

HARDMOORS 26.2 FRYUPDALE TRAIL 10K

1. From Race Start **ascend field**.
2. Pass through gap and **turn right through gate**
3. Continue alongside **wall** (keeping wall to your right)
4. **Turn right** and descend field
5. Pass through **gap in the Hedge**
6. On reaching road **turn right**
7. **At junction turn left** and follow road as it as it bends to the right & ascends
8. **Continue on road** as it bends to the left and descends
9. **Continue on road** for 0.5 miles
10. **Turn right to leave road** just before houses on right (signed Bridleway to Rosedale)
11. Continue on track **through field up hill**
12. On reaching wooden gate (with blue arrow) **continue straight ahead through wooden gate** ignoring metal gates at either side
13. **Continue directly uphill** alongside barbed wire fence on your right
14. On reaching large wooden gate pass through and **continue directly ahead** keeping close to stone wall & wire fence on your left
15. As moorland opens up **continue on wide(lower) footpath**. Ignore paths off to left or right
16. At end of fence line **cross wooden pallet** across stream & bare left on lower path
Continue ahead through wooden gate.
17. Follow path on left over to stream crossing, **cross stream and follow path uphill**
18. At top of climb turn **left onto bridleway** (just after cairn) continue on track for 1.2 miles
19. On reaching wooden gate (Checkpoint) **turn left before road** on distinct path through heather to descend hill to reach stone wall with wooden gate.
20. **Pass through wooden gate** & descend very boggy hill (steep single track in places)
21. **Continue downhill on path** as it descends through woods ignoring any turn offs.
22. On reaching wooden gate continue through gate and **continue on path descending hill** between two stone walls to reach road.
23. **On reaching road turn right** & take first left at road junction, continue descending road.
24. **Follow road** as it turns to the right and ascends.
25. **Continue on road** past farm buildings

26. **Continue on road as it climbs steeply** and bends to the left and then to the right and back to the left as it reaches a junction.
27. At the junction turn right and **continue along the road**
28. **Watch out for the left turning** leading off the road through bushes (opposite 1st farm building on right in far distance)
29. **Continue through bushes** into field
30. **Follow path close to stone wall** on your right
31. At end of field and on reaching the stone wall **pass into the next field** to turn left alongside stone wall (signed Cycle Hub)
32. **Go through wooden gate & turn left** to descend down to the **Cycle Hub & Race Finish**