

PHIL AND FRIENDS CHALLENGE RIDE. 150K ROUTE.[2] Start 8.00 am to 10.00 am on Sunday Aug.2nd 2009 at The Lomas Hall, Church St, Stannington, Sheffield, S6 6BQ.

This is a challenging ride, please take care on the roads especially in **traffic** and on the **many descents** some of which are **steep and twisty**. There is also **mud and gravel to consider**. **Take note of our Marshal's guidance.**

R = turn right, L = turn left, SO = straight on, TLS = traffic lights, O = roundabout, imm = immediately, T = T junction, X = crossroads, SP = sign post, stag = staggered, places passed through are in CAPITALS. Distances are approximate.

LOMAS HALL HQ WILL CLOSE AT 9.00PM. **EMERGENCY PHONE NUMBER 07714239182, also please ring if you will not be coming back to the HQ.**

1.R our of car park, 2nd L Bankfield Ln, L at T, SP Dungworth, imm. R Spout Ln, **steep descent** R at T SP BRADFIELD, L at T SP BRADFIELD pass Nags Head Pub going to BRADFIELD go through village to bear R up Brown House Ln.
Follow rd., bear L at junct. , over X to T, R, no sign.
Cont. to take 1st L, SP Langsett [9.0m-14.4k], in UPPER MIDHOPE swing R then L SP LANGSETT to T, L, **BUSY ROAD** SP Huddersfield A 616.
SO at O A616, SO at mini O A616, L at next X SP HOLMFIRTH, Trans Pennine Trail,[14.0m – 22.4k].
Cont. to **long descent** into HOLMFIRTH **rough surface in places especially towards bottom**.
REFRESHMENTS Right at T, 70 yards, CORNER HOUSE CAFÉ CTC LISTED.
To continue route either L at T swing R to TLS, L, [Huddersfield Rd] A6024 follow signs to Glossop, **OR** L out of café to TLS.

2.Follow road to climb through HOLME village and over Holme Moss, **long steep descent** to T, R, SP Manchester A628 **busy road** [24.0 m – 38.8k]
Take 1st L SP Glossop B6105, follow road to GLOSSOP, at TLS X SO follow A624 Chapel en le Frith signs thro. LITTLE HAYFIELD, HAYFIELD to T under bridge at CHINLEY, L, SP CHAPEL EN LE FRITH, thro CHAPEL MILTON to O, SO, [CHAPEL EN LE FRITH sign **after** O] to T, L SP Buxton A6 [42.0m – 67.2k]
Take 1st L SP Buxton, Manchester A6, RUSHUP, EDALE go under A6, cont. to L turn SP Barber Booth, EDALE [46.0 – 73.6k]
Steep long descent, pass car park on L in EDALE, cont. thro. MILL COTTAGES to REFRESHMENTS at GREEN ACRES CARAVAN and CAMPING on R opp. YHA sign.
[50.0m – 79k]

3. R from GREEN ACRES and cont. to HOPE, at T R [54.0m – 86.4k] SP CASTLETON A6187, over mini O, thro. CASTLETON, over mini O, then L SP Blue John Cavern, Chestnut Centre, on Arther Way pass Speedwell Cavern, [56m – 91k], cont. up pass to T, L SP Perryfoot, Sparrowpit,. Take 1st L [58m – 92k] near bottom of hill just after stag. X sign and riders crossing 200 yds sign, go down lane that has 7.5 T sign and cattle grid.
Cont. thro. PEAK FOREST to T, TLS, [A623], R then imm. L SP Donkey Village.
Follow signs for PEAK DALE, thro. SMALL DALE to PEAK DALE in 0.3m – 0.48k L SP Wormhill Millers Dale **care gravel on bend**.
L at T SP Wormhill to WORMHILL and MILLERS DALE .
L at T SP Tideswell B6049, thro. MILLERS DALE, climb passed YHA, R SP LITTON by “Welcome to Tideswell” sign on R.[68.5m – 109k]
Take 1st R in LITTON, **acute**, Bottom Hill Rd. to junct., R SP MONSAL DALE, follow MONSAL DALE/HEAD signs over small X, thro Dale and up to MONSAL HEAD.[71.6M – 116K]
At stag.X B6464 SO thro. LITTLE LONGSTONE to GREAT. LONGSTONE, L after White Lion Pub SP Rowland Hassop, Church Ln. follow signs to HASSOP.
At T L SP CALVER, B6001 to CALVER X TLS [76.5M – 123K] **REFRESHMENTS** ON R AT THE OUTSIDE CAFÉ.

4. SO at X B6521 to GRINDLEFORD where after Mount Pleasant Garage L SP HATHERSAGE B6001.
At T in HATHERSAGE L SP HOPE CASTLETON A6187. [81.5m – 130k]
At TLS R A6013 thro. BAMFORD to T, R ,A57 SP Sheffield, cont. to 2nd L on RH bend [just after white High Riggs Nursery sign] follow to T, R SP Parkside to **FINISH** on L. 150K-93M. **WELL DONE.**