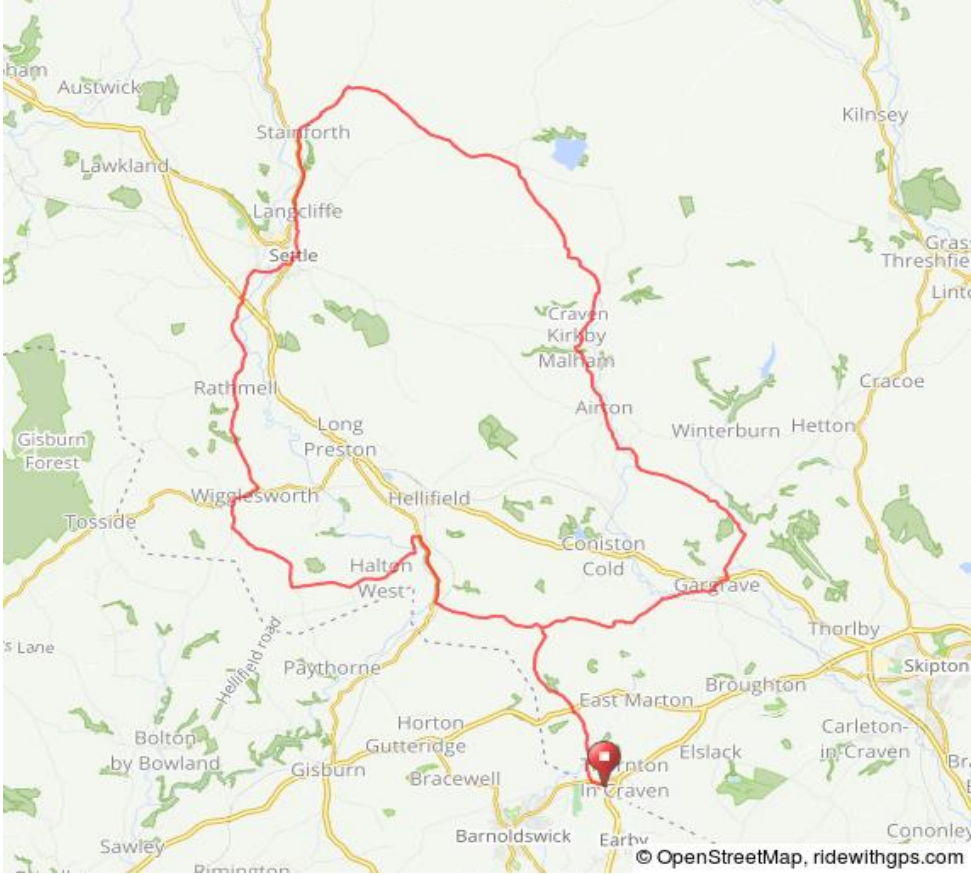




## TCN17\_Friday\_Medium

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Turn left onto Church Road, B6252	
3	0.2	0.2	Turn right	
4	1.7	1.4	X rds SO	
5	3.5	1.9	Turn L	SP Hellifield
6	5.4	1.9	Turn right onto A682. CARE junc at bottom of 14% hill	SP Hellifield
7	6.7	1.3	Turn left onto Hellifield road	SP Halton West
8	8.5	1.8	Turn right on LH bend onto Long Bank Lane	SP Wigglesworth
9	9.5	1.0	TJ Turn right	
10	11.1	1.6	TJ turn R	SP Settle
11	11.7	0.6	TJ turn R onto B6478	SP Long Preston
12	12.0	0.4	Turn left onto Jack Lane	SP Rathmell
13	15.8	3.8	Turn left onto A65 then immediate R	SP Kendal then SP Settle
14	16.4	0.6	RA Turn right onto Station Road and continue under railway	SP Tow Centre & Settle
15	17.1	0.7	TJ Turn left	
16	17.2	0.1	Just after market square turn R up hill	Keep arches on your R and NatWest on your L go past cul de sac and 1:7 signs
17	18.0	0.8	TJ Turn right onto B6479	
18	19.5	1.5	Turn right	SP Halton Gill
19	19.6	0.2	SO on LH bend toward grassy island then follow road R	SP Halton Gill
20	20.9	1.2	After a long climb turn right	SP Malham
21	22.6	1.7	TJ turn L	SP Malham
22	23.7	1.1	Turn R	No SP but cattle grid just after junction
23	24.1	0.5	Follow road R	SP Malham
24	25.6	1.5	Take care steep descent with sharp bend	there is no shame in walking down! View of the cove just after LH bend
25	26.9	1.2	Continue through village then keep following signs to Gargrave	MALHAM: Cafes, toilets
26	33.9	7.0	Turn right onto Skipton Road, A65	SP Kendal
27	34.2	0.3	Turn left over bridge onto Church Street	SP Station
28	34.3	0.1	Turn right after pub onto Marton Road	SP West Marton
29	39.3	5.0	Xrds SO	
30	40.8	1.5	Turn left onto Church Road, B6252	
31	41.0	0.2	Turn right into campsite	
32	41.0	0.0	End of route	

