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Through the Trough 200 📱

MW35

31/10/2021 [4]

A t*ough* ride thr*ough* the Tr*ough* of Bowland. Ride it while on ful*ough* but you *ough*t not ride if you've got a c*ough*. or feeling r*ough*. Use the eBrevet app!

You head north out of Saddleworth into North Yorkshire via Bacup, Gisburn and Wigglesworth, to reach Settle, where (according to Wikipedia) you'll find the oldest cafe in the UK. The route then turns westward for Slaidburn and the Trough of Bowland to reach Garstang in Lancashire, after which Longridge, "Ozzel Twizzel" and Rochdale are passed on the way back to Saddleworth.

<u>Section 3: 35km:</u> There is a short section of canal towpath to avoid a nasty motorway roundabout.

<u>Section 3: 63km:</u> Use the shared pavement/cyclepath in Rochdale to avoid a short stretch of A58 Manchester Rd

For a successful validation, you must:

- enter at **www.delphcyclist.info/TroughPerm.html** (don't worry about the ride date at this stage)
- register your ride date by texting **07931 911324** or emailing **mike@PeakAudax.co.uk** before you start
- visit all the controls listed below within the time limits - note that this is a non-mandatory route
- establish your "proof of passage" by
      downloading the <u>eBrevet</u> - see **www.delphcyclist.info/eBrevet.html**
      or   recording a <u>GPS track</u> (must be .GPX format) showing you visited each Control Location
      or   collecting <u>till receipts</u> or ATM slips from anywhere at the Control Location
- completing <u>all</u> the details on your Brevet Card (name, address, ride date, control locations and times plus your signature) and returning to me within 14 days of your ride

Controls: The ride works best using the E-Brevet app or a GPX track to authenticate your ride. The route is advisory, but you should ensure that you pass within ½km of the locations below (indicated by Grid Reference and <u>what3words.com</u>). If you haven't access to the app or GPX you may still collect receipts from the various suggested locations.

eBrevet: Ride Code **MW35** (see <u>www.DelphCyclist.info/eBrevet.html</u> for customisation instructions to reverse the direction, start at any control, or start anywhere between controls).

Uppermill	The route sheet starts from the Co-op on High Street with an ATM opposite at the former NatWest Bank (SD 997 057), carparking available at the Leisure Centre (SD 999 055).				
Settle	📱 SD 819 637 *thirsty.adventure.potions*	**RECEIPT** from Co-op or from any cafe 24 **ATM slip** from outside Barclays Bank		78	78
Garstang	📱 SD 491 464 *factoring.linguists.marmalade*	**RECEIPT** from Spar or Petrol Station 24 **ATM slip** from outside Barclays or Natwest in Town Centre		50	128
Uppermill	📱 SJ 997 057 *about.shark.shrugging*	**TILL RECEIPT** from Co-op or from any cafe on High Street 24 **ATM slip** from outside former NatWest bank		81	209

RIDE DETAILS: see **www.delphcyclist.info/TroughPerm.html** for GPX files, Route sheet, Maps, etc

SOME CAFES: **78km: Settle** choice of cafes
                              123km: Scorton Garden Centre Cafe
                              209km: Uppermill plenty of cafes eg Abaco, Cellar Pot (has cycle parking at the rear)

CLIMBING: 3,060m (total climbing)   408m (max elevation)   AAA points: 3

TIME LIMITS: **6 hrs 59 mins** (30kph) and **14 hrs 39 mins** (14.3kph)

Trough 200 Perm

1	→	right from Co-op 📱
0.8	←	A6052 ◁ Delph
1.4	←	Dobcross New Road
2.9	↱	The Sound Denshaw
3.3	⊣	Grains Road at **Delph Library**
6.0	↱	B6197 Shaw
9.0	↱	A663 Rochdale ▷
13.6	✛ ⚠	A664 Halifax ▷
14.5	⊣	4th Left, Reservoir Street
15.2	↦	
15.4	↰	A58
15.8	⊢	3rd Right, Regent Street
16.3	↰	Taylor Street
16.5	↦	A671
27.6	↕	A671 Burnley
36.4	↴ ⚠	A671 Burnley
38.8	✛ ⚠	A6114 Nelson
41.3	↦	
41.5	Y	
43.1	✛ ⚠	Walverden Road
44.2	↕	SO at miniO, Hibson Road
44.6	↕	SO at miniO, Netherfield Road
44.8	←	Sagar Street, under rail bridge
44.9	↕	SO at miniO

