

## TWO VALLEYS ROUTE

Start/Finish	Hawes National Park Centre, or Reeth
Distance	33 miles (55km)
Refreshments	Askrigg, Carperby, Castle Bolton, Reeth, Gunnerside, Muker & Hardraw
Toilets	At the start, Castle Bolton, and Reeth
Nearest train station	Redmire on the Wensleydale Railway is just off the route

A cracking road route around the Herriot country of the two major northern Dales. In essence this route heads east along Wensleydale and west along Swaledale. Of course that means two long steep climbs and fast descents to cross the high moorland in between the valleys. You will need a low gear for some of the climbs – and then good brakes to get the most out of the breath-taking descents!

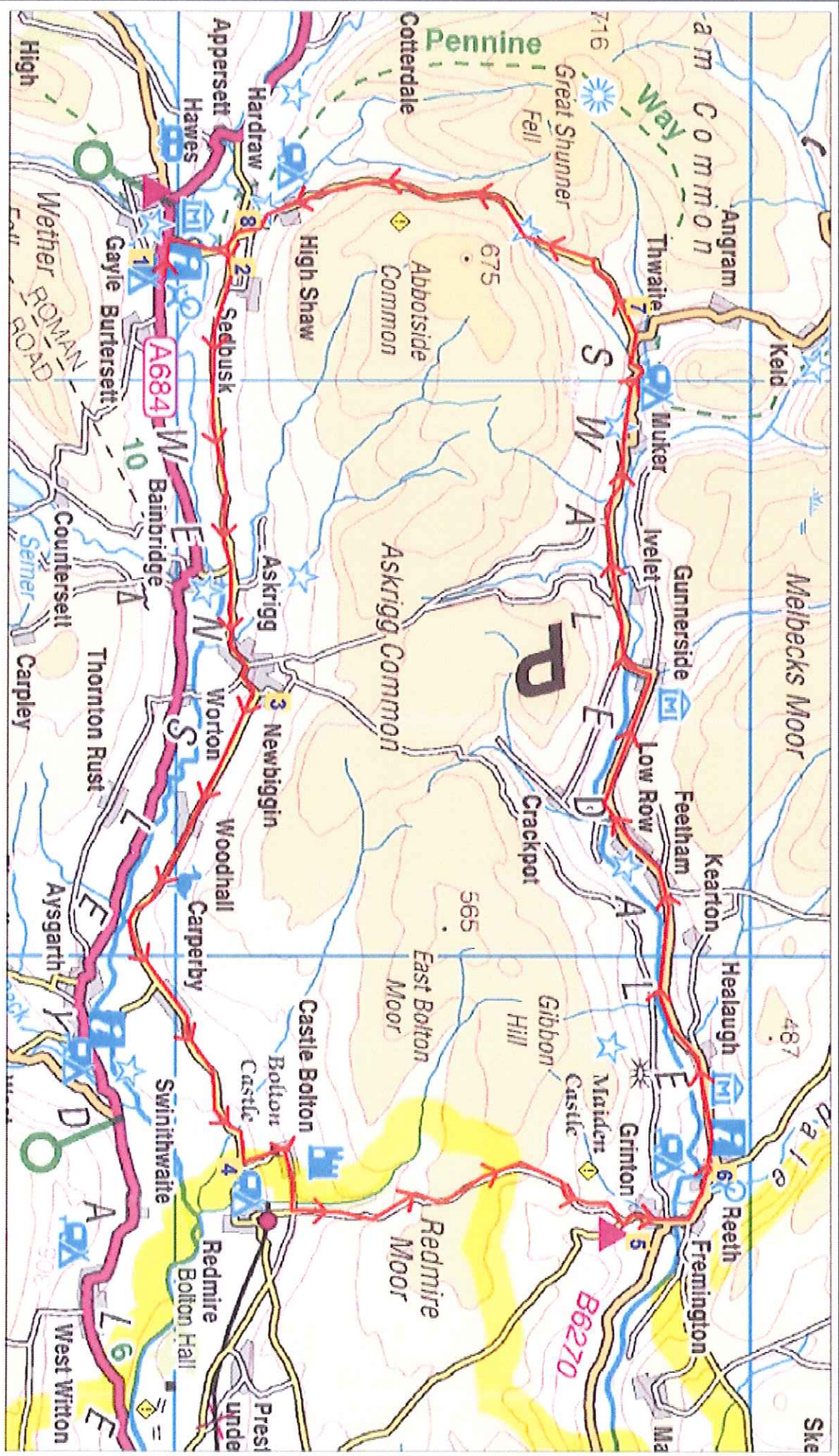
1. Turn right out of car-park then immediately right again by going around the island. Go over a bridge and upto a T junction.
2. Turn right (signposted **Sedbusk**). Follow this minor road to Askrigg and climb up through the village.
3. Keep right at the top of the village (signposted **Carperby**) - after the climb out of the village it's an easy ride down the valley. Carry straight on through Carperby or divert right down the hill to Aysgarth for Café and toilets, and a look at the Falls.
4. As you approach Redmire turn left up steep hill to Castle Bolton. Keep right at the castle (signposted **Reeth 6mls**) and continue along minor road. Turn left at the T junction (signposted **Reeth 5mls / Grinton 4mls**). Continue up the long climb to the top of the moor and then down the fast descent (Watch out for sheep wandering on to the road).
5. Turn left at the T junction near Grinton YHA and take care on the steep descent with cattle grid in to Grinton. Turn left at the T junction and go past the Bridge Inn and Dales Cycle Centre, to continue on over the river Swale and into Reeth.
6. Keep left at the top of the village green in Reeth (signposted **Gunnerside 6mls B6270**). Continue up the valley on the undulating road through Healaugh, Low Row, Gunnerside and Muker.
7. Turn left after passing the waterfall on your left after leaving Muker (signposted **Hawes 6 ¼ mls**) – *the classic Buttertubs climb!* It is very steep (25% gradient for one 500m stretch and the rest is only slightly less. Then enjoy the long descent!
8. Turn left at the T junction (signposted **Hawes 1 mls**) and then right after 200m to return to start.



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Scale 1:50,000



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