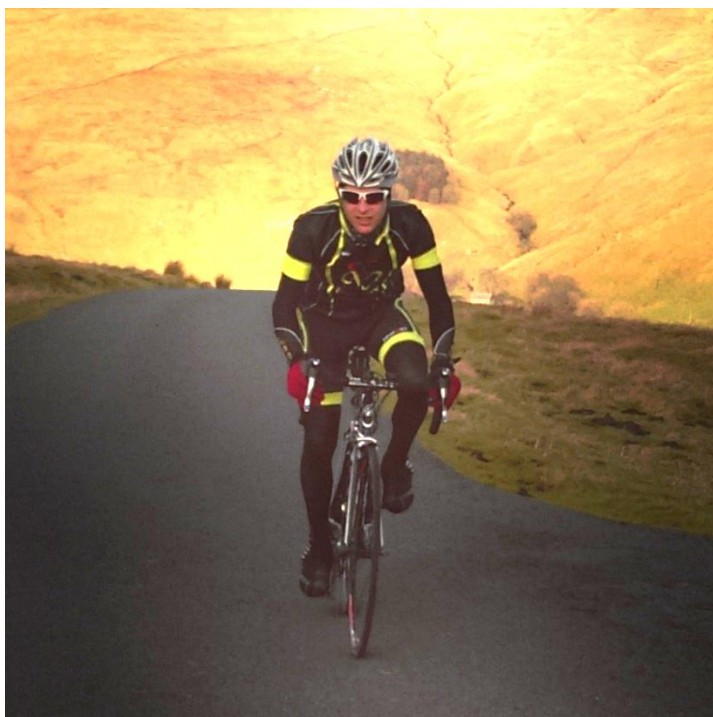


Yorkshire Week Training Camp

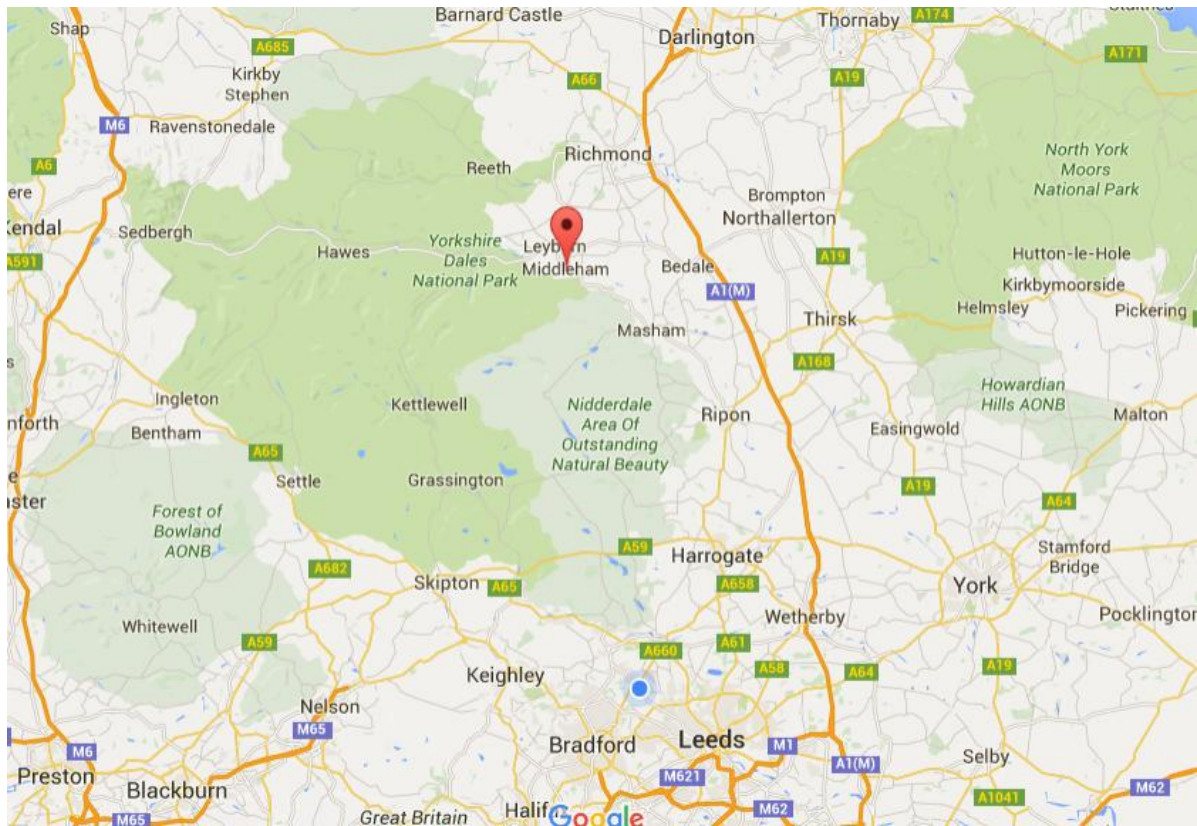


27th May to 3rd June 2016

The Yorkshire Week Training Camp is based in the county of North Yorkshire, England. This area has long been a favourite of cyclists and has more recently been made famous because Yorkshire hosted the Grand Depart of the Tour de France in 2014, followed in 2015 by the UCI grade 2.1 Tour de Yorkshire in 2015.

We have chosen to visit Yorkshire from Friday 27th May to Friday 3rd June, shortly after the second running of the Tour de Yorkshire, at a time in the season where your fitness should also be approaching its peak. This area has some great routes that will enable you to gauge how fit you are. The variety of rides means that if you are not quite as advanced as you want to be you can use the week to build your fitness. There are also some tough rides with plenty of challenges, usually short but steep climbs up to 25% gradients. And, of course, the scenery is fantastic.

The Yorkshire Week Training Camp is based in the village of Middleham near Leyburn on the Eastern edge of the Yorkshire Dales National Park and the Western side of the North Yorkshire Moors National Park. It is also a short drive to the Vale of York and Yorkshire Wolds as well as the Southern Pennines which have all hosted stages of the Tour de France and Tour de Yorkshire. Middleham is 70 km from York railway station and 65km from Leeds-Bradford International Airport. Free transfers to and from these sites are included in the price of this Tour for those riders arriving on Friday 27th May and departing on Friday 3rd June.



Accommodation for the Yorkshire Week Training Camp is Yorkshire Dales House in the centre of the historic village of Middleham. This traditional building was the village school house but has been converted to luxury group accommodation for up to 16 people. It is a Grade II listed building and stands proudly in the village centre. Inside there is plenty of space with a large dining area where everyone will eat together, as well as a spacious lounge with leather sofas, open fire and large screen Smart TV. Sleeping accommodation is predominantly twin bedded rooms with en-suite bath or shower room, although there are some double rooms available that are suitable for couples. Please contact us to discuss details and prices if you are interested in a non-riding partner joining us. The Training Camp price includes breakfast, recovery snack and evening meal at the House, but riders have access to the communal kitchens to make their own snacks and drinks as they please

