



RIBBLE VALLEY CRC

Fleet Moss & supporting Audax rides

Sunday 18th May, 2014

Join us for one of three challenging but beautiful cycle rides starting and finishing at Cloughton Memorial Village Hall, near Garstang. (Grid Ref. SD 513428)

The rides are open to all cyclists (not just Audax members) and suit clubmen, time-trialists, recreational riders, cycle tourists, 'born again' cyclists, young and old, male and female. The length of the rides and the climbing involved means some cycling experience is necessary. Be sure that you are capable of tackling these rides before entering.

The rides are NOT races. People ride them more in the spirit of an event like the London Marathon, everyone riding to their own limitations with the primary objective to just 'get round'.

Fleet Moss 216km (134 miles)

A challenging ride through beautiful countryside including the Forest of Bowland and Upper Wharfedale. Climbs include the Trough of Bowland, Lamb & Tatham Fell, Dent & the infamous Fleet Moss. After Fleet Moss the route takes in Wharfedale, Kettlewell, Grassington, Gargrave and Bolton-by-Bowland, a final climb of Chaigley (Walker Fold) through Chipping and back to Cloughton. Worth 3.25 Audax AAA climbing points.

Lunesdale Populaire 158km (100 miles)

Shorter but still a hard, hilly event. Follows the Fleet Moss route to Dent (includes Trough of Bowland, Lamb & Tatham Fell), then Sedbergh, Kirkby Lonsdale, then Quernmore to Scorton and back to Cloughton HQ. Worth 2.25 Audax AAA climbing points.

Pilgrim's Way 114km (70 miles)

Beautiful, moderately hilly ride, through (or close to) Longridge, Waddington, Downham, East Marton, Hellifield, Bolton-by-Bowland, Waddington, Chipping, Cloughton. Café stop at Abbot's Harbour.

For further details and entry forms see:

Audax Website: <http://www.aukweb.net> Event email: rvcrcfleetmoss@outlook.com

Organiser Sue Harvey Tel. 07949 865530

Fleet Moss