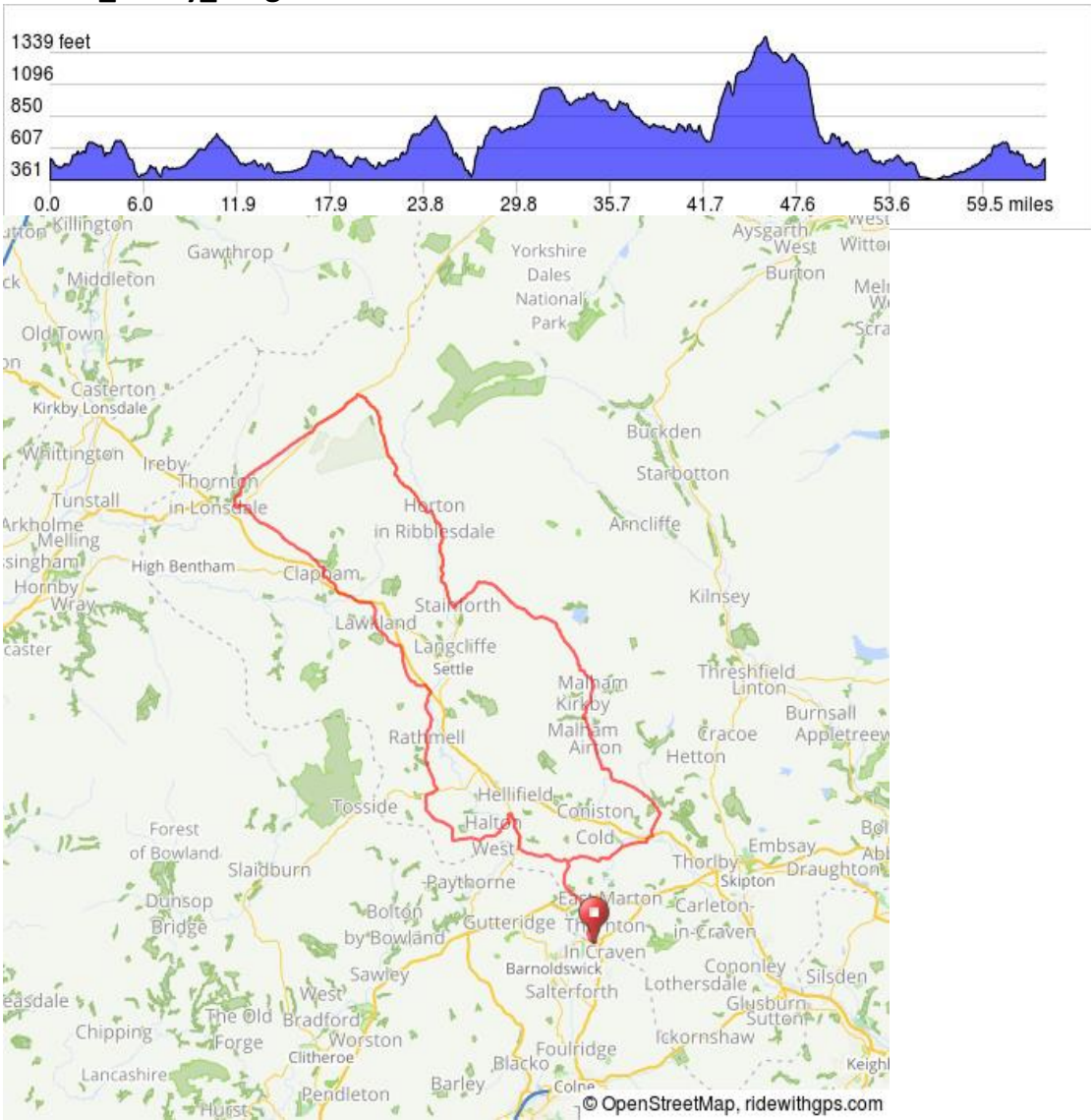
# TCN17\_Friday\_Medium



## TCN17\_Friday\_Long

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Turn left out of campsite	
3	0.2	0.2	Turn right	
4	1.6	1.4	Xrds SO	
5	3.5	1.9	Turn L	SP Hellifield
6	5.4	1.9	TJ Turn R CARE: junction at bottom of 14% hill	SP Hellifield
7	6.7	1.3	Turn left	SP Halton West
8	8.5	1.8	Turn right	SP Wigglesworth
9	9.5	1.0	Turn right	No SP
10	11.1	1.6	TJ Turn R	SP Settle
11	11.7	0.6	TJ turn R	SP Settle
12	12.0	0.4	Turn left	SP Settle
13	15.8	3.8	TJ Turn left onto A65	SP Kendal
14	16.1	0.3	Turn left	SP Lawkland
15	16.5	0.3	Follow rd R	
16	20.1	3.7	X rds Turn L onto A65	SP Kendal
17	21.4	1.3	Turn R	SP Clapham
18	22.2	0.8	Before Bridge turn R onto Church Lane	SP National Park Car Park and Toilets
19	22.5	0.2	After bridge turn R	SP Ingleton
20	22.7	0.2	TJ turn R	SP NCN68
21	26.2	3.6	Turn left onto High Street, B6255	SP Ingleton
22	26.5	0.3	Turn through 2nd car park	SP NCN68 INGLETON: Cafes, toilets
23	26.7	0.2	TJ turn R	NCN 68
24	26.8	0.1	Fork L	NCN 68
25	26.8	0.0	TJ Turn left	
26	26.9	0.1	Turn right onto Oddie's Lane	
27	30.8	4.0	TJ Turn left	
28	32.9	2.1	Turn right	SP Horton in Ribblesdale
29	42.1	9.1	After entering Stainforth turn left	SP Arncliffe
30	42.2	0.1	Turn L on RH bend	SP Arncliffe
31	43.4	1.2	Turn right	SP Malham
32	45.1	1.7	TJ turn L	
33	46.7	1.6	Follow road R	SP Malham
34	48.6	1.9	CARE: Sharp bend on steep descent	Views of Malham cove continue through village
35	50.6	2.1	Follow rd L	SP Gargrave and keep following signs to Gargrave
36	56.4	5.8	TJ turn R	SP Kendal
37	56.7	0.3	Turn leftover bridge	SP Station
38	56.8	0.1	Turn R by pub	SP West Marton
39	61.9	5.1	Xrds SO	
40	63.3	1.4	Turn left onto Church Road, B6252	
