

Description	Km's
R from Start	
1st exit R.A.B into Wildman St	0.90
Stay in the left hand lane through the One Way System	
S.O at TL's	2.40
2nd exit R.A.B	2.80
L after Aquaduct	7.75
L at T	8.50
R at X Rd's \$ Woodhouse	11.50
R at T \$ Heversham	11.90
L Turn \$ Milnthorpe	11.95
R at T \$ Milnthorpe	13.60
L Turn into Smithy Lane	13.70
L at X Rd's	13.90
R Turn \$ Holme Mills	17.50
L Turn after Railway bridge	19.70
R at T	21.20
L Turn	21.30
L Turn \$ Lancashire Cycle way	21.37
R at X Rd's \$ Lancashire Cycle way	23.10
L Turn \$ Priest Hutton	23.80
L Turn \$ Capenwray/Arkholme	25.60
Information Control	27.70
R at T	30.60
L at T \$ Lancaster	31.90
L at T \$ Cycle Way	35.50
L at T \$ Cycle Way	38.00
L at T \$ K Lonsdale A683	39.00
R Turn \$ Quernmore	39.30
L Turn \$ Quernmore/Bay Horse	43.00
S.O at X Rd's \$ Bay Horse	46.30
L Turn \$ Abbeystead/Chipping	52.00
S.O at X Rd's \$ Oakenclough	53.10
L at T \$ Bleasdale	63.40
Information Control	
L at T \$ Chipping/Longridge	66.70
L Turn on Right hand bend unnamed road	68.70
L at T unnamed road	70.16
L Turn next to Cobbled Corner café	72.20
R at T \$ Clitheroe	82.40

Description	Km's
L at T \$ Clitheroe B6243	84.10
Free Control in Clitheroe or at 90km's	
R Turn into Hen Thorn Rd	85.50
Immediate left	
L at X Rd's	86.00
2nd exit R.A.B	86.30
S.O 2nd R.A.B	
S.O at R.A.B	87.00
2nd Exit R.A.B \$ Waddington	87.40
S.O at R.A.B into Waddington Rd	87.60
Bear R under Bridge	87.70
Alternative Control Country Kitchen Cafe	90.00
R at T \$ Slaidburn B6478	98.40
L Turn \$ Bentham	101.00
L Turn \$ Lancaster/Lowgill	114.30
R Turn \$ Lowgill/Wray	117.00
R Turn \$ Low Bentham	121.60
L Turn over Bridge (Road Closed Passable with Care)	123.30
R Turn \$ Melling/K Lonsdale	126.60
Information Control	
R at T \$ K Lonsdale A683	129.00
L at T \$ Kendal/Sedbergh A65	136.80
R Turn \$ K Lonsdale Town Centre follow one way system	137.60
Information Control by R T \$ Rigmaddon	143.00
L Turn \$ Gatebeck	147.60
L at T	150.20
Information Control	150.50
R Turn at X Rd's	151.00
R at T \$ Kendal A65	151.90
2nd exit R.A.B	157.10
S.O at TL's	157.30
3rd Exit R.A.B	158.00
S.O at TL's	158.40
R over Bridge	158.50
R at TL's	159.20
R at TL's	159.80
1st exit R.A.B \$ Shap/Penrith	160.30
L Turn into Finish	161.30