

# Lunesdale Populaire - 162 km Audax - 18<sup>th</sup> June 2017 – Start Time 8.30. a.m.

H.Q. Cloughton Memorial Hall, Stubbins Lane, Nr. Garstang, Preston, PR3 0QH.

Distances in Km, **[DENT]** - In bold is a place you pass through

1	Left from H.Q.
0.1	↔ <Cloughton, CalderVale> Smithy Lane
0.7	↔ <Oakenclough> <Cycle 6> Sandholme Lane
2.6	↳ <Lancaster>, <Cycle 6> Strickens Lane
6.9	↔ <Lancaster>, <Cycle 6> Harris End Fell
11.2	↳ <b>Trough of Bowland</b>
19.0	↳ <b>Trough of Bowland</b>
23.4	<b>Info Control at Summit after cattle grid. Then steep descent.</b>
28.5	↔ <Newton> <Slaidburn>
35.8	<b>Control: Slaidburn</b> Riverbank Tea Rooms on L before bridge. Retrace 200m to Memorial
36.0	↳ <b>Bentham</b> , <Cycle 90>, Cross Lamb and Tatham Fells
55.3	↔ <Lancaster> B6480,
60.6	Pass Wennington sign and imm. after <b>30</b> ↳ No sign, Spout Lane
62.3	↳ No sign, Spout Lane becomes Back Lane. <b>WRAYTON</b>
64.1	↔ <Kirkby Lonsdale, Tunstall> A683
70.0	↔ <Kendal> A65, then before bridge
70.4	↳ <Sedbergh, Casterton, Barbon> A683
74.4	↳ <b>Barbon</b> Stonedross Lane
74.8	↔ <Barbon, Dent> Moorthwaite Lane
75.5	↳ No Sign
75.8	<b>Info control in Barbon Village</b>
85.2	↳ <Dent, Ingleton> Gawthrop
85.7	↳ <b>Dent</b>
86.0	<b>Control: Dent</b> , Control and food in Car Park in centre of village on left. Make a U-turn and retrace for 1.1km then follow road <b>Sedbergh</b>

2	
87.6	↔ Cross bridge
94.8	↳ <b>Tourist Information</b>
94.9	↳ <b>Control: Sedbergh:</b> Tourist Information or get receipt. Follow One Way
95.2	↳ <Kendal, M6, Kirkby Lonsdale> A684
95.5	↳ <b>Tourist Information</b>
96.7	↔ <Kirkby Lonsdale, Lancaster> A683
112.4	↳ <M6, Kendal> A65
112.9	↔ <Whittington, Carnforth> B6254
124.6	<b>Info Control: The Redwell Inn See card</b>
124.8	↔ <Lancaster>
128.5	↔ No sign (Park Lane)
130.9	↔ No sign (Low Road)
131.9	↔ <Caton, Quernmore> A683
132.3	↳ <b>Quernmore</b> , Trough of Bowland
135.9	↔ <Quernmore, Bay Horse> Postern Gate
139.2	↳ <Bay Horse> Cycle 90
145.0	↳ <Abbeystead, Chipping> Chipping Road
148.6	↳ <b>Scorton, Garstang</b> Long Lane
154.0	↔ <Barnacre, Calder Vale> Hazelhead Lane
158.8	↳ <Garstang, Preston> Sandholme Lane
159.6	↔ <Bleasedale, Chipping> Sandholme Lane
161.3	↳ <Garstang> Stubbins Lane
161.4	<b>HQ on right</b>

Under the regulations of Audax UK – if not finishing please phone as shown on Brevet card.

V1 – 21/05/2017