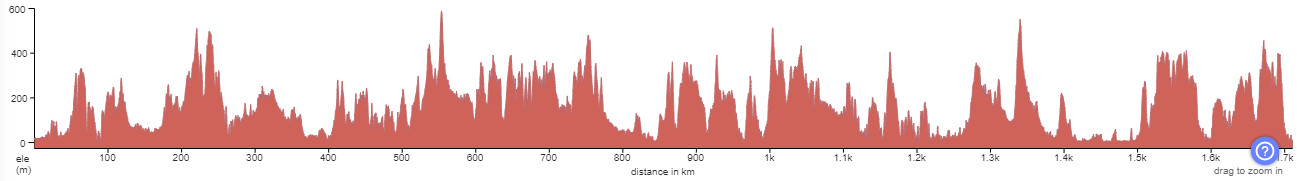
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| T h e T e n N a t i o n a l P a r k s R i d e  **Permanent Audax – Route Sheet – starting from York Railway Station**  **A linear SR series of Audax rides**  NB: This route sheet provides generally route guidance; you will not be able to navigate without other routing aids | |
| **The 200 through the North York Moors 214km** | **The 300 in Northumbria, Lakes & Dales 302km** |
| **1 - Whitby**  86 km / 1055m climb  Follow city wall north and cross Lendal Bridge  Head out via Huntington &past Strensall  Pass through Castle Howard & to Kirkbymoorside  \* ATM CHECKPOINT \*  Into the NORTH YORK MOORS  Through Hutton-le-Hole & Rosedale Abbey  Cross Esk at Egton Bridge, through Aislaby  Join A171, then B1460 through Castle Park  **Control** Whitby Swing Bridge  *Cafes, shops, ATM, parking meters, garage* | **4 – Kielder Castle** 87km / 1288m climb  Back on to B6278 north from town  Turn for Blanchland and join B6306 to Hexham  Take A6079 out of town and cross A69 for lane to link back onto A6079 north  Into Hadrians Wall country & left onto B6318  This becomes B6320 to Bellingham  Into NORTHUMBRIA NATIONAL PARK  Left on edge of town for Kielder  Follow signs at north of reservoir to castle  **Control**  Kielder Castle Visitor Centre  *Cafe, shop, parking meters* |
| **2 – Richmond** 93km / 1004m climb  Follow Esk then west along Whitby Beach  Follow A174 to Lythe where L to Ugthorpe  Zigzag A171 to follow lanes through Castleton  Out of the Nat Park to Stokesley  On through Hutton Rudby, East Rounton, Great Smeaton, East Cowton, Scorton, & Brompton on Swale to Richmond.  **Control** Richmond Market  *Cafes, shops, ATM, parking meters, garage* | **5 – Wigton**  85km / 433m climb  Keep right to rejoin road north into Scotland  Join B6357 at Saughtree  Follow through Newscastleton until  Left for Kershopefoot  Follow lanes to Carlisle & A595 over river  Right onto Orton Road parallel to A596  Staggered A596 crossing into Wigton  **Control** Wigton Town Centre  *Cafes, shops, ATM, parking meters, garage* |
| **3 – Stanhope**  52km / 896m climb  North out of town on Gallowgate  Through Whashton Green & Barningham  Join A66 at Greta Bridge,  then first right to Barnard Castle  Take B6278 through Eggleston  Into the North Pennines AONB  Follow B6278 over moor to Stanhope  **Control** Stanhope town centre  *Cafes, shops, ATM* | **6 – Hawkshead**  64km / 1053m climb  South out of town on B5305 & B5304  Over A595 onto minor roads to Ireby  Into the LAKE DISTRICT NATIONAL PARK  Join A591 past Bassenthwaite into Keswick  Rejoin A591 until Thirlmere cycle route  Rejoin A591 over pass and R into Grassmere  Through Skelwith Bridge to Hawkshead  **Control** Hawkshead Town Centre  *Cafes, shops, parking meters* |
|  | **7 – Hawes**  80km / 1236m climb  Follow minor road on west of Esthwaite Water  Ferry to Bowness *(note operating hours)*  B5284 & A5284 to Keswick  B6254 to Kirkby Lonsdale \*CHECKPOINT\*  Into YORKSHIRE DALES NATIONAL PARK  A683 to Castleton, then minor road to Dent  Right along Dentdale to B6255 where L  **Control** Hawes town centre  *Cafes, shops, ATM, parking meters* |
| **The 400 in Yorkshire Dales, Peak District & Snowdonia 229km** | |
