### LONG COURSE DESCRIPTION

**START**: On the grass area west of Bolton Castle

**CLOSE EACH GATE UNLESS THERE IS A RUNNER IMMEDIATELY BEHIND YOU (AS THERE IS LIVESTOCK PRESENT THROUGHOUT THE ROUTE)**

**DIRECTIONS**: FP= footpath, PB = public bridleway, L=Left, R=Right SP= signpost/sign-posted

* Proceed west along gravel track until reach farm buildings (~ **1 mi)**
* Continue with stone outbuildings on your L, wooden outbuildings on R, & through gate.
* Continue through field, (wall on your L). Pass through metal farm gate on L
* Cross small ford. (NB may be slippery / submerged after rain fall).
* Follow track through gate (~**1.25 mi)** & turn L (SP public byway Carperby). Continue with wall on your L.
* As wall veers off to L, continue straight ahead on grassy path, dropping down to foot bridge (**1.5mi)**
* Cross bridge & straight on through gate (pedestrian gate is difficult to open: use large metal gate).
* Continue ahead on grassy path (SP Askrigg & Carperby)
* Go through gate with green net fence either side & 3-way SP (to Carperby, Askrigg, & Castle Bolton, ~**2 mi**) *This is where short & long course split, the* ***long course taking path straight ahead*** *uphill in direction of Askrigg* ***(****short course takes L- hand path descending to Carperby).*
* Continue ahead on grass path & down to rubble track (Peatmoor lane).
* Cross track & through pedestrian gate adjacent to Bolton Estate Boundary gate (SP PB).
* Continue same direction across fields (passing through 2 gaps in stone walls, pedestrian gate next to farm gate, farm gate, gap in stone wall, & pedestrian gate next to Bolton Estate gate. (Nesting birds sign) (**Oxclose Gate, ~ 3 mi)**
* Follow path over open grassland, past PB sign (~**3.5 mi)** NB path curves to L of scree area
* Continue, wire fence above you on L, scree slopes on R, to where path becomes gravely
* Follow gravel path to **Checkpoint 1** at farm gate (SP PB, ~**4 mi**). Ensure marshal has recorded your bib number before continuing. This is essential as missing numbers will be assumed to be missing runners, resulting in a full search.
* Cross footbridge beyond gate **&** turn L along track (may be slippery when wet).
* Continue through farm gate & on to 3-way SP (near a gate on L, ~**4.25 mi)**
* Continue uphill with wall on your L, ignoring gate on L & following PB sign to Askrigg Moor Road.
* Pass through small metal gate
* Continue uphill with stone wall on L. Ignore grass track to R & follow signposted PB
* Pass through small metal gate & join rubble track merging from L (~**4.5 mi)**
* Turn R onto rubble track uphill. ***It is important to stick to path here due to disused quarries and shafts in this area***.
* Follow track as it zig-zags uphill to Woodhall Greets, with Carperby Moor on your R.
* Continue upwards, a stone wall on your R
* Pass through wooden gates **at ~5 mi &** ~**5.25 mi**.
* Follow track as it zigzags R and L uphill, (stone wall on your R.)
* Stay on path close to wall & pass through gap in perpendicular wall. A shooting house is visible up to your L **(~5.5 mi).** Ignore track forking off to L to shooting house.
* Path veers slightly away from wall towards summit of hill. *Visibility may be reduced in poor weather & runners should take care over navigation at this point.*
* Pass through wooden gate, into area of grouse butts
* Continue up-hill as path meanders L,R and L again through area of coarse grass.
* Path narrows and veers L, away from wall. Boundary markers can be seen on R
* Continue on path with boundary fence to your R.
* Cross area of springs (a**t~ 6.25 mi)** which may obscure path in places. Boundary fence remains on R. *Watch footing on protruding roots*.
* As you approach wire fence ahead (Whirly Gill Head) watch for gullies and holes near path.
* Pass through gate at Whirly Gill Head (~**6.75 mi)**
* Follow track across open heather moorland. A 2nd shooting lodge is visible ahead once over brow of hill
* Take R- hand fork where path forks in two at **7 mi.**
* Follow path below & to R of shooting lodge, down to road (marshal & SP)
* Turn L to follow tarmac road to Askrigg, Pass pedestrian gate & cattle grid (~ **7.75 mi)**. *This is an open road & runners should take care in this section. Head phones are not permitted.*
* Take care at the corner **at 8.25 mi**
* Continue on road to T junction: turn L down-hill (road to Askrigg)
* Be aware of traffic as you enter Askrigg & approach T junction **(~8.5mi**)
* Turn L onto Leyburn road & run 30-40m
