

28.0	Turn left (signed Lancaster). Feed station and timing point. Road bends right through 90 degrees. Look for a junction at the top of a sharp hill.
29.8	Follow the road round to the left towards Low Gill and then left at the next T junction (signed Botton & Wray). Follow the road round a sharp right hand bend and steeply 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.
30.6	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. Later on take care as the descent 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. There may be other facilities in Wray itself.)
34.7	Turn left to cross Wray Bridge. Ignore the turning on the left where the long course diverges and Dragon Pub into Hornby Road. Continue straight on over the crossroads at Butt Yeats to the T junction with the A683.
36.9	Bear left to join the A683 direction Lancaster. Pass the brickworks at Cloughton and look for a road forking left.

38.2	Fork left (signed Brookhouse) to leave the main road. Continue through Caton Green and Brookhouse towards Caton.
40.3	Cross the river into Caton and take the first road on the left (Copy Lane, signed Quernmore). At the T junction, turn left (again signed Quernmore). Continue towards Lancaster, to pick up your outward route.
43.3	Long course rejoins again. You are now retracing 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 riders around the Finish area.
45.3	Remember to report to the Finish Officials to register your time and confirm your safe return.

9.6	Continue straight on at this junction, ignoring long course riders who turn right. Ascend and descend on a steep and wiggly road through the Trough of Bowland heading for Dunsop Bridge. In the parking spot by some trees at Langden Brook you may find a van selling refreshments. There is a sharp rise, then the road continues to wiggle and undulate as it winds its way to Dunsop Bridge.
15.5	Turn left at the T Junction on the outskirts of Dunsop Bridge. Take care - it is twisty and narrow over the bridge into this popular village. Ride through the village (cafe and toilets), continuing in the direction of Newton.
18.2	In Newton (toilets) keep left (signed Slaidburn) where the road forks. Continue straight on, now on the B6478. On this stretch watch out for a steep downhill section through trees with a bend to the left at the bottom.
19.9	In Slaidburn (cafe and toilets) follow the road as it bends to the right by the Hark to Bounty Inn. Immediately turn left at the War Memorial (signed Bentham) for the climb over Lythe Fell. This road - often narrow - climbs fairly steadily for almost 3 miles. You lose some of this height gain on a fairly steep descent with bends. The next descent takes you down a poor road surface through trees to the River Hodder at Cross of Greet Bridge. You now start another significant climb, steepening as it approaches the summit at Cross of Greet at 427 metres. The initial descent from this highest point on the course is steep and exposed - watch your speed. The road bends right and then left to cross a beck. Continue, gradually losing height, for about a mile looking for the second turning on the left, just after a cattle grid. Long course rejoins here.

Le Terrier Short Course

45 miles, approx 1500 metres ascent

You are advised to have a copy of OS Explorer Map OL41 Forest of Bowland and Ribblesdale.

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 Dunsop Bridge (16 miles), Slaidburn (20 miles) and Wray (35 miles). Feed Station is at 28 miles.

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). Do not drift wide on the bends on the steep descent to the River Conder. As you go up the hill, you have the right of way at Quernmore crossroads, but be alert here. Continue on up the initially steep ascent to Jubilee Tower, and then a long descent to pass the houses of Lower Lee. Continue straight on, ignoring the turn off right to Abbeystead. Over a small rise, then the road descends again. At the bottom of the descent, just before Marshaw, look for a road junction.