| **8 – Colne** 68km / 927m climb  Take Gayle Lane past Wensleydale Creamery  Over pass into Deep Dale & right onto B6160  Left in village onto Conistone Lane  In Grassington right onto B6265  Rejoin B6265 \*GARAGE CHECKPOINT\*  Over roundabout into Skipton  Leave on Carleton Road  Cross A629 through Lothersdale to Colne  **Control** Colne town centre  *Cafes, shops, ATM, parking meters, garages* | **12 – Broughton** 56km / 299m climb  Take A533 out of Sanbach  Turn left into Abbey Rd after golf course  Through Leighton to Tarporley in the lanes  Follow lanes north of A51 to Tarvin  Take A51 into Chester & out on A5104 into Wales  **Control** Bretton / Broughton  *Garage, shops* |
| **9 – Holmfirth**  60km / 1313m climb  Climb past Coldwell & Widdop Reservoirs  Over moor past Slack to Hebden Bridge  Follow canal to Mytholmroyd, then south on B6138  Left onto A58, then R over Baitings Reservoir and  Rough cycle path onto Scammonden Reservoir  Through Slaithwaite & Meltham to Holmfirth  **Control** Holmfirth town centre  *Cafes, shops, ATM, parking meters* | **13 – Blaneua Ffestiniog** 85km / 1453m climb  Head out on A5104 and over A55  Join A5118 at Penymynydd until left across R Alyn  Follow lanes south of Mold bypass  Cross Clwydian Hills at Moel Famau car park  After steep descent join A494 into Ruthin  Take B5105 to Cerrigydrudion  Join A5 west into SNOWDONIA NATIONAL PARK  Turn left onto A470 before Betws-y-Coed  Follow over mountain road to Blaneua Ffestiniog    **Control** Blaneua Ffestiniog  *Cafes, shops, ATM, parking meters* |
| **10 – Bakewell** 55km / 799m climb  Up B6106 into PEAK DISTRICT NATIONAL PARK  Right onto A616 to Langsett where right  Follow edge of moor until right onto A57  Left onto A6013 at Ladybower Reservoir  Head through Hathersage, Grindleford & Hassop  **Control** Bakewell town centre  *Cafes, shops, ATM, parking meters* | **14 – Llandiloes** 91km / 1469m climb  Stay on A470 through Ffestiniog & Dolgellau  Right onto A487 at CrossFoxes to Machynlleth  Take mountain road toward Staylittle  And right onto B4518 to control  **Control** Llandiloes town centre  *Cafes, shops, ATM* |
| **11 – Sandbach** 60km / 963m climb  B5055 west out of town and on to Longnor  Cross Tittesworth Reservoir to Ruishton Spencer  On through Astbury to Sandbach  **Control** Sandbach town centre  *Cafes, shops, ATM, parking meters* |  |
| **The 600 in Pembrokeshire, Brecon, Exmoor and Dartmoor 654km** | |
| **15 – Lampeter** 73km / 843m climb  Take national Cycle Route 81 to Llangurig  Right onto A44 over pass  Left onto B4343m then join A4120 south  Left onto B4343 after Devil’s Bridge  Follow to and through Tregaron  Right onto A482 to control  **Control** Lampeter town centre  *Pubs, cafes, shops, ATM, parking meters* | **19 – Hay-on-Wye** 73km / 854m climb  Retrace across river and left into Bethlehem Rd  Right in Bethlehem & right onto A4069  Into BRECON BEACONS NATIONAL PARK  Left over river & across mountain road to Trecastle  Right onto A40, then first left  Follow parallel to A40 through Cradoc to B4520  Right then first left to Llanddew  Follow lanes to Felin Fach where left onto A470  Follow main roads (A438, A479 & B4350) to Hay  **Control** Hay Town Centre  *Pubs, cafes, shops, parking meter* |
