

Meet at 10.30am for 11.00am start at PR3 0RB

Many Gates Run

The run starts from the Barton Grange Garden Centre which is 4 1/2 miles from the M55 & M6 Junction 32 heading to Lancaster & Garstang, from Barton Grange we head towards Littledale where there are narrow roads with passing places, and a few nasty sharp uphill & downhill bends which should be taken with caution

Look out for sheep, there are many. The run is called Many Gates because there are a few so if you are the last car through please close them to keep the farmers happy. We will be stopping for a lunch stop at the Country Harvest Coffee Shop on the main road from Ingleton and Kirkby Lonsdale after lunch we will head back going by Casterton, Gowan Bridge, Overton, Tunstall, Bentham, Quernmore and Bay Horse and finish back at Barton Grange where you have a Coffee and use the toilets.

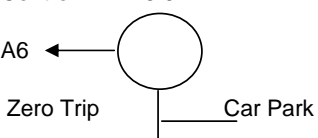
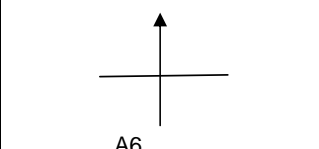
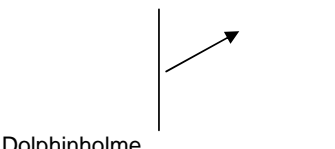
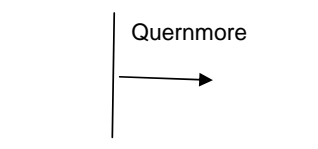
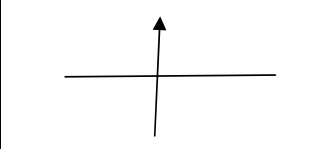
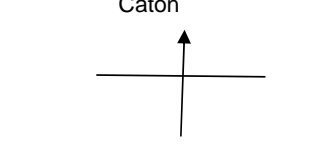
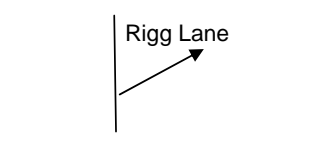
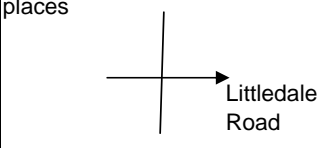
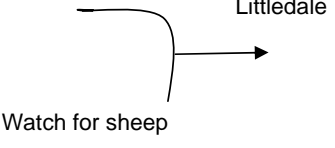
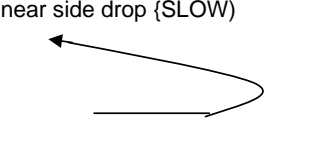
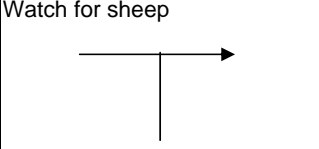
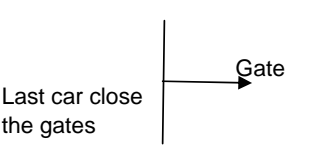
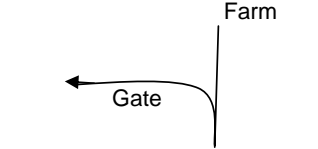
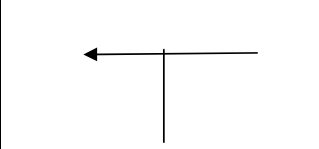
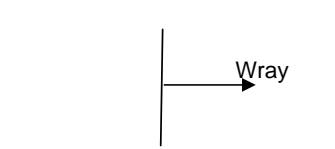
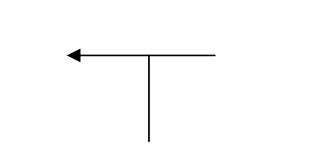
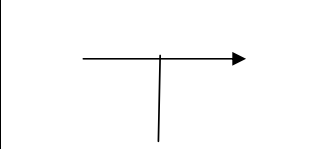
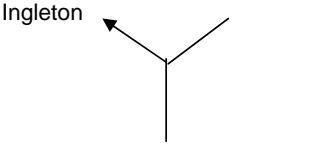
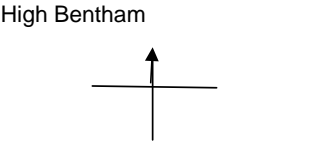
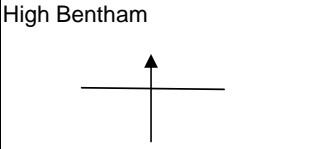
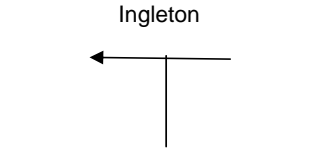
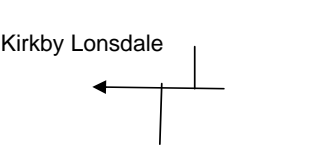
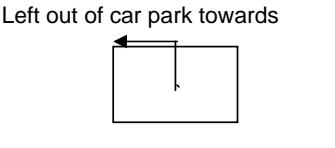
Hope you enjoyed the run until the next one have a safe drive home

