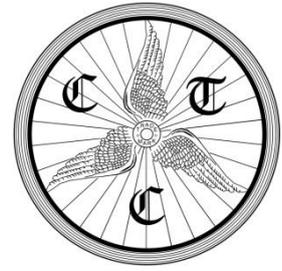




CTC York – Route Sheet

102km Ride York (Knavesmire) to Ripon (Spa Gardens)



Ins. No.	KM	Direction	Signpost
1		<u>START</u>	
2	341m	<i>Cross Racecourse</i>	
3	459m	T Junction Right [Campleshon Road]	
4	980m	X Road Left [Bishopthorpe Road]	
5	1.1	X Road Right [Beresford Terrace]	
6	1.1	Junction Left [Finsbury Street]	
7	1.3	T Junction Right [Butcher Terrace]	
8	1.4	<i>Bollards across path keep left before bridge</i>	
9	1.5	<i>Bollards across path keep left (River Ouse on right)</i>	
10	1.9	<i>Gate - cycle access on Left</i>	
11	2.0	<i>Bollards across path</i>	
12	2.6	T Junction Right [Skeldergate]	
13	2.9	Traffic Lights Straight Over [North Street]	
14	3.2	<i>keep right under Lendel Bridge</i>	
15	3.6	<i>cycle/pedestrian gate at Scarborough Bridge</i>	
16	4.3	<i>cycle gate</i>	
17	4.5	T Junction Staright Over <i>use cycle path</i> [Salisbury Terrace]	
18	4.5	Left on cycle path [Bright Street]	
19	4.6	Junction Right [Bromley Street]	
20	4.7	T Junction Right [Livingstone Street]	
21	4.7	T Junction Left [Salisbury Road]	
22	4.9	Traffic Lights (outside lane) Straight Over onto cycle path and Right	
23	5.9	Traffic Lights (inside lane) Left A19 [Shipton Road]	Thirsk
24	6.0	Traffic Lights (inside lane) Straight Over A19 [Shipton Road]	Thirsk
25	8.1	Before Traffic Lights Left on Cycle Path	
26	8.2	<i>Bollards across path</i>	
27	8.3	Keep Left <i>Bollards across path</i>	
28	8.5	<i>Cattle Grid</i> T Junction Right	(Way of Roses - Route 65)
29	8.8	<i>Cattle Grid</i> T Junction Left	(Way of Roses - Route 65)
30	9.1	Junction Left <i>Cattle Grid</i>	(Way of Roses - Route 65)
31	9.4	Bear Right <i>Cattle Grid</i>	(Way of Roses - Route 65)
32	9.7	T Junction Left	(Way of Roses - Route 65)
33	9.8	<i>cycle gate</i>	
34	10.7	<i>cycle bridge - Forth Rail Bridge</i>	
35	11.1	<i>cycle gate</i> T Junction Left [Stripe Lane]	(Way of Roses - Route 65)
36	12.3	OVERTON	

