We have split the original route into manageable sections and adapted it in places to avoid the very busy roads.

Section 1 – Barnoldswick to Barley approx. 15 miles (24 km)

- Start at Barnoldswick town square, head out along Albert Road and turn right into Newton Street then left onto Church Street
- Follow Church Street taking the right fork onto Walmsgate and continue onto Westgate
- Follow Westgate round onto Colne Road leading into Gillians Lane and up to Manchester Road and onto Higher Lane B6251 taking care on this busier road
- From Higher Lane take a left into Moor Lane leading into Salterforth Lane down to Salterforth, taking care when crossing the busy Kelbrook Road B6383, onto Earby Road leading onto Salterforth Road
- Turn left onto Skipton Road taking care on this busy short stretch of the A56
- Turn right onto Victoria Road to the roundabout taking the right turn up Water Street
- Take the left fork up to Stoney Bank Road onto Coolham Lane up to Bleara Road. You have reached the King of the Mountain and a tough climb
- Turn right onto Skipton Old Road taking care on this busy road
- Follow Skipton Old Road to the junction with Cockhill Lane turning right up Cockhill Lane for a short distance to the junction with Castle Road on the left
- Follow Castle Road leading into Regent Avenue at Langroyd Roundabout
- Go straight across Langroyd Roundabout onto Red Lane and follow Red Lane for approximately 1.5 miles turning left into Barnoldswick Road leading onto the A682
- Turn left onto the A682 Gisburn Road through Barrowford
- Turn right up Pasture Lane and follow Pasture Lane all the way to Roughlee
- Turn left onto Blako Bar Road to the cross roads and turn right at the crossroads onto Barley New Road
- Follow Barley New Road to Barley Car Park at The Avenue where you can get a cup of tea and cake at the Barley Cafe and use the toilets.

To follow a more detailed map on your mobile click the link below:

http://tinyurl.com/gqzaqpq

Further sections to follow