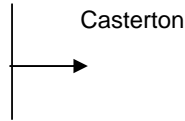
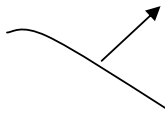
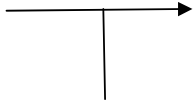
Herta &

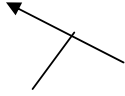
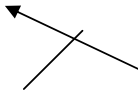

Roy

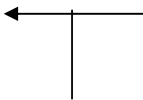
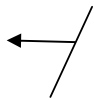
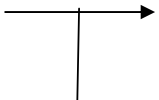


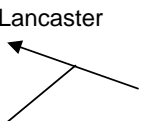
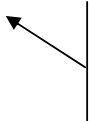
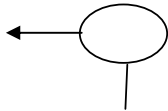
Many-Gates Run 72.1 Miles

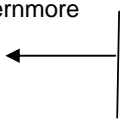
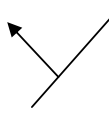
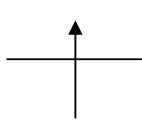
<p>1</p> <table border="1"> <tr><td>miles</td><td>0.0</td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Rster</td><td>0.0</td></tr> </table>	miles	0.0	Km	0.0	Rster	0.0	<p>Start Barton Grange Garden Centre PR3 0DT</p> 	<p>2</p> <table border="1"> <tr><td>miles</td><td>4.0</td></tr> <tr><td>Km</td><td>6.4</td></tr> <tr><td>Rster</td><td>4.0</td></tr> </table>	miles	4.0	Km	6.4	Rster	4.0	<p>Lights</p> 	<p>3</p> <table border="1"> <tr><td>miles</td><td>6.7</td></tr> <tr><td>Km</td><td>10.8</td></tr> <tr><td>Rster</td><td>6.7</td></tr> </table>	miles	6.7	Km	10.8	Rster	6.7	<p>A6</p> 
miles	0.0																						
Km	0.0																						
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miles	4.0																						
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Rster	4.0																						
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Km	10.8																						
Rster	6.7																						
<p>4</p> <table border="1"> <tr><td>miles</td><td>8.6</td></tr> <tr><td>Km</td><td>13.8</td></tr> <tr><td>Rster</td><td>8.6</td></tr> </table>	miles	8.6	Km	13.8	Rster	8.6		<p>5</p> <table border="1"> <tr><td>miles</td><td>9.3</td></tr> <tr><td>Km</td><td>15.0</td></tr> <tr><td>Rster</td><td>9.3</td></tr> </table>	miles	9.3	Km	15.0	Rster	9.3		<p>6</p> <table border="1"> <tr><td>miles</td><td>12.8</td></tr> <tr><td>Km</td><td>20.6</td></tr> <tr><td>Rster</td><td>12.8</td></tr> </table>	miles	12.8	Km	20.6	Rster	12.8	<p>Caton</p> 
miles	8.6																						
Km	13.8																						
Rster	8.6																						
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Rster	9.3																						
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Km	20.6																						
Rster	12.8																						
<p>7</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>13.2</td></tr> </table>	miles	13.2	Km	21.2	Rster	13.2		<p>8</p> <table border="1"> <tr><td>miles</td><td>14.5</td></tr> <tr><td>Km</td><td>23.3</td></tr> <tr><td>Rster</td><td>14.5</td></tr> </table>	miles	14.5	Km	23.3	Rster	14.5	<p>Single track road with passing places</p> 	<p>9</p> <table border="1"> <tr><td>miles</td><td>16.5</td></tr> <tr><td>Km</td><td>26.6</td></tr> <tr><td>Rster</td><td>16.5</td></tr> </table>	miles	16.5	Km	26.6	Rster	16.5	 <p>Watch for sheep</p>
miles	13.2																						
Km	21.2																						
Rster	13.2																						
miles	14.5																						
Km	23.3																						
Rster	14.5																						
miles	16.5																						
Km	26.6																						
Rster	16.5																						
<p>10</p> <table border="1"> <tr><td>miles</td><td>16.9</td></tr> <tr><td>Km</td><td>27.2</td></tr> <tr><td>Rster</td><td>16.9</td></tr> </table>	miles	16.9	Km	27.2	Rster	16.9	<p>Sharp uphill bend watch the near side drop (SLOW)</p> 	<p>11</p> <table border="1"> <tr><td>miles</td><td>17.5</td></tr> <tr><td>Km</td><td>28.2</td></tr> <tr><td>Rster</td><td>17.5</td></tr> </table>	miles	17.5	Km	28.2	Rster	17.5	<p>Watch for sheep</p> 	<p>12</p> <table border="1"> <tr><td>miles</td><td>19.3</td></tr> <tr><td>Km</td><td>31.1</td></tr> <tr><td>Rster</td><td>19.3</td></tr> </table>	miles	19.3	Km	31.1	Rster	19.3	<p>Farm no entry</p>  <p>Last car close the gates</p>
miles	16.9																						