| **16 – Newport** 60km / 892m climb  Take A475 out of town to Newcastle Emlyn  Over river then right onto A484  At Cenarth turn left onto B4332  Left onto A487 at Eglwyswrw into  Pembroke Coast Nat Park to control  **Control** Newport town centre  *Pubs, cafes, shops, ATM* | **20 – Aust**  84km / 919m climb  Take Forest Road out of Hay & over Gospel Pass  Through Abergavenny & onto B4598 to Usk  Take A472 out of town, then B4235  Follow to Chepstow where right onto A466  Join cycle path and follow over Severn Bridge  **Control** Aust Motorway Services  *Cafes* |
| **17 – Saundersfoot** 44km / 827m climb  South east from town  Join B4329 over Preseli Hills  Left onto B4313 through Maenclochog  Cross A40 & join A478 at Narberth  Turn left after A477 roundabout onto B4316  Back into Pembroke Coast NaT Park  Right onto The Fan Road to control  **Control** Saundersfoot Beach  *Pubs, cafes, shops, ATM* | **21 – Bridgwater**  82km / 340m climb  Take cycle path south and into Northwick  Head through Pilning, the Comptons on route 41  Cross the M5 Avon Bridge on the cycle path  Through Pill to Portbury to Clevedon  Head due south across the levels toward Yatton  Join route 26 and through cycle tunnel to Cross  Follow A38 due SW to Tarnock where left to Mark  Right onto B3139 & left onto B3141 at Watchfield  Right at T-junction onto A39 into Bridgwater  Straight over roundabout along The Clink  **Control** Bridgwater Town Centre  *Pubs, cafes, shops, parking meter, garages* |
| **18 – Llandeilo** 60km / 715m climb  Follow Strand along beach & join cycle route  Stay beside coast to Telpyn then to St Clears  Take cycle path beside A40 to Camarthen  Over River Towey & onto B4300  Join A476m, then A483 into Landeilo  **Control** Llandeilo Town Centre  *Pubs, cafes, shops, ATM* |  |
| **22 – Wistlandpound** 80km / 1314m climb  Continue along The Clink & over River Parrett  On over Broadway into West Street  Past Durleigh reservoir to your north  Over Cothelstone Hill to Bishop’s Lidyeard  Right into West Street  Right onto A358, then first left onto B3224  Into EXMOOR NATIONAL PARK  Left at Raleghs Cross onto B3190  First right back onto B3224 & over Wheddon X  Road become B3223 into Simonsbath  Left in Simonsbath onto B3358.  Right at T onto A399, first left & first left again  **Control** Wistlandpool Reservoir Car Park  *Parking meter* |  |
| **23 – Tavistock**  85km / 975m climb  Left out of control  Right at T onto main roads into Barnstaple  Take A377 to Fishleigh Barton where 3rd right  Straight over onto B3217 in Atherington  Straight over at Dolton Beacon on B3217  Right in Iddisleigh & right into Hatherleigh  Take A386 past Whiddon down to Tavistock  **Control** Tavistock Town Centre  *Pubs, cafes, shops, parking meter* |  |
| **24 – Newton Abbot**  49km / 903 m climb  Take B3357 into DARTMOOR NAT PARK  Past Two Bridges & left after Dartmeet Hill  Left after ford in Ponsworthy  Into Widecombe & onto B3387 up famous hill  Right after Haytor & through Ilsington  Cycle path around roundabout  Left into Stover Park cycle path, right at end  Lane and cycle path into Newton Abbot  **Control** Newton Abbot Railway Station  *Parking meter, ticket machine, café, pub, shops* |  |
| *NB – By special arrangement it may be possible for the ride to finish at the organisers house in Bovey Tracey.* | |



*The 1,000 mile profile, recording a total altitude of 22,770m of climb, or 13.3m per km*