* Cross road after Milton House B&B, to **Checkpoint 2** opposite. Ensure marshal has recorded your number.
* Continue over Footbridge & along FP along back of houses, past White Rose hotel Beer Garden.
* FP joins Cringley lane. Continue round to L (SP to Worton. ~**9.25 mi)**.
* Pass through gate into field (do not take path between 2 stone walls to the L). **Feed station 1** is here.
* Continue through next pedestrian gate, down steps & across dismantled railway
* Continue on same path (through gaps in walls & 3 pedestrian gates). Path becomes flagged as approach Worton bridge
* Cross road with care & go L along the road ~100 metres (Do not cross bridge) **(~10mi)**
* Pass through narrow pedestrian gate on R (SP FP to Aysgarth / Meadowland single file)
* Follow riverside, over 2 footbridges & pedestrian gate to buildings of Nappa Mill. Cross stile beside farm gate (SP FP)
* Turn L up gravel track towards ‘Weak Bridge’ sign. Just before bridge climb steps & pass through wooden gate (3-way SP to Woodhall / Aysgarth, Nappa, & Askrigg on other side of gate)
* Turn R to follow FP to Woodhall / Aysgarth **(~10.25mi)**
* Cross wooden stile next to falling down metal farm gate onto dismantled railway
* Continue on dismantled railway through pedestrian gate, past old shed & under bridge **(~10.5mi)**
* As you approach a fence across the dismantled railway, turn R & pass through kissing gate (SP FP)*Care with navigation on approaching fence: there is also a 3-way SP and paths to your L which you should ignore.*
* Turn L & pass immediately through narrow pedestrian wooden gates over footbridge.
* Continue through open meadowland (dismantled railway, trees & then fence on your L). Cross stile in corner of field (~**11mi**)
* Continue briefly on grass & rubble track, then as track swings L, continue ahead onto small grass path down to stile into field (look for SP on R partially obstructed by foliage. Do not follow rubble track under dismantled railway).
* Cross stile and continue ahead, with dismantled railway above & to L, river to R in the distance
* Pass through wooden kissing gate adjacent to double red metal gates
* Head for small FP sign straight ahead in direction of wall, positioned at crossing point of small stream (~**11.5 mi)**
* Turn R to follow wall round corner, then continue with wall on L, river & A684 road on R
* Ascend grass bank alongside wall & pass through pedestrian gate. Continue on narrow gravel track. *The path is narrow here next to a steep embankment. Please use common sense & take extra care. Overtaking other runners is not permitted in this section. This is for a very short distance only & will not affect overall race times or position.*
* Cross footbridge & gate, then continue along riverbank as path opens out on to meadowland (~**12 mi)**
* Pass to the R of stone wall ahead, next to riverbank (once past wall you will see SP to Aysgarth) **(~12.5 mi)**
* Keep to riverside (not dismantled railway). Continue ahead, reaching 2 large trees near stepping stones **(~12.75 mi)**
* Cross stream on stepping stones & head diagonally R to pedestrian gate in corner of field
* Turn L up track & under dismantled railway
* Immediately after dismantled railway turn R up steps & through gate to join FP at top of dismantled railway (SP FP Aysgarth Falls)
* Turn L & along dismantled railway, across bridge & along field edge
* Pass through small wooden pedestrian gate in corner of field
* Head for double wooden pedestrian gates half way along field ahead (continue slightly L of your current direction which will take you across field to wooden pedestrian gates)
* Pass through double wooden gates and towards wall to your R (~**13.25 mi)**
* Pass through wooden gate in wall on R
* Continue on R side of open meadowland, with wall, dismantled railway & then wire fence on your R (the path is SP in several places)
* Take pedestrian gate in corner of field (~**13.5mi**), & head down then up to pedestrian gate onto lane
* Cross lane, climb steps & through pedestrian gate in wall opposite.
* Continue over small grass mound ahead & past FP sign (~**13.75 mi)**.
* Continue round edge of field, with fence on R, & through wooden pedestrian gate (SP on opposite side of wall)
* Follow path as it curves R around tennis court, then through stile across wall(SP to Aysgarth). *NB this is a public FP through private land: do not deviate from path.*
* Cross track and continue on path down to wooden stile (~**14 mi)**
* Turn L on track through wooded area, past High Force picnic area on right, to road at Yore bridge.

