

**(Friday) Earls Barton, Castle Ashby & Salcey Forest (sheet1)**

Run starts at end of lane (Windmill Ave) OS Landranger Maps 141 &amp; 152 required.

The short ride (28 miles) is to Earls Barton. Jeyes the Chemist (Famous for Jeyes Fluid) is our lunch stop. It boasts a Café, a Museum, a Model Fair and several shops all under one roof. It is worth a visit even if you don't eat or drink there. There is a large Park, up a lane on the other side of the road just before you get to Jeyes, for Pic-nics. The medium ride (37 miles) goes to Castle Ashby. Here, there are a number of places to eat. A Pub, a Shopping Yard or a Garden Centre, both with Cafes. Or there is a place to Pic-nic and a Café by Grendon Lakes if you turn left just before Castle Ashby. These routes pass Jeyes on the return journey. The long ride (50 miles) goes to the Café in the Salcey Forest before returning to Castle Ashby and Jeyes. Our first Coffee Stop is at 'Hangar One' at Sywell Aerodrome. I have arranged for the Aviation Museum to be open for our visit. Entrance is free but there is a box for donations by the door, it is run by volunteers, so I hope you will use it.

No.	Stage	Short	Med	Long	Detail
1	0.00	0.00	0.00	0.00	At end of lane, cross Windmill Avenue onto cycle path and proceed R
2	0.17	0.17	0.17	0.17	L at T (traffic lights). Keep on cycle path.
3	0.46	0.63	0.63	0.63	Cross road at Pelican crossing. Carry on up the hill.
4	0.15	0.78	0.78	0.78	R into St. Botolph's Road (Polwell Lane) Keep on cycle path <b>(Barton Seagrave)</b>
5	0.28	1.06	1.06	1.06	Cross road at end of layby and continue on cycle path.
6	0.98	2.04	2.04	2.04	Before T (SP Burton Latimer) cross road and follow cycle path.
7	0.07	2.11	2.11	2.11	Cross road and continue on cycle path R. Cycle path ends just before junction.
8	0.25	2.36	2.36	2.36	R at X Rd. No Sign Post. (Pass Alumasc then Weetabix on R) <b>(Burton Latimer)</b>
9	0.75	3.11	3.11	3.11	L at T into Isham <b>(Isham)</b>
10	0.37	3.48	3.48	3.48	R at mini ROB (SP Orlingbury 2)
11	1.99	5.47	5.47	5.47	L at T at bottom of The Green into Harrowden Road. <b>(Orlingbury)</b>
12	0.77	6.24	6.24	6.24	R at ROB (SP Hardwick 1 1/2). <b>(Little Harrowden)</b>
13	1.26	7.50	7.50	7.50	Alpacas and llamas in field on R after X Rd.
14	1.95	9.45	9.45	9.45	Emporium on L. Food, drink and produce, but usually very busy.
15	0.54	9.99	9.99	9.99	R into Hangar 1. COFFEE STOP. The Aviation Museum is open for our visit
16	0.92	10.91	10.91	10.91	L into Ecton Lane (SP Ecton 2 1/2) <b>(Sywell)</b>
17	1.08	11.99	11.99	11.99	Pass Overstone Manor on R. (Meals 2 for £10)
18	0.92	12.91	12.91	12.91	L (SP Mears Ashby 2) <b>Med &amp; Long SO then go to 44</b>
19	0.72	13.63	####	####	L (If you wish) into Sywell Country Park. Pic-nic or Snacks. Return to road then continue L.
20	0.47	14.10	####	####	R at T (SP Earls Barton 1)
21	0.99	15.09	####	####	SO at X Rd. Traffic lights. (SP Earls Barton) <b>(Earls Barton)</b>
22	0.26	15.35	####	####	L into Elizabeth Way
23	0.11	15.46	####	####	R into Townley Rd changing to Manor Rd.
24	0.41	15.87	####	####	R at T towards town.
25	0.16	16.03	####	####	Co-op on L. Opposite is a lane leading to a LARGE PARK with play ground, for PIC-NIC
26	0.05	16.08	####	####	JEYES. LUNCH STOP on corner next to car-park, with café, museum & toilet etc.
27	0.00	16.08	25.63	40.56	R out of JEYES up the hill.
28	0.21	16.29	25.84	40.77	L into Manor Rd changing to Townley Rd.
29	0.41	16.70	26.25	41.18	L into Elizabeth Way
30	0.11	16.81	26.36	41.29	R into Northampton Rd.
31	0.24	17.05	26.60	41.53	SO at X Rd. (Traffic Lights)
32	1.68	18.73	28.28	43.21	Bare R (SP Mears Ashby 1/4) <b>(Mears Ashby)</b>
33	0.22	18.95	28.50	43.43	L into Highfield Rd (SP Little Harrowden 3 1/2)
34	1.15	20.10	29.65	44.58	R at T (SP Little Harrowden 3 1/4)
35	2.38	22.48	32.03	46.96	L at ROB (SP Orlingbury 1) <b>(Little Harrowden)</b>
36	0.81	23.29	32.84	47.77	SO past Green into Pytchley Rd. <b>(Orlingbury)</b>
37	0.82	24.11	33.66	48.59	R (SP Pytchley)
38	1.08	25.19	34.74	49.67	L at T then immediately R (SP Kettering 3) <b>(Pytchley)</b>
39	1.32	26.51	36.06	50.99	SO at ROB (SP Kettering Town Centre)
40	0.17	26.68	36.23	51.16	L into Kettering (A509)
41	0.68	27.36	36.91	51.84	R at ROB into Barton Rd. (You can use the cycle path if you wish)
42	0.22	27.58	37.13	52.06	L at Traffic Lights into Windmill Ave.
43	0.23	27.81	37.36	52.29	L into Lane and Rugby Field.

