



Welcome to the Richmond Cyclosporives.

There are 3 routes:

The 5Dale100—shown by the dots on the map.
 The 4Dale80—same as above but turns left just after Hawes and follows the minor road east through Askrigg, Carperby to Wensley and Leyburn.
 The 3Dale50—same start but turns left at Keld and follows the B6270 through Thwaite, Gunnerside, Reeth.

Challenge times for the routes:

	100	80	50
Gold	6h15m	4h50m	3h
Silver	7h15m	5h40m	3h30m
Bronze	8h15m	6h30m	4h

Other information:

The routes are signed, but please be responsible for your own navigation.

Feedstations and electronic checkpoints at Keld and Hawes. Electronic checkpoint at Kettlewell.

If you arrive in Hawes after 2pm, **please** do the 80 and not the 100. Event HQ closes at 7pm.

If you abandon, please tell us on 07866755590

5Dale100 route profile:

