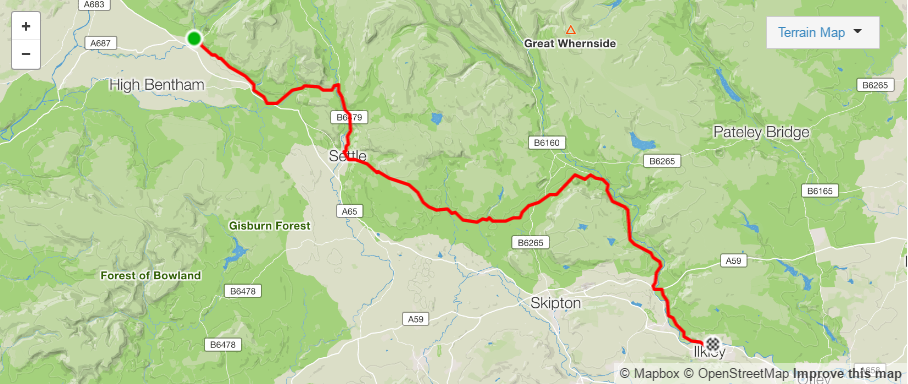
[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwj2_-ODmszUAhUGbRQKHdBTDgIQjRwIBw&url=http://www.alamy.com/stock-photo/lancashire-morecambe-signpost.html&psig=AFQjCNHXMiI4mDIlu3wR6w4lqGymCvi2gQ&ust=1498040230163138)Yorkshire Lido Cycle day #1

Day #1 follows the ‘Way of the Roses’ route for approximately 40km (Clapham to Burnsall)

Distance 66.8km (41.5 miles) Elevation gained 1164m (3819 feet)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Proceed onto Sammy Lane |  |  |  |
|  | Continue on The Square |  |  |  |
| 🡸 | Left onto Seed Hill |  |  |  |
|  | Continue; High Street, Old Road, Clapham Old Road, Jenkin’s Bridge, Clapham Old Road, Old Road, |  |  |  |
| 🡺 | Right Cross Haw Lane | 6.3 |  |  |
| 🡸 | Left B6480 | 6.7 | Clapham | From Clapham follow @Way of the Roses route to Burnsall |
| 🡸 | Left onto Old Road | 6.8 |  |  |
|  | Continue on B6480 | 7.0 |  | Follow road around Cave Rescue |
|  | Continue on A65 | 8.2 |  | Towards Austwick |
| 🡸 | Leave A65 towards Austwick (left) | 8.6 |  |  |
|  | Continue on Main Street | 9.7 | Austwick |  |
|  | Continue | 9.9 |  | Past Austwick Primary School |
|  | Continue on B6479 |  | Via; Helwith Bridge & Sainforth | Towards Settle |
| 🡸 | Left onto Penyghent view | 21.1 | Settle | At war memorial |
|  | Continue; Market place, Cheapside, High Street & Victoria Street |  |  |  |
| 🡺 | Right onto School Hill | 21.7 |  | **FEED STATION AT HIGHEST POINT!** |
|  | Continue |  |  |  |
| 🡺 | Right | 31.6 | Scotsthrop/Airton |  |
| 🡸 | Left onto Calton Lane | 31.7 |  |  |
| 🡺 | Right onto Hall Brow | 32.4 |  |  |
| 🡸 | Bear LEFT onto Abbey Hill | 33.3 |  |  |
| 🡸 | Left onto Winterburn Lane | 35.4 |  |  |
| 🡺 | Right onto Hills Lane | 35.6 |  |  |
|  | Join Fleets Lane | 38.6 |  |  |
|  | Continue |  | Via; Cracoe & Thorpe |  |
| 🡺 | Right onto B6160 | 45.9 | Towards Burnsall |  |
|  | Continue |  | Via Burnsall, Barden, Bolton Abbey | Leave Way of the Roses @ Burnsall |
|  | Join A59 | 58.7 | (at Bolton Bridge) | 1st Exit at roundabout |
| 🡺 | Leave A59 (right) | 59.3 |  | Beamsley Lane |
|  | Continue |  | Via Nesfield | Towards Ilkley |
|  | **Arrive Denton Road Ilkley** | **66.8** |  | **ILKLEY LIDO** |