45.0	✛ ⚠	A682 Barrowford
45.7	↕	at M65
45.8	↦	A682 Barrowford
58.5	↱	A59 in **Gisburn**
58.7	⊣	A682 ◁ Settle
61.4	⊣	◁ Paythorne **Newsholme**
64.4	↱	Wigglesworth
67.9	↱	Wigglesworth ▷
68.8	↱	B6478 Settle ▷
69.4	⊣	◁ Rathmell **Wigglesworth**
75.4	↰	A65 and immediately Settle ▷
75.5	⊢	Settle ▷
76.4	↦	Station Road
77.5	↰	Duke Street
77.7		Cafes ATMs etc 📱 **Settle**

2	return on Duke Street
0.4	↱ Station Road
1.5	↻ Raines Road
2.3	↰T A65 and ...
2.4	↱ Rathmell ⟩
5.2	↱ Hesley Lane to **Tosside**
11.9	T↱ B6478 Slaidburn ⟩
19.7	↰ ⟨ *Clitheroe* ⟩
26.7	↱ ⟨ *Lancaster* ⟩ **Dunsop Bridge**
36.2	↰ ⟨ Garstang ⟩
44.0	✚ Long Lane through **Scorton**
50.0	↰T A6
50.3	petrol station on left
50.4	Y Lancaster Road ⟨ Garstang ⟩
50.6	Spar on left
	continue into Garstang 🗖

3	continue through **Garstang**
1.5	Natwest ATM in town centre
5.0	↰T rejoin A6
5.6	↰ New Lane ⟨ Inglewhite ⟩
8.6	↰T ⟨ Longridge ⟩
17.2	T↱ to **Longridge**
17.6	↻ Berry Lane ⟨ *Town Centre* ⟩
18.2	↰T King Street
23.7	↰ B6245 ⟨ *Blackburn* ⟩ **Ribchester**
27.9	✚ ⚠ B6245 ⟨ *Blackburn* ⟩
30.1	↰↱ Hollow Head Lane
31.2	↰T
32.2	T↱ SO
32.4	↰ 2nd L ⟨ Rishton ⟩
34.4	T↱ B6535
35.2	✚ High Street ⟨ Accrington ⟩
35.6	↰T at canal bridge left onto towpath and back under High Street bridge
36.5	over motorway to bridge
36.7	↰ left off tow path before bridge 109
37.3	↑ Hyndburn Greenway Accrington
38.1	T↱ A679
38.2	↻ & ↻ B6231 ⟨ Oswaldtwistle ⟩
39.1	↰ after pedestrian crossing Haworth St
39.3	✚ at St Marys Church
39.7	↻ Fielding Lane
42.8	↰T A677

45.7 ➜⚠️ A680 Haslingden⟩

47.0 ✚⚠️ A680

48.2 ⚴⚠️ Edenfield

48.4 ⚴ A680 (NOT A56) Ewood Bridge

51.0 ➜⚠️ A680 Rochdale⟩

51.7 ⬅⚴ A680 ⟨Rochdale

62.1 ✚⚠️ A680 Town Centre

62.6 ⚴➜ A680

62.7 ⚴ Mellor Street

63.4 ✚⚠️ to pass ASDA

63.8 ➜⚠️ A58 and onto pavement on left
Manchester⟩

64.2 ⬅⚠️ onto Drake Street

65.0 ➜⚠️ A640 Huddersfield⟩

65.1 ⟨ Milnrow Road

66.7 ✚⚠️ A640 through **Milnrow**

69.6 ⬅⚠️ A640

74.3 ✚ A6052 Delph **Denshaw**

78.4 ⬏ over A62 Uppermill

79.9 ⚴➜

80.5 ➜ and under Uppermill viaduct

81.3 Co-op on left or any café ▢ **Uppermill**