**(Friday) Earls Barton, Castle Ashby & Salcey Forest (sheet 2)**

44	0.22	####	13.13	13.13	SO at X Rd into Ecton	
45	0.31	####	13.44	13.44	L at T into High Street.	<b>(Ecton)</b>
46	1.99	####	15.43	15.43	L at T No Sign Post	
47	0.15	####	15.58	15.58	SO at ROB (SP Cogenhoe ) Then pass Billing Aquadrome on R. Traffic Lights on bridge.	
48	0.68	####	16.26	16.26	<b>Med</b> L (SP Cogenhoe 1). <b>Long</b> SO then go to <b>60</b>	
49	2.07	####	18.33	####	R (SP Whiston)	
50	1.18	####	19.51	34.44	SO at small green. Or L for a shorter route, pic-nic & café by lakes, then L at T & go to <b>57</b>	
51	0.39	####	19.90	34.83	L into Rural Shopping Yard, toilets, café, shops, or go SO to Gardens & café	<b>(Castle Ashby)</b>
52	0.49	####	20.39	35.32	L (SP Yardley Hastings 1 1/4)	
53	0.41	####	20.80	35.73	SO or L to Gardens & Tea Rooms.	
54	0.59	####	21.39	36.32	L (SP Grendon 2)	
55	1.79	####	23.18	38.11	L into Easton Way (SP Grendon)	<b>(Grendon)</b>
56	0.21	####	23.39	38.32	L (SP Earls Barton 3)	
57	0.37	####	23.76	38.69	R into Station Road (SP Earls Barton 2)	
58	1.04	####	24.80	39.73	R into lane just after a road with NO ENTRY and continue under A45	
59	0.83	####	25.63	40.56	SO at X Rd JEYES TEA STOP is on the corner R then go to <b>27</b>	<b>(Earls Barton)</b>
60	0.02	####	####	16.28	R (SP Little Houghton)	
61	1.05	####	####	17.33	R at Church (SP Northampton)	
62	0.41	####	####	17.74	R at T onto A428 BUSY ROAD	
63	0.59	####	####	18.33	L (SP Great Houghton)	<b>(Great Houghton)</b>
64	2.01	####	####	20.34	SO at X Rd to Preston Deanery	<b>(Preston Deanery)</b>
65	1.69	####	####	22.03	Follow road L	
66	0.11	####	####	22.14	L at T (SP Quinton Green)	<b>(Quinton)</b>
67	2.09	####	####	24.23	L into SALCEY PARK, COFFEE STOP, Café & toilets.	<b>(Salcey Forest)</b>
68	0.21	####	####	24.44	L out of Park	
69	0.29	####	####	24.73	L at X Rd. (SP Stoke Goldington 3)	
70	1.65	####	####	26.38	L at T onto B526 (SP Hackleton 3)	
71	2.21	####	####	28.59	R into Brayfield Road.	<b>(Horton)</b>
72	0.05	####	####	28.64	R (SP Denton)	
73	2.61	####	####	31.25	R at T (SP A428 Bedford) (Or walk SO across A428 and verge, into Denton, then L at X Rd)	
74	0.05	####	####	31.30	L Very sharp corner (SP Denton)	<b>(Denton)</b>
75	0.25	####	####	31.55	R (SP Castle Ashby 2 3/4)	
76	1.71	####	####	33.26	R at T No Signpost then go to <b>50</b>	