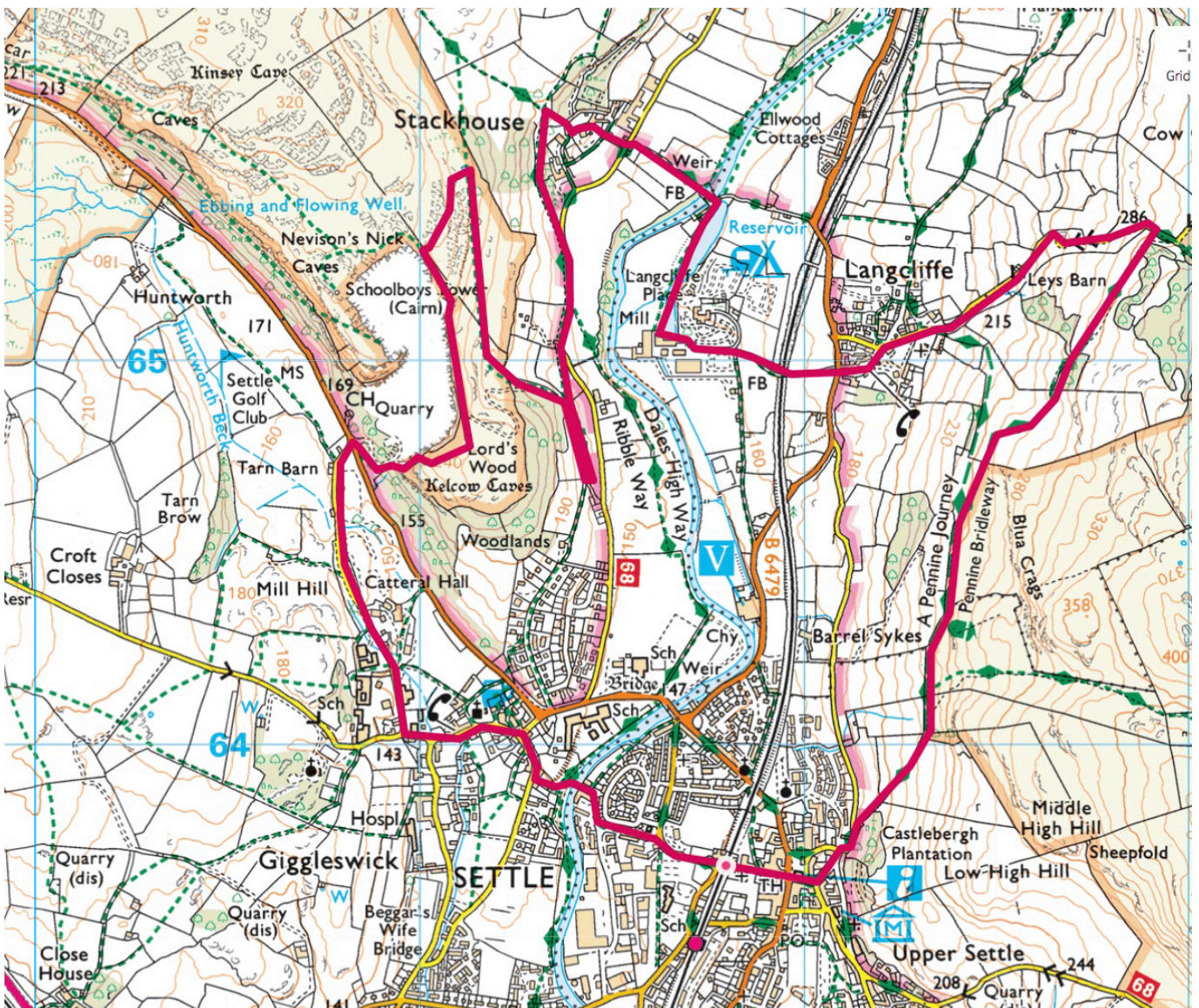


All Routes can be walked or run. The route detail may be altered slightly as the event approaches but will be updated on this page and on our website. We will post some links to download GPX files for those who want to use a GPS.

- **10k (6 ml ) Route**

**This is a new route, quite challenging but very runnable with a couple of steep sections, great views and varied landscapes**

Via Giggleswick - Stackhouse - Langcliffe





- Half Marathon ( 13mi) Route

Two checkpoints Via Feizor – Austwick - Oxenber Woods SSSI –  
Feizor - Stainforth Force





- 23 ml (37 k) route

5 checkpoints Via Feizor – Austwick – Clapham – Oxenber Woods SSSI – Stainforth Force – Victoria Cave – Lambert Lane.