Km	27.2																						
Rster	16.9																						
miles	17.5																						
Km	28.2																						
Rster	17.5																						
miles	19.3																						
Km	31.1																						
Rster	19.3																						
<p>13</p> <table border="1"> <tr><td>miles</td><td>19.9</td></tr> <tr><td>Km</td><td>32.0</td></tr> <tr><td>Rster</td><td>19.9</td></tr> </table>	miles	19.9	Km	32.0	Rster	19.9		<p>14</p> <table border="1"> <tr><td>miles</td><td>20.6</td></tr> <tr><td>Km</td><td>33.2</td></tr> <tr><td>Rster</td><td>20.6</td></tr> </table>	miles	20.6	Km	33.2	Rster	20.6		<p>15</p> <table border="1"> <tr><td>miles</td><td>22.4</td></tr> <tr><td>Km</td><td>36.0</td></tr> <tr><td>Rster</td><td>22.4</td></tr> </table>	miles	22.4	Km	36.0	Rster	22.4	
miles	19.9																						
Km	32.0																						
Rster	19.9																						
miles	20.6																						
Km	33.2																						
Rster	20.6																						
miles	22.4																						
Km	36.0																						
Rster	22.4																						
<p>16</p> <table border="1"> <tr><td>miles</td><td>23.4</td></tr> <tr><td>Km</td><td>37.7</td></tr> <tr><td>Rster</td><td>23.4</td></tr> </table>	miles	23.4	Km	37.7	Rster	23.4		<p>17</p> <table border="1"> <tr><td>miles</td><td>23.5</td></tr> <tr><td>Km</td><td>37.8</td></tr> <tr><td>Rster</td><td>23.5</td></tr> </table>	miles	23.5	Km	37.8	Rster	23.5		<p>18</p> <table border="1"> <tr><td>miles</td><td>25.8</td></tr> <tr><td>Km</td><td>41.5</td></tr> <tr><td>Rster</td><td>25.8</td></tr> </table>	miles	25.8	Km	41.5	Rster	25.8	<p>Ingleton</p> 
miles	23.4																						
Km	37.7																						
Rster	23.4																						
miles	23.5																						
Km	37.8																						
Rster	23.5																						
miles	25.8																						
Km	41.5																						
Rster	25.8																						
<p>19</p> <table border="1"> <tr><td>miles</td><td>27.8</td></tr> <tr><td>Km</td><td>44.7</td></tr> <tr><td>Rster</td><td>27.8</td></tr> </table>	miles	27.8	Km	44.7	Rster	27.8	<p>High Bentham</p> 	<p>20</p> <table border="1"> <tr><td>miles</td><td>28.7</td></tr> <tr><td>Km</td><td>46.2</td></tr> <tr><td>Rster</td><td>28.7</td></tr> </table>	miles	28.7	Km	46.2	Rster	28.7	<p>High Bentham</p> 	<p>21</p> <table border="1"> <tr><td>miles</td><td>30.0</td></tr> <tr><td>Km</td><td>48.3</td></tr> <tr><td>Rster</td><td>30.0</td></tr> </table>	miles	30.0	Km	48.3	Rster	30.0	<p>Ingleton</p> 
miles	27.8																						
Km	44.7																						
Rster	27.8																						
miles	28.7																						
Km	46.2																						
Rster	28.7																						
miles	30.0																						
Km	48.3																						
Rster	30.0																						
<p>22</p> <table border="1"> <tr><td>miles</td><td>31.4</td></tr> <tr><td>Km</td><td>50.5</td></tr> <tr><td>Rster</td><td>31.4</td></tr> </table>	miles	31.4	Km	50.5	Rster	31.4	<p>Kirkby Lonsdale</p> 	<p>23</p> <table border="1"> <tr><td>miles</td><td>32.1</td></tr> <tr><td>Km</td><td>51.7</td></tr> <tr><td>Rster</td><td>32.1</td></tr> </table>	miles	32.1	Km	51.7	Rster	32.1	<p>Country Harvest Coffee Stop & Lunch for 1hr zero trip</p>	<p>24</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>Left out of car park towards Kirkby Longsdale</p> 
miles	31.4																						
Km	50.5																						
Rster	31.4																						
miles	32.1																						
Km	51.7																						
Rster	32.1																						
miles	0.0																						
Km	0.0																						
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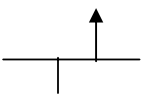
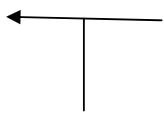
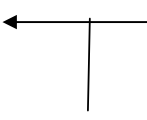
25	Very narrow through Village 	26	Slow narrow lane 	27	Gowan Bridge 
miles 5.2 Km 8.4 Rster 5.2		miles 6.3 Km 10.1 Rster 6.3		miles 6.7 Km 10.8 Rster 6.7	