Ins. No.	KM	Direction	Signpost
37	14.8	T Junction Left	Beningbrough
38	15.7	T Junction Left (<i>over railway bridge</i>)	Newton
39	22.2	TOLLERTON	
40	25.9	FLAWITH	
41	32.4	HELPERBY	
42	32.9	BRAFFERTON Junction Left opp 'Oak Tree Inn'	Boroughbridge
43	35.9	CUNDALL Junction Left	Norton Clay
44	38.5	NORTON LE CLAY	
45	40.2	T Junction Right	
46	40.3	Junction Left	Marton le Moor
47	42.7	MARTON LE MOOR Junction Right [Whitegate Lane]	
48	45.1	T Junction Left	Ripon
49	48.3	SHAROW	
50	49.6	Left use cycle path under A61	
51	49.7	T Junction Left onto A6108	
52	49.8	RIPON Mini Roundabout Left A6108 (1st Exit)	Leyburn
53	50.4	Traffic Lights Straight Over	
54	50.7	Traffic Lights Right (outside lane) [Marshall Way]	
55	50.8	Mini Roundabout Straight Over (2nd Exit)	
56	51.0	Mini Roundabout Left (1st Exit) [Blossomgate]	
57	51.1	<i>Pedestrian Crossing</i> keep right with road	
58	51.2	Entrance to SPA GARDENS on Left	
59	51.3	<u>Sun Parlour Cafe</u>	
60	51.4	Leave Right from Spa Gardens	
61	51.4	Junction Right [Firby Lane]	
62	51.6	T Junction Left [Somerset Row]	
63	51.7	Traffic Lights Right (outside lane) [Low Skellgate]	Harrogate
64	51.9	<i>Bridge Over River Skell</i> Junction Left [Barefoot Street]	
65	52.5	X Road Straight Over [Knaresborough Road]	
66	53.1	Staggered X Road with A61 Right and Left	Bishop Monkton
67	57.1	BISHOP MONKTON	
68	60.7	T Junction Left	Copgrove
69	61.6	COPGROVE	
70	63.1	T Junction Left	Staveley
71	63.5	STAVELEY	Arkendale
72	65.7	X Road with A6055 Straight Over	Arkendale
73	67.0	ARKENDALE T Junction Left	Marton cum Grafton
74	68.7	<i>Bridge Over A1 (M)</i> T Junction Right A168	York
75	77.1	Roundabout Left (1st Exit)	Hunsingore
76	77.6	HUNSINGORE	
77	80.0	CATTAL T Junction Right	Tockwith
78	80.0	Traffic Lights <i>narrow bridge over 'River Nidd'</i>	
79	81.3	X Road Left	Tockwith
80	82.6	TOCKWITH	

Ins. No.	KM	Direction	Signpost
81	86.1	LONG MARSTON	
82	87.0	Mini Roundabout Straight Over (2nd Exit)	
83	87.2	X Road with B1224 Straight Over	Askham Richard
84	87.7	HUTTON WANDESLEY	
85	90.3	ANGRAM	
86	92.3	ASKHAM RICHARD	
87	93.2	T Junction Left	York
88	94.7	T Junction Right	York
89	95.3	Roundabout 2nd Exit Left A64 slip road	Scarborough
90	95.3	Left onto Cycle Path at top of slip road	
91	95.4	<i>can join cycle path at bottom of slip road</i>	
92	96.0	<i>road junction with golf club</i>	
93	97.7	<i>road junction with Park and Ride</i>	
94	97.9	Junction Left <i>cycle path</i>	Bishopthorpe (route 65)
95	98.5	Junction Left <i>before A64 road bridge</i>	York (route 65)
96	99.1	T Junction Right	York (route 65)
97	100.0	<i>crossing of racecourse</i>	
98	100.1	<i>2nd crossing of racecourse</i>	
99	100.1	Left through cycle gate <i>alongside racecourse</i>	York (route 65)
100	101.0	Left through cycle gate <i>back of main racecourse stand</i>	
101	101.6	Left onto Knavesmire	
102	101.7	<i>Cross Racecourse</i>	
103	102.1	<u>Finish - back at starting point</u>	

