

44.5	Cross the B6478 onto the minor road (signed Stephen Park) which continues to descend as it enters Gisburn Forest. The road rises quite steeply in places the high point of the course at Bowland Knots (422 metres). Steady 3 miles descent, slight upward to the crossroads by
53.3	Turn left (signed Benham) to pass the Church at Keaden. Ignoring roads turning off to the right. There is a gate at Mewith Head that might be closed. There is a steep, twisty little section at Badger Ford Bridge. Continue to a crossroads (Stop sign and Honda garage).
57.1	Turn left at the crossroads (signed Staidburn). Climb past the Great Stone of Fourstones, past two turnings to the right until you reach the third turning on the right, just after a brow. Short course rejoins here.
59.8	Turn sharp right (signed Lancaster). Feed station and timing point. Road bends right through 90 degrees. Look for a junction at the top of a sharp hill.
61.5	Follow road round to left towards Low Gill, then left at the next T junction (signed Bolton & Wray). A sharp right hand bend leads down to cross two narrow and twisty bridges. Another bend to the left starts a gradual climb. As it steepens, watch for a fork in the road.
62.4	Take the right hand fork (signed Wray). On a poor road surface, go up the steep ascent and round the bend to the right. Keep left at any junctions as the road descends fairly gradually heading for Wray. Watch out on the steeper tree-lined descent to a sharp bend. Descend steepens down to a T junction. (The building immediately opposite is Bridge Farm Cafe, which can be accessed by a short detour to the right)

66.5	Turn left to cross Wray Bridge. In Wray, take the first turning left (School Lane) (short course continues straight on). There is now a long steep climb before you arrive at a T junction. Left signed Roeburndale, climbing still. Steep drop down to the River Roeburn, and a sharp pull up the far bank past the Methodist Chapel. Where the road bends to the left, look for the gated road on the right to Haylot. (Make sure you close all gates on this stretch.) Cross the river again (gate) before heading uphill towards Haylot Farm. Just before the farm, go through a gate and turn sharply right. Take care as the road descends very steeply to a gate by the beck. Then sharply uphill to another gate and a T junction. Turn left, continue along the shoulder of the hill, and then start a long descent. Keep right where the road forks. Take care - very soon there is a hairpin bend with poor visibility and a poor road surface. Watch you speed as you descend past a wood on your right to a T junction.
73.5	Turn sharp left at the T junction. Ignore the road going straight on, taking the one that bends round to the right instead (signed Quernmore). Cross two bridges, and climb steeply up out of Littledale. Watch your speed on the long descent: the road is narrow and can be popular with traffic, which may hide in dips. Continue to a crossroads, with a post box. Take care - you need to go straight across here (signed Lancaster). There is a short sharp pull up Stock-a-Bank. At T junction turn right into Littlefell Lane, and you soon reach another T junction.
77.7	Turn left at the T junction (signed Lancaster). Short course rejoins again. You are now re-tracing your original route back to Dalton Square. Be careful not to build up too much speed on the steep descent of East Road to the Finish: there is a notorious cross roads part way down, and also spectators and other competitors around the Finish area.
79.7	Remember to report to the Finish Officials to register your time and confirm your safe return.

19.3	Turn left at the T junction. Two short, steep down-and-ups at Jack Anderton Bridge and Higher Brock before you reach a T junction.
21.5	Turn left at the T junction into Walker Lane. Follow the road round several bends, ignoring turnings to left and right and into Chipping.
24.9	Continue on the same road out of Chipping. Pass the Gibbon Bridge Hotel and look for the left fork towards Whitewell (signed Trough of Bowland). cross the River Hodder and continue on until you reach the village.
30.1	By the Church in Whitewell take the road forking steeply up to the right, At the bottom of the descent, just past some buildings take the turn to the left (signed Newton). (If you reach a T junction you have gone too far.) A steady climb and descent is followed another before you eventually cross Fouscales Brook and climb to a highspot at a T junction with the B6478.
35.0	Turn left onto the B6478 and then immediately right in front of the farm buildings onto a more minor road (signed Easington). This drops initially, but then climbs steadily to a T junction by a wood. Turn right (signed Bolton by Bowland) and continue climbing. Where the road descends to a cluster of houses, look for the fork to the left (signed Bolton by Bowland) that will take through to Holden. Continue through the village to a T junction.
40.9	At the T junction, turn sharply left (signed Staidburn) to climb out of the village. After a steep start, the road rises steadily. Ignore a turn off to the left and follow the road round the right hand bend, continuing to climb gradually. Take care and watch your speed on the descent to the crossroads with the B6478: the junction is in a dip and the Give Way sign is not very visible.

LE TERRIER LONG ROUTE CARD: 80 miles, approx 2600 metres ascent

There are many cattle grids on the route, which may be slippery in the wet. Be alert for animals on the roads. Refreshments can be purchased in Chipping (25 miles) and Wray (67 miles). Feed Station is at 60 miles. **You are advised to have a copy of OS Explorer Map OL41 Forest of Bowland and Ribblesdale.**

Miles	Instructions
0.0	Start in Dalton Square, Lancaster. Head up the hill (East Road), and over the top. Continue on over the Motorway, and look for the second turning on the right.
2.0	Turn right into Littlefell Lane. Continue straight on to the crossroads.
2.9	At the crossroads, turn left into Wyresdale Road (signed Clitheroe). Steep descent to the River Conder. Through Quernmore crossroads, up the steep ascent to Jubilee Tower, down through Lower Lee. Ignoring right to Abbeystead. Just before Marshaw, road junction right.
9.6	Turn right (signed Scorton) (Short course diverges here, continuing straight on.) Ignoring any turnings to the right, until you reach a crossroads.
14.4	At the crossroads, turn left and proceed up the climb of Harrisend Fell, heading for Oakenclough (chimney). Ignore right in Oakenclough. Steady climb. The fast descent brings you to a T junction.