



Yorkshire Dales Cycle Route

A superb but challenging circular route visiting many of the major dales in the Yorkshire Dales National Park

A 132 mile / 212 km circular route around some of the prettiest areas of the Yorkshire Dales, from the historic town of Skipton, in Airedale, through Wharfedale and Malhamdale, into Ribblesdale and the pretty town of Settle.

From there it's north through Kingsdale and into Wensleydale, famous for its crumbly cheese (Factory shop at Hawes), before heading along Swaledale, south down Coverdale and back into Wharfedale for a slightly different route back to Skipton.

It's intended to provide a pleasant and often challenging cycle through the iconic Yorkshire countryside and can be started from any of the towns on the route.

Holiday Details

Total Distance – 132 miles / 212kms

Total Ascent – 3800m / 12500 ft

Difficulty – Challenging (Good level of riding ability and fitness required, with several steep hills)

What's included (self guided package)

- 3 - 6 nights good quality ensuite accommodation on a B&B basis (twin or double room sharing, single room options available (surcharge))
- Daily baggage transfers (1 bag per person, up to 20kg, ideally holdall style)
- Maps, route notes and gpx files
- Emergency recovery if required (up to 4 hr response)
- Certificate of completion
- Pedal Power Buff and TACX 750ml water-bottle
- Transfers as per your booking
- Cycle hire and ebike hire if requested (surcharge)

Itinerary

Please note that these are generic trip notes and your actual itinerary and overnight locations may differ from those mentioned below

Section 1 – Skipton to Settle – 32 miles, 51.5 kms

Head north out of Skipton to Embsay and continue NE to Barden Scale where you join the road for Burnsall. Pick up to NCN 688 cycle route and follow this, with the River Wharfe on your right until you turn off to your left for Thorpe. Follow the NCN 688 to Cracoe and Winterburn. At Winterburn turn right onto the NCN68 and follow this to Airton. Leave the NCN68 at Airton and head north to Malham and into the moors (steep climb) You will see Malham Tarn on your right. Stay on this road to Stainforth and then south down through Ribblesdale valley to Settle

Section 2 – Settle to Hawes – 37 miles, 59.5 kms

Head west out of Settle crossing the Ribble River to Giggleswick and over the busy A65 along minor roads to Clapham Station, turn right under the railway onto the NCN69 into Clapham. Rejoin the NCN68 and follow this to Ingleton. Stay on the NCN68 up through Kingsdale with Kingsdale Beck on your right all the way up a steep climb, to Dent.

Leave the NCN 68, cross the river and ride along the valley (Dentdale) east to join the B6255, turn left on this and head down to Hawes

Section 3 – Hawes to Carlton – 31 miles, 50 kms

At the eastern end of Hawes turn left, crossing the River Ure, turn right onto a minor road and follow this along to Askrigg, over Askrigg Common to Gunnerside (Swaledale). The route bypasses Reeth, however it's a nice village and worth a look, even just for a coffee stop.

Turn south at Reeth to Castle Bolton and follow the signs to Wensley, Melmerby and Carlton.

Section 4 – Carlton to Skipton – 32 miles, 51.5 kms

Follow the road south out of Carlton, head down through Coverdale to Grassington, Ride along the A6265 to Hebden and Appletreewick. Cross the River Wharfe and Barden Bridge and follow the B6160 to the remains of Boldon Abbey.

Turn right here to Embsay and back to Skipton

Pick up at the end of your ride

If we have arranged to pick you up at the end of your ride to transfer you onwards, your pick up time will have been agreed at the time of booking, however **please call 07790596782 or 01665713448 when you are around 2 hours from the finish in order to confirm agreed times, we may be travelling from a distance away and may or may not be able to pick up earlier or later than agreed**

Inclusions

The tour is designated as “self-guided”: Pedal Power will arrange the accommodation, provide route mapping, kit lists and training advice, GPX files, route notes and daily briefings (if on a fully supported ride), along with luggage transfer and mechanical support where required. If part of your package, the support van will meet the group en route at various points during the day with light refreshments and lots of encouragement

Bikes

If not riding your own bike, we can provide you with a hybrid or cyclocross/gravel bike or an ebike

The bike will come in a frame size that suits your height. The bikes are 24 speed and have disc brakes, they are on fast-rolling 700c wheels and are perfect for these routes. All bikes are fitted with a bottle & bottle cage and come with a pannier bag, spare innertubes x 2 and tyre levers, pump and bike lock. If you wish to bring your own saddle and pedals these can be fitted to the bikes for you.

What to bring – Baggage allowance is one bag/person, max 20kg, ideally soft holdall

We recommend you wear/carry with you when riding:

- Appropriate cycling clothes (including some padded shorts)
- Waterproof jacket and warmer long-sleeved tops and bottoms
- Padded cycling gloves and some thicker, warmer gloves
- Some stiff-soled shoes to cycle in (we can change pedals for any you bring if you prefer)
- Suncream (lets be optimistic!!) and sunglasses
- Wallet (with cash as well as card for cafés)
- Camera
- Phone with navigational capabilities (GPS devices also strongly recommended as more weather-proof navigational aids)
- Water bottle/carrier and snacks
- Pump, multi-tool, lock, 2 x inner tubes, repair kits
- Plenty of your favourite snacks

For your evenings, the oft-forgotten items are:

- Evening clothes and shoes
- Toiletries & personal medication – towels are not required
- Relevant chargers
- Any evening entertainment (e.g. playing cards or a good book!)

Training

The biggest factor in your enjoyment and success of the trip is very often the effort put into training – without it, it can be very uncomfortable – but with the training (which should also be enjoyable!), you will find yourself enjoying the challenge and the scenery much more. We recommend having cycled 30+ miles per day, on some good hilly routes, on at least 3 or 4 occasions in the month leading up to your ride.

You do require a reasonably good level of cycle experience and be reasonably physically fit and in good health.

Medical

If you have any medical conditions that you deem we should be aware of, then please inform us of these prior to arriving on the trip along with any information we may require for emergencies.

If you are in any doubt about your medical conditions, level of fitness or other medical worries, then please speak to your home doctor for their advice and if necessary approval for you to partake on this trip. We can provide them with further information if required.

WE WANT YOU TO ENJOY THIS HOLIDAY AND NOT END UP SUFFERING BECAUSE OF IT.

A sore posterior after a day in the saddle is not a medical condition, it's a forgone fact!!

What's not included

Personal travel insurance (activity related) **(IF AN OVERSEAS VISITOR OR NON UK RESIDENT, YOU MUST PROVIDE PEDAL POWER CYCLING LTD WITH A COPY OF YOUR UP TO DATE TRAVEL INSURANCE THAT COVERS YOU FOR THE ACTIVITIES YOU WILL BE TAKING PART IN WHILST WITH US)** For insurance purposes this route is classified as “NON TECHNICAL, LEISURE CYCLING” it is not to be confused with “OFF ROAD MTB CYCLING”

Any relevant entrance fees, meals other than those mentioned in the itinerary.

Any charges for travelling with your own bike, taxi fares.

Any costs associated with bringing your own bike including maintenance, repair and the supply or replacement of parts on the bike.

Any questions

If you'd like further information or have any questions about our cycling holidays or bike hire, please feel free to get in touch on 07790596782, 01665 713448 or email info@pedal-power.co.uk

Remember to :

- **ENJOY THE Challenge**
- **TAKE TIME TO STOP AND ADMIRE YOUR STUNNING SURROUNDINGS**
- **AND ABOVE ALL HAVE A GREAT AND SAFE RIDE!!**