

Grin and Bear It Route Description 2019 (only).

NOTE: Once again land access permissions have been difficult for this years race hence the re routing. Which takes the route up Fair Banks toward Barrow Stones. This obviously adds extra climb and distance so plan that into you race plan! I'd like to suggest keeping recce's to a minimum. We're also looking to encourage car sharing etc to the event so please try to help with this via lift shares etc.

Here's the route description:

Race starts at Langsett Barn Car Park (SE2112/0035) – Heads out along top path into woodland area then turns left at major junction heading down toward Crooklands Wood, this is a well define track.

Down cobbled section over bridge climbing up the Delf Edge bank path and then continuing on the obvious open footpath – Mickleden Edge.

This line continues until **CP1** at Cut Gate (large cairn). (SK1858/9601)

Following the path to descend through to Little Cut and the path swings left to contour above old quarriers on right before a steep path to stream crossing and continue, then meeting path junction at right fork (SK 1704/9531) to lead into Cranberry Bed/Swine Side area. The path/Landrover track here is obvious and **must be followed**.

Continue path until Oaken Bank, onwards to Oaken Bank and then into Humber Knolls area – the path here moves left toward river.

Route then reaches **CP2** Coldwell Clough (bottom) (SK 1475/ 9734) and line is then over the river crossing and straight line up the shoulder to climb Fair Banks. This leads to **CP 3** at fence/Gate. (SK 1348/9623).

Then the line is along path (north - ish) keeping fence close to your left as a handrail. This eventually leads to short flagged area at the back of Barrow Stones to lead you to the descent toward climb to Swainshead.

This descent is on an obvious path (sheep trod) through short heather before dropping down the banking reaching river crossing to climb bank aim to fence corner at SK 1323/9782

At fence corner hand rail along fence to reach Swains Head **CP3**. (SK 1327/9818)

At CP head down Small Far Clough with fence on your right. Cross fence at taped stile. Heading then across moor towards river crossing and **CP 4** at wall stile (SE 1407/0000) near Salters Brook area – this should be obvious.

Turn right and climb track heading passing Lady Cross (SK1481/9968) and continuing along open track to Laisch (SK 1554/9996) and then route find across open moor across Loft Shaw Holes area then dropping onto open track (SK 1681/9978) 419M. Down track to Upper Hordron Sheep Barns **CP5. In last few years front runners have missed this CP – BEWARE! It's obvious in a large sheep pen area!!**

No following open track Hordron Road, eventually crossing ford (SK1836/0020) and then through gate onto green track – Swinden Lane.

Following this to pick up tapes to lead into woodland area for return leg to finish.

Circa: 27K 850m ascent