*Although the route does not take you in to High Force falls, there are picnic tables and good views of the falls for spectators to await you, easily accessed by a short walk from Aysgarth Falls National Parks Centre car park. Please encourage your supporters to visit this excellent centre and enjoy the wonderful views of the High, Middle and Lower forces, perhaps taking in a snack at the café as well. There is pay and display car parking, and an honesty box at the centre toilets*. *Spectators may also enjoy spending some time in Yore Mill Craft shop over the bridge to your right*

* Take fenced pavement uphill to National Parks Centre(SP to Middle and Lower falls. Do not cross bridge)
* Take path around edge of car park to crossing, then cross to pavement down to road. (Toilets available here: please leave donation in honesty box 😊! ~**14.5 miles)**
* Cross road to wooden gates opposite & **Feed station 2.** *Please note there will be traffic in both the car park and at the road crossing.* ***Proceed with care & listen to advice of marshal opposite who will assist you.***
* Continue on gravel path on the R towards lower & middle falls. *Middle Force can be seen to your R (a moment can be taken to view them from the viewing area) as you continue towards the Lower Force*.
* Go through gate / kissing gate.

**‘The Falls Loop’:**

*Following feedback from last year we have made changes to help runners ensure they complete this part of the course. Runners will be given an armband to hand in at the finish to confirm they have completed this section of the course. Failure to pick up and armband will incur a 15 minute time penalty*

* Ignore path marked ‘return path from riverside’ & continue ahead down wide steps (~**15 mi)**
* Go through gate & turn R (SP Lower Falls Viewing Area & Water’s Edge). *Take care by river edge as this may be slippery.*
* **Checkpoint 3** is here**.** Ensure CP marshal has recorded your number before continuing
* Pick up armband from marshal
* Continue to end of viewing area & take steps / path SP ‘Return Path’
* Turn R to briefly re-join earlier route, then immediate L onto track forking L (SP Castle Bolton)
* Continue with wire fence on L
* Pass through wooden gate into field, (SP Redmire).
* Cross field & onto Hollins House through 3 wooden pedestrian gates (~**15.5 mi**)
* Join farm track, heading R between the farm house & outbuildings then through metal gate
* As track bears to L (marked farm access, private road) take path on R through wooden gate, following FP signs (do not enter field on R of path through metal gate)
* Continue with wire fence on R to gate in wall (3-way SP Aysgarth Falls/Freeholders wood/ Castle Bolton via Low Thoresby) (~**16mi)**
* Pass through gate & in direction SP across field (towards farm buildings & castle visible in distance)
* Once over brow of field you will see wall & gate with 4-way SP. Head towards this & then turn R ***before*** gate, to follow sign ‘Castle Bolton avoiding main road’.
* Proceed with wall on L, cross farm track in corner of field, & over stone stile to side of gate.
* Continue along grass track with trees on L, passing ‘Conservation Area’ & FP to Castle Bolton signs on R. **(~16.25mi)**
* Briefly merge with stone rubble track, then fork L on grass track (wire fence on your L)
* Pass over stile next to metal gate. Path narrows into mud path through tunnel of trees
* Continue onto gravel path near farm buildings at Low Thoresby. Continue ahead briefly along the broken tarmac track until the road bears R over a dried-up stream bed.
* Take FP to your L at this bend, up stone steps & over wooden stile (~**17.5 mi**).
* Turn R across hay meadow (SP Castle Bolton)
* Continue north over field towards gate in hedge (to R of the small derelict building on far side of field).
* Cross gate and 2nd field, exiting with great care on to the road. *Please note that although drivers have been warned with road warning signs to reduce speed, there is always potential to meet speeding traffic and runners should proceed with caution, heeding advice of the marshal stationed on the opposite side of the road.*
* Cross & ascend road up to castle. *This is an open road so please remain vigilant at all times*.
* As you approach castle, turn L into castle grounds. The finish is on the grass area beyond the castle. **(~18 mi)**

Congratulations!