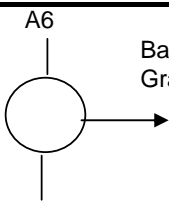
28	Ingleton 	29	Settle A 65 	30	Overton 
miles 8.3 Km 13.4 Rster 8.3		miles 8.4 Km 13.5 Rster 8.4		miles 9.0 Km 14.5 Rster 9.0	

31	Tunstall 	32	Bentham 	33	Lancaster 
miles 10.9 Km 17.5 Rster 10.9		miles 13.9 Km 22.4 Rster 13.9		miles 15.4 Km 24.8 Rster 15.4	

34	Lancaster 	35	Littledale 	36	Lancaster 
miles 18.9 Km 30.4 Rster 18.9		miles 20.5 Km 33.0 Rster 20.5		miles 22.6 Km 36.4 Rster 22.6	

37	Quernmore 	38	Bay Horse 	39	
miles 22.8 Km 36.7 Rster 22.8		miles 25.1 Km 40.4 Rster 25.1		miles 27.2 Km 43.8 Rster 27.2	

40	Bay Horse 	41	Dolphinholme & Abbeystead 	42	Preston A6 
miles 30.7 Km 49.4 Rster 30.7		miles 31.4 Km 50.5 Rster 31.4		miles 33.3 Km 53.6 Rster 33.3	

43	A6 	44	Finish at Garden Centre Coffee & Toilets Closes at 4.30 Have a safe drive home and we hope you enjoyed the run See you on the next one. Herta & Roy
miles 40.0 Km 64.4 Rster 40.0		miles 40.0 Km 64.4 Rster 41.5	