

Extreme Bike and Hike Route overview

- The Extreme Bike and Hike routes have been designed by the directors of Ascend Adventure who have been planning and delivering adventurous activity for over 10 years.
- In order to safeguard the participants of the event, Ascend Adventure have carried out an extensive recce of the routes and have formulated them taking into account established risk management plans; every kilometre of road or track has been cycled, walked or driven so as to ascertain its suitability for the event.
- The mapping software used to formulate the routes is Mappyx Quo, the same software used by many Mountain Rescue organisations and the Duke of Edinburgh award scheme.
- The route itself has been designed with differing abilities taken into account and is broken down into stages and checkpoints for both the cycle and hike for health and safety purposes; in order to know exactly where all participants are at all times and to give the opportunity for rest stages if required.
- The minibus and van will be on hand to administer first aid, mechanical support, refreshments and lifts should they be needed and all members of the Ascend Adventure team will be in constant radio contact.

Day One: Bury St Edmunds- Nottingham

Stage	Start Point	End Point	Distance km	Distance miles
One	Bury St. Edmunds	Prickwillow	35 km	21.7
Two	Prickwillow	Ramsey forty foot	38.71 km	24
Three	Ramsey forty foot	Market Deeping	36.35 km	22.5
Four	Market Deeping	Windmill cycles	36.5 km	22.6
Five	Windmill cycles	Nottingham	44.27 km	27.5
TOTAL			190.83	118.3

Day Two: Nottingham- Malham

Stage	Start Point	End Point	Distance km	Distance miles
One	Nottingham	Clowne	39.13 km	24
Two	Clowne	Wortley	35.16 km	21.8
Three	Wortley	Brighouse	36.56 km	22.7
Four	Brighouse	Glusburn	30.13 km	18.7
Five	Glusburn	Malham	26.98 km	16.7
TOTAL			167.96	103.9

Day Three: Malham- Haltwhistle

Stage	Start Point	End Point	Distance km	Distance miles
One	Malham	Buckden Village	30 km	18.6
Two	Buckden	Reeth	30.72 km	19
Three	Reeth	Middleton in teesdale	37.08 km	23
Four	Middleton	Allendale	42.2 km	26.2
Five	Allendale town	Haltwhistle	21.7 km	13.5
TOTAL			161.7	100.3

Day Four: Haltwhistle-Peebles

Stage	Start Point	End Point	Distance km	Distance miles
One	Haltwhistle	Bellingham	35.8 km	22.2
Two	Bellingham	Wauchope forest	47.12 km	29.2
Three	Wauchope forest	Selkirk	37.57 km	23.3
Four	Selkirk	Peebles	31.43 km	19.5
TOTAL			151.92	94.2

Day Five: Peebles- Milngavie

Stage	Start Point	End Point	Distance km	Distance miles
One	Peebles	Carnwath	36.5 km	22.6
Two	Carnwath	Airdrie	37 km	22.9
Three	Airdrie	Milngavie	29 km	17.98
TOTAL			102.5	63.48

Total K/m	774.91
Total miles	480.18

Extreme Hike route summary

Time	Description	Place	Distance	Grid reference
8am	Start	Milngavie		NA
12pm	Check point a	North Drymen	21.5km	NS 479 906
4pm	Check point b	Rowardennan	21.5km	NS 359 986
8pm	Check point c	Beinglas Campsite	22km	NN 321 187
12pm	Check point d	Tyndrum	18.3km	NN 328 301
9am	Check point e	Devils Staircase	35km	NN 221 559
2pm	Check point f	South Fort William	21.5km	NN100 665
5pm	Finish	Fort William	11km	NA