41	63.5	0.2	Turn right	
42	63.5	0.0	End of route	

# TCN17\_Friday\_Long



## TCN17\_Bonus\_Haworth

	Distance (miles) From Start	Dist (miles) from last instruction	Notes	Description
1	0.0		Start of route	
2	0.0	0.0	Turn right out of campsite	
3	0.3	0.3	TJ turn R onto A56	SP Colne
4	1.3	1.0	Turn left onto School Lane	Fist road on L ater passing All Saints Church
5	1.5	0.2	RA SO onto Water Street by the chippy	2 mile climb up this road
6	3.6	2.1	TJ Turn right	SP NCN91
7	6.2	2.5	Turn left	SP Wycoller country park
8	6.5	0.3	TJ turn left onto Emmott Lane	SP NCN91
9	6.9	0.5	TJ turn L then immediate R	SP Wycoller
10	8.3	1.4	The Atom Panoptican	
11	11.1	2.8	Follow rd R	SP Haworth
12	14.4	3.3	Turn right onto Main Street and continue onto the cobbles	SP Bronte museum
13	14.8	0.4	TJ turn L	If you want to see the steam railway go turn R down the hill then return to this spot
14	15.1	0.3	Turn right onto Changegate	SP Oakworth
15	16.0	0.9	TJ opposite Water meter house turn R	
16	16.2	0.2	Turn left by the Golden Fleece onto Low Park Lane	
17	16.3	0.1	TJ Turn L	SP NCN
18	16.6	0.3	TJ turn L into Slack Lane	SP NCN
19	16.7	0.1	Turn L into Wide Lane on RH bend	SP NCN, Newsholme
20	18.7	2.0	Turn right into Copsy Lane	SP NCN
21	20.6	1.9	TJ Turn L up the hill	
22	21.1	0.6	Turn left onto Pole Road	
23	24.5	3.4	Turn right SP Keighley the immediate L onto Lane Ends Lane	
24	25.0	0.5	TJ turn R	
25	25.1	0.1	Turn sharp left hairpin	
26	26.2	1.1	TJ Turn left	
27	28.6	2.5	Xrds SO	SP Elslack
28	30.6	2.0	TJ Turn left A56	SP Colne
29	32.2	1.6	Turn right onto Church Road, B6252	SP Thornton Hall Farm
30	32.5	0.3	Turn left into campsite	
31	32.5	0.0	End of route	

# TCN17\_Bonus\_Haworth

