### SHORT 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.
* Continue on track up-hill to farm buildings (~ **1 mi)**
* Continue on track, stone outbuildings on your L, wooden outbuildings on R, and pass through gate.
* Continue through field, (wall on your L), to metal farm gate on L. Pass through gate
* Follow rubble track through area of trees, cross small ford (**1.19mi**). NB ford may be slippery / submerged after rain fall.
* Follow track through gate (**1.27 mi)** & turn L (sign-posted public byway to 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 to gate (pedestrian gate is difficult to open: use large metal gate (**1.66 mi)**
* Continue ahead on grassy path (SP Askrigg & Carperby)
* Continue on to a gate with green net fence either side & 3-way SP (Carperby, Askrigg, & Castle Bolton, **2.2 mi**)

*This is where the short & long course split, short course taking* ***L-hand path*** *down to Carperby, (long course takes path straight ahead uphill in direction of Askrigg).*

* Take the L fork & follow grass path, with wall on your L
* Pass SP (PB to Carperby) & continue downhill NB path slippery when wet
* Path joins gravel track merging from R **(2.47 mi)**
* Continue on gravel track, through gate on to tarmac laneinto Carperby village **(2.69 mi)**
* Take the R-hand fork at houses (Hargill lane) & stay on R along main road.
* Cross road opposite Wheatsheaf Inn & go through large gate to take FP opposite pub (SP Low lane) (**2.93 mi**)
* Cross stile next to wooden gate on R (SP Aysgarth Falls) **(3.02 mi)**
* Turn left immediately after stile, in direction of Aysgarth Falls **(3.02 mi)**
* Continue through field, gap in wall, and next field, to wooden pedestrian gate into Low lane **(3.18 mi)**
* Cross Low Lane and through wooden pedestrian gate opposite
* Follow signs to Aysgarth; with wall initially on your R, pass through stile on your R at end of wall (**3.23 mi**) and follow SP **diagonally** across field then several further fields and walls
* Path drops down towards woodland area (**3.55 mi).** Pass through gate marked ‘Freeholders wood and Ridings Field Local Nature Reserve’
* Turn L at T junction, & follow mud path. *This is a designated area of SSSI, and runners must follow the path*. (**3.62mi**)
* Follow marked trail down to and over short section of wooden walkway, then on to turn R onto gravel path.
* Follow gravel path to **Feed Station** at Aysgarth Falls **(4.13mi)**. *Although the route does not take you in to High Force falls, there are picnic tables and good views of the falls for spectators while they await you, easily accessed by a short walk from Aysgarth Falls National Parks Centre car park. Please encourage 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 an honesty box at the toilets and the car park is pay & display.*
* Continue on gravel path towards lower and 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
* Go through gate & turn R (SP Lower Falls Viewing Area & Water’s Edge). *Take care by river edge as this may be slippery.*
* **The Checkpoint** 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
* Turn R then immediate L onto track forking L (signposted Castle Bolton)
* Continue with wire fence on L
* Pass through wooden gate into field, (SP Redmire) (**4.89mi**)
* Cross field & onto Hollins House through 3 wooden pedestrian gates
* Join farm track as it proceeds R, between the farm house & outbuildings.
* Follow track through metal gate
* As track bears further to L (marked farm access, private road) take path on R through wooden gate, following the FP signs (do not enter the field on the R of the path through the metal gate) ( **5.22 mi)**
* Continue with wire fence on R to gate in stone wall (3-way SP Aysgarth Falls/Freeholders wood/ Castle Bolton via Low Thoresby)
* Pass through gate and head in direction SP across field (towards farm buildings and Bolton 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*** the gate, to follow SP ‘Castle Bolton avoiding main road’. **(5.53mi)**
* Proceed with wall on L, cross farm track in corner of field, & over stile to side of gate.
* Continue along grass track with trees on L, past ‘Conservation Area’ & FP to Castle Bolton signs on R
* Briefly merge with rubble track, then fork L on grass track, with wire fence on L side (**5.73 mi)**
* Pass over stile next to metal gate. Path narrows into mud path through tunnel of trees
* Continue until reach gravel path near farm buildings at Low Thoresby. Continue ahead briefly along 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.
* Turn R across hay meadow (SP Castle Bolton) **(6.6 mi**)
* 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 ahead 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 grass area beyond castle. **(7.2 mi)**

Congratulations!