Diversion High River Level on Ouse

Ascent/Descent: 90m, **Difference of elevation to main route.** -44m

Length: 11.4km, **Difference of route length to main route.** -2.8km

Ins. No.	KM	Direction	Signpost
3	459m	T Junction Right [Campleshon Road]	
500	612m	3rd Road Junction Left [Albemarle Road]	
501	863m	X Road Straight Over [Albemarle Road]	
502	1.6	Traffic Lights with A1036 Straight Over [Dalton Terrace]	
503	1.9	T Junction Left [Holgate Road A59]	Harrogate
504	2.0	<i>Pedestrian Crossing</i>	
505	2.4	<i>Pedestrian Crossing</i>	
506	2.5	Traffic Lights Straight Over (outside lane) [Poppleton Road A59]	Harrogate
507	2.7	<i>Pedestrian Crossing</i>	
508	2.9	Traffic Lights Straight Over (inside lane)	
509	3.4	<i>Pedestrian Crossing</i>	
510	3.5	Traffic Lights Right (outside lane) [Water End]	Clifton
511	4.0	<i>Follow Cycle Path - avoids traffic lights</i>	Clifton
512	5.0	Traffic Lights (inside lane) Left A19 [Shipton Road]	Thirsk
513	5.2	Traffic Lights (outside lane) Right [Rawcliffe Lane]	
514	6.2	Mini Roundabout Left (1st Exit) [Eastholme Drive]	
515	6.8	Junction Left (<i>at grass triangle - just after school on right</i>) [Bowness Drive]	Rawcliffe Bar / Skelton
516	7.2	X Road Straight Over [Shipton Road]	
517	7.6	T Junction Straight Over (Right and Left) onto Cycle Path	
518	7.7	<i>Keep Right taking underpass</i>	
519	8.7	SKELTON	
520	9.0	<i>just after Bus Stop cross A19 using traffic island in middle of road</i>	
522	11.7	2nd Junction Left	Overton / Beningbrough
38	15.7	T Junction Left (<i>over railway bridge</i>)	Newton

Alternative route in Ripon (Morrisons Cafe)

Ascent: 57m, **Descent:** 51m, **Difference of elevation to main route.** 11m

Length: 3.7km, **Difference of route length to main route.** 0.4km

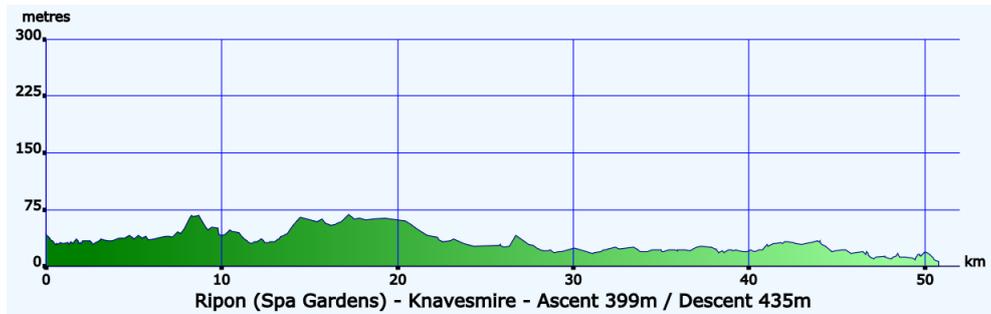
Ins. No.	KM	Direction	Signpost
52	49.8	RIPON Mini Roundabout Left A6108 (1st Exit)	Leyburn
600	49.9	Junction Left [Magdalens Road]	Newby Hall
601	50.4	Traffic Lights Straight Over [Stonebridgegate]	
602	50.5	Traffic Lights Straight Over [St Marygate]	
603	51.0	Roundabout Straight Over [King Street]	Weak bridge 70 yards ahead
604	51.4	<i>Pedestrian Crossing</i>	
605	51.6	T Junction Right [Bondgate Way]	
606	52.3	<i>Pedestrian Crossing</i>	
607	52.5	Traffic Lights Left (inside lane) [Harrogate Road]	
608	52.5	Traffic Lights Left (inside lane)	Morrisons
609	52.6	<u>Morrisons Cafe</u>	
610	52.8	Traffic Lights Left (inside lane) [Harrogate Road]	
611	53.0	Roundabout Left A61 (1st Exit) [Ripon Bypass]	Thirsk
612	53.6	Junction Right (outside lane)	Bishop Monkton
67	57.1	BISHOP MONKTON	

