



A TRIP THROUGH THE DALES (and a chance to stock up on some cracking cheese Gromit)

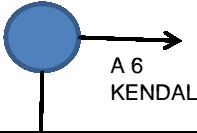
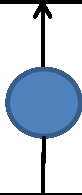
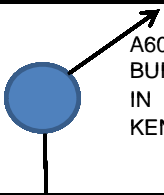
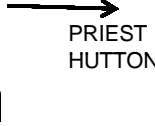
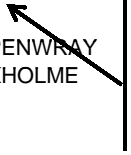
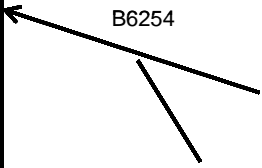
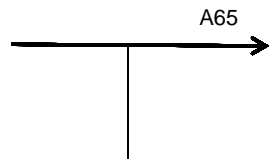
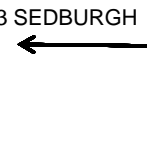

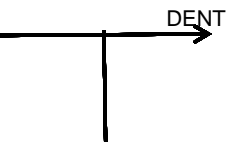
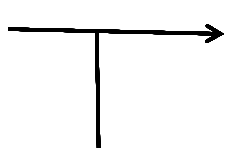
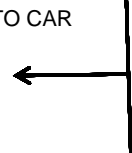

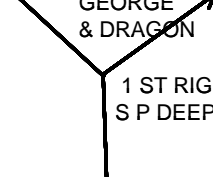
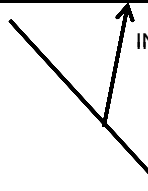
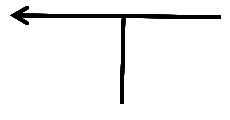
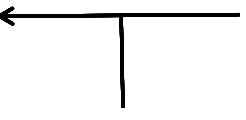
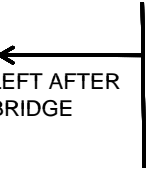
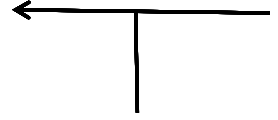

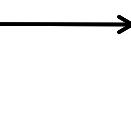

Welcome to our run on Sunday 22 August

We will meet at Carnforth truck stop LA5 9RQ (Junc 35 on M6) 10 am for 10-30 start

The first section goes through the lanes to Dent ,where we can have a short comfort stop before travelling to Hawes for our lunch stop. We will park in the Wensleydale creamery car park where possible (DL8 3RN). There is also a pay and display car park 100 yds before this plus another car park in Hawes. There are many cafes and pubs in Hawes plus a good cafe in the retail area of the creamery Leaving Hawes we will travel through the beauty of Coverdale to Kettlewell ,where we can have a short comfort stop. The run will finish at the Morris Dancers in Colne BB8 0BH where we can have a reasonably priced meal or a farewell drink . Lead car Dave and Chris [Blue MK3 PO55ZTD](#)
Mobile 0794 976 1616 patchy signal

