



Through the Trough 200

A *tough* ride through the Trough of Bowland. Ride it while on *fulough* but you *ought* not ride if you've got a *cough*. or feeling *rough*. Use the eBrevet app!

You head north out of Saddleworth into North Yorkshire via Bacup, Gisburn and Wigglesworth, to reach Settle, where (according to Wikipedia) you'll find the oldest cafe in the UK. The route then turns westward for Slaidburn and the Trough of Bowland to reach Garstang in Lancashire, after which Longridge, "Ozzel Twizzel" and Rochdale are passed on the way back to Saddleworth.

Section 3: 35km: There is a short section of canal towpath to avoid a nasty motorway roundabout.







Section 3: 63km: Use the shared pavement/cyclepath in Rochdale to avoid a short stretch of A58 Manchester Rd

For a successful validation, you must:

- enter at **www.delphcyclist.info/TroughPerm.html** (don't worry about the ride date at this stage)
- register your ride date by texting **07931 911324** or emailing **mike@PeakAudax.co.uk** before you start
- visit all the controls listed below within the time limits - note that this is a non-mandatory route
- establish your "proof of passage" by
 - downloading the [eBrevet](#) - see **www.delphcyclist.info/eBrevet.html**
 - or recording a [GPS track](#) (must be .GPX format) showing you visited each Control Location
 - or collecting [till receipts](#) or ATM slips from anywhere at the Control Location
- completing [all](#) the details on your Brevet Card (name, address, ride date, control locations and times plus your signature) and returning to me within 14 days of your ride

Controls: The ride works best using the E-Brevet app or a GPX track to authenticate your ride. The route is advisory, but you should ensure that you pass within ½km of the locations below (indicated by Grid Reference and what3words.com). If you haven't access to the app or GPX you may still collect receipts from the various suggested locations.

eBrevet: Ride Code **MW35** (see www.DelphCyclist.info/eBrevet.html for customisation instructions to reverse the direction, start at any control, or start anywhere between controls).

Uppermill	The route sheet starts from the Co-op on High Street with an ATM opposite at the former NatWest Bank (SD 997 057), carparking available at the Leisure Centre (SD 999 055).			
Settle	 SD 819 637 <i>thirsty.adventure.potions</i>	RECEIPT from Co-op or from any cafe  ATM slip from outside Barclays Bank	78	78
Garstang	 SD 491 465 <i>spine.cold.vesting</i>	RECEIPT from Spar or Petrol Station  ATM slip from outside Barclays or Natwest in Town Centre	50	128
Uppermill	 SJ 997 057 <i>about.shark.shrugging</i>	TILL RECEIPT from Co-op or from any cafe on High Street  ATM slip from outside former NatWest bank	81	209

RIDE DETAILS: see **www.delphcyclist.info/TroughPerm.html** for GPX files, Route sheet, Maps, etc

SOME CAFES: **78km: Settle** choice of cafes
123km: Scorton Garden Centre Cafe
209km: Uppermill plenty of cafes eg Abaco, Cellar Pot (has cycle parking at the rear)

CLIMBING: 3,060m (total climbing) 408m (max elevation) AAA points: 3

TIME LIMITS: **6 hrs 59 mins** (30kph) and **14 hrs 39 mins** (14.3kph)