

Burnley & Pendle CTC

100km or 62.5 mile ride - Sunday 24 July 2016

Start 9.00am prompt Whalley Bus station

From Whalley bus station turn left and ride through the mini roundabout to take Cycle Route 90 to Billington . Turn right down Elker lane to Old Langho. Turn right to Dinckley and Ribchester. Turn right and over the bridge and follow the B6245 thro Ribchester to Longridge.	10 ¼ miles,
In Longridge, bear left at the top of the hill and take the B5269 to Broughton.	16 ½ miles
At Broughton go straight through traffic lights, on B 5269 to Elswick. It's signposted all the way to Elswick.	24 ¼ miles.
In Elswick turn right along Ash lane, then 1 st right along Copp lane to Great Eccleston.	25 ¾ miles.
In Great Eccleston turn left along High Street. Turn left on the Blackpool road for 100yds. Turn right onto Blackpool Old Road. Follow the signpost to Pilling. Turn right down Cartford Lane to the toll bridge, (10p required). Cross the bridge, turn 2 nd left to Stakepool (signposted Pilling, Cycle Route 90).	31 ¼ miles.
In Stakepool, turn left on A588, to T junction. Turn right down B5270 to Knott End. (signposted).	36 miles.
Dinner at Knott End Café, Bourne May Road,	
From Knott End Café, retrace along B5270. Turn left along Grasmere Road, going straight thro roundabout along Pilling Lane. At house number 285, turn left along the byway to meet the sea wall. Turn right and ride along the sea wall to Fluke Hall. Drop down off the sea wall and follow the road to Ladies Hill. At Ladies Hill turn left at the Golden Ball pub, then right at Dam Side, and right again on the A588 to Stakepool.	41 ½ miles.
At Stakepool, turn left at the Elletson Arms (signposted Garstang). Follow the signs to Garstang. Turn left at road junction near Nateby to meet the A6. Taking great care cross the A6 and ride along Moss Lane into Garstang.	48 miles.
In Garstang turn right along the B6430. At Catterall turn left along Stubbins Lane. Then follow the signs to Longridge through Inglewhite on the cycle route. Straight on at the Alston Arms on the edge of Longridge.	58 miles.
Past Sainsburys to roundabout straight on Derby Road to next roundabout straight on again on the B6244 to T junction by PH	
Turn left and follow road to T junction Turn Right and follow B6245 through Ribchester to Ribchester bridge - Finish	62.5 Miles

Important Notes

We are required to point out to participants that this is not a race, and that all times, riders should observe all the rules of the road, and conduct themselves in a safe and courteous manner to other participants and other road users.

This event is for experienced cyclists who should be aware of the following procedures:

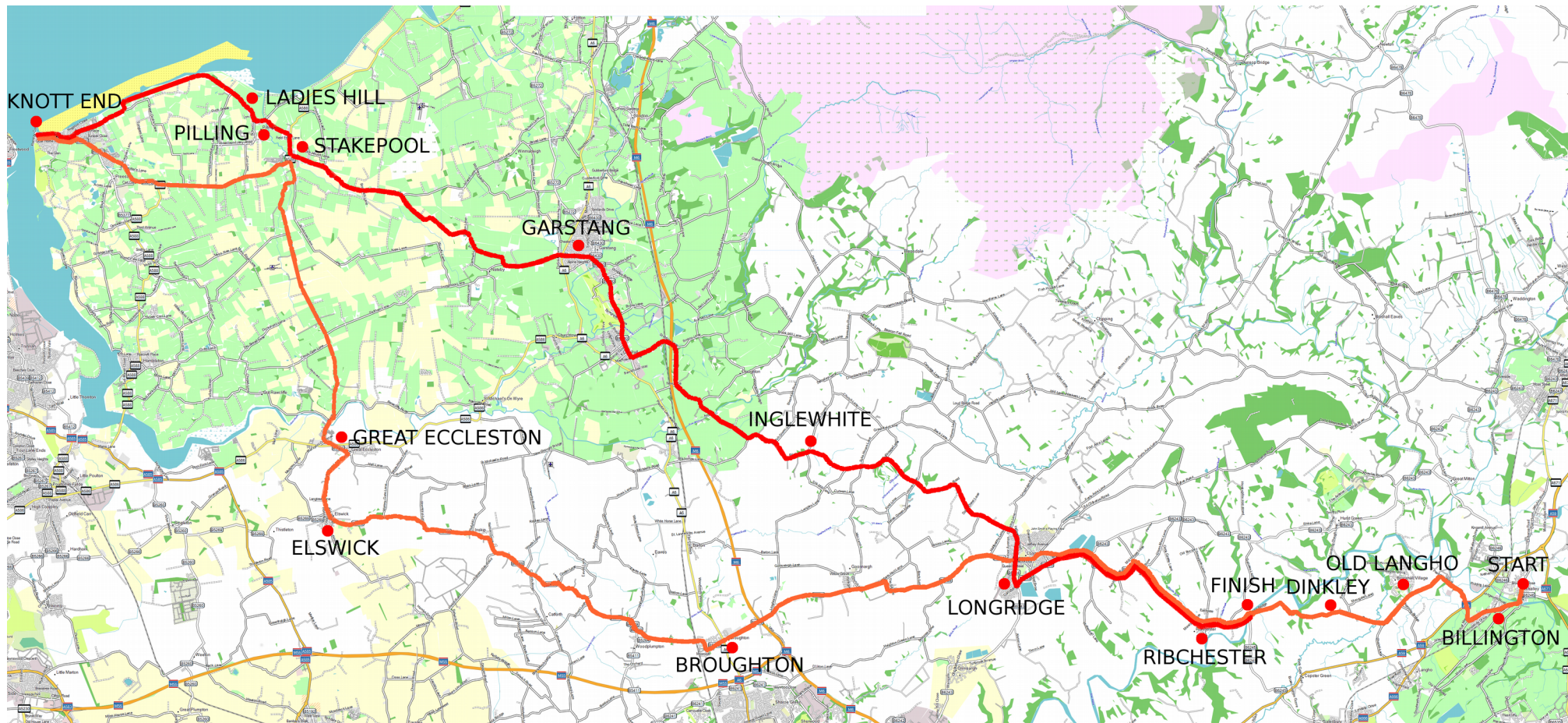
- Whenever possible, familiarisation with the route beforehand. Ensuring competence and fitness to complete the course, road worthiness of the machine and possession of adequate cycle repair equipment, spares and skills.
- During the event, riding safely, according to the rules of the road and personal capabilities, taking responsibility for personal feeding, suitable clothing, and rest periods.
- As with any journey on public roads, being aware of and allowing for highway design and maintenance, other users (especially horses), busy traffic conditions, the state of disrepair of the surface (potholes, trenches. ironwork etc.), debris and obstructions of all kinds.
- As some roads could be high and exposed, with hills that could be steep and strenuous, carrying adequate food, drink, clothing and equipment for any conditions; preparing the machine and rider, carrying spares and tools, and knowing how to use them.
- In the event of bad weather, making a personal decision over starting or continuing; also being equipped to deal with bad conditions.
- Making private arrangements if back-up or rescue facilities are wanted, although if this is the case undertaking this ride at all should be reconsidered.
- As with all C.T.C. rides you are on a private excursion on the public highway, so ensure you are fully capable and self-sufficient.
- Being aware of the other cyclists around you, warning those behind of sudden manoeuvres, especially when stopping.

If you are making use of an accompanying GPX file in a personal navigation device, please note that as we are unable to test its operation in all makes and models of devices, we cannot guarantee routing options will operate as expected. Common sense and good map reading should prevail when electronic routing advice does not agree with the instructions opposite and map overleaf.

For and on behalf of
Burnley and Pendle CTC
Organiser: Jim Duerden
Tel: 07837 399526

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