Run Title

A run through the Dales

<p>1</p> <table border="1"> <tr><td>miles</td><td>0.0</td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Rster</td><td>0.0</td></tr> </table>	miles	0.0	Km	0.0	Rster	0.0	<p>ZERO TRIP AT PUMPS</p> 	<p>2</p> <table border="1"> <tr><td>miles</td><td>0.3</td></tr> <tr><td>Km</td><td>0.5</td></tr> <tr><td>Rster</td><td>0.3</td></tr> </table>	miles	0.3	Km	0.5	Rster	0.3	<p>A6</p> 	<p>3</p> <table border="1"> <tr><td>miles</td><td>1.0</td></tr> <tr><td>Km</td><td>1.6</td></tr> <tr><td>Rster</td><td>1.0</td></tr> </table>	miles	1.0	Km	1.6	Rster	1.0	
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<p>4</p> <table border="1"> <tr><td>miles</td><td>2.1</td></tr> <tr><td>Km</td><td>3.4</td></tr> <tr><td>Rster</td><td>2.2</td></tr> </table>	miles	2.1	Km	3.4	Rster	2.2		<p>5</p> <table border="1"> <tr><td>miles</td><td>3.2</td></tr> <tr><td>Km</td><td>5.1</td></tr> <tr><td>Rster</td><td>3.3</td></tr> </table>	miles	3.2	Km	5.1	Rster	3.3	<p>CAPENWAY ARKHOLME</p> 	<p>6</p> <table border="1"> <tr><td>miles</td><td>6.3</td></tr> <tr><td>Km</td><td>10.1</td></tr> <tr><td>Rster</td><td>6.5</td></tr> </table>	miles	6.3	Km	10.1	Rster	6.5	<p>B6254</p> 
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Km	3.4																						
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<p>7</p> <table border="1"> <tr><td>miles</td><td>12.9</td></tr> <tr><td>Km</td><td>20.8</td></tr> <tr><td>Rster</td><td>13.4</td></tr> </table>	miles	12.9	Km	20.8	Rster	13.4	<p>A65</p> 	<p>8</p> <table border="1"> <tr><td>miles</td><td>13.2</td></tr> <tr><td>Km</td><td>21.2</td></tr> <tr><td>Rster</td><td>13.7</td></tr> </table>	miles	13.2	Km	21.2	Rster	13.7	<p>A683 SEDBURGH</p> 	<p>9</p> <table border="1"> <tr><td>miles</td><td>16.1</td></tr> <tr><td>Km</td><td>25.9</td></tr> <tr><td>Rster</td><td>16.7</td></tr> </table>	miles	16.1	Km	25.9	Rster	16.7	<p>BARBON</p> 
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<p>16</p> <table border="1"> <tr><td>miles</td><td>0.8</td></tr> <tr><td>Km</td><td>1.3</td></tr> <tr><td>Rster</td><td>0.8</td></tr> </table>	miles	0.8	Km	1.3	Rster	0.8	<p>INGLETON</p> 	<p>17</p> <table border="1"> <tr><td>miles</td><td>0.0</td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Rster</td><td>0.0</td></tr> </table>	miles	0.0	Km	0.0	Rster	0.0	<p>PLEASE TAKE CARE THIS IS A NARROW ROAD WITH 4 GATES PLEASE CLOSE THE GATES</p>	<p>18</p> <table border="1"> <tr><td>miles</td><td>9.9</td></tr> <tr><td>Km</td><td>15.9</td></tr> <tr><td>Rster</td><td>10.3</td></tr> </table>	miles	9.9	Km	15.9	Rster	10.3	<p>MARTON ARMS HOTEL</p> 
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THIS IS OUR LUNCH STOP YOU CAN REMAIN HERE OR WALK/DRIVE INTO HAWES

25	ZERO TRIP	26	FOLLOW ROAD ROUND TO LEFT SIGN POSTED KETTLEWELL	27	GEORGE INN		
	miles 0.0					miles 0.0	miles 10.2
	Km 0.0					Km 0.0	Km 16.4
Rster 0.0	LEFT OUT OF CAR PARK	Rster 0.0		Rster 10.6			

28		29		30	FOLLOW SIGNS FOR LEYBURN			
						miles 10.8	miles 11.2	miles 0.0
						Km 17.4	Km 18.0	Km 0.0
						Rster 11.2	Rster 11.6	Rster 0.0

31		32	MASHAM A6108	33	MIDDLEHAM A6108			
						miles 20.3	miles 24.9	miles 26.6
						Km 32.7	Km 40.1	Km 42.8
						Rster 21.1	Rster 25.8	Rster 27.6

34	MIDDLEHAM CASTLE	35	SKIPTON	36	SKIPTON			
						miles 27.8	miles 42.9	miles 42.9
						Km 44.7	Km 69.0	Km 69.0
Rster 28.9	Rster 44.5	Rster 44.5						

37	NATIONAL PARK TOILETS ON RIGHT	38	ZERO TRIP	39	A59 4th EXIT			
						miles 43.0	miles 0.0	miles 13.4
						Km 69.2	Km 0.0	Km 21.6
Rster 44.6	Rster 0.0	Rster 13.9						

40	COLNE	41	A56 1st EXIT	42	1st EXIT			
						miles 14.1	miles 17.1	miles 21.7
						Km 22.7	Km 27.5	Km 34.9
Rster 14.6	Rster 17.7	Rster 22.5						

43	A6068	44	MORRIS DANCERS END OF RUN	45	WE HOPE YOU HAVE ENJOYED YOUR DAY HAVE A SAFE JOURNEY HOME			
						miles 24.5	miles 24.8	miles 0.0
						Km 39.4	Km 39.9	Km 0.0
Rster 25.4	Rster 25.7	Rster 0.0						