Diversion High River Level on Nidd

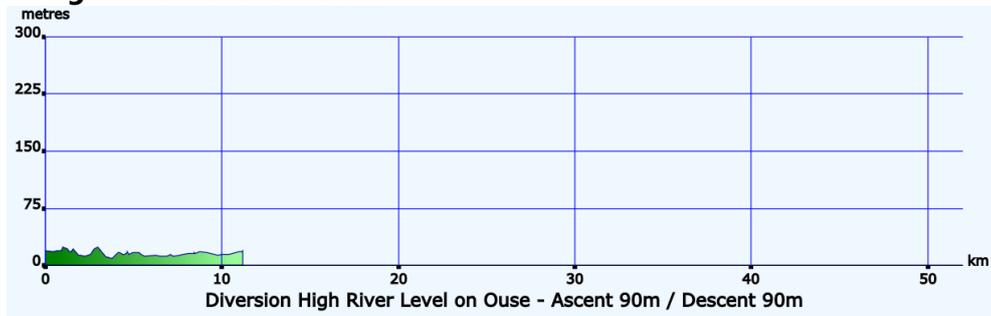
Ascent: 42m, **Descent:** 46m, **Difference of elevation to main route.** 9m

Length: 7km, **Difference of route length to main route.** 2.8km

Ins. No.	KM	Direction	Signpost
74	68.7	<i>Bridge Over A1 (M)</i> T Junction Right A168	York
700	77.1	Roundabout Right (3rd Exit) A168	Wetherby
701	77.5	WALSHFORD	
702	77.7	Roundabout Straight Over (1st Exit) A168	
703	79.3	Junction Left (<i>just after going under road bridge</i>)	North Deighton
704	79.4	T Junction Right	Cowthorpe
705	81.1	COWTHORPE	
80	82.6	TOCKWITH	

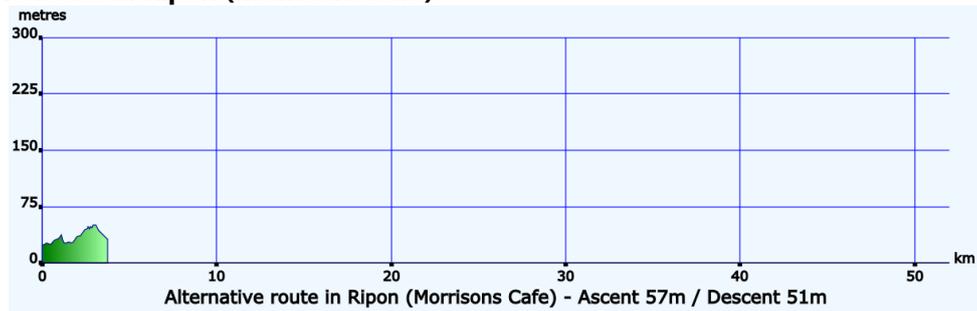


Diversion High River Level on Ouse



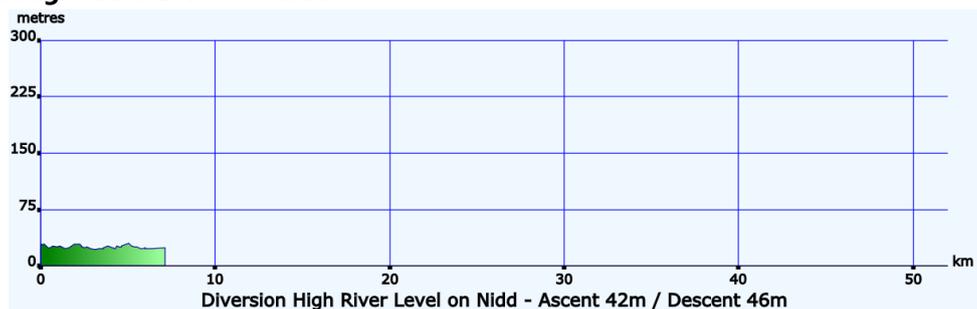
Length: 11.4km, Difference of route length to main route. -2.8km

Alternative route in Ripon (Morrisons Cafe)



Length: 3.7km, Difference of route length to main route. 0.4km

Diversion High River Level on Nidd



Length: 7km, Difference of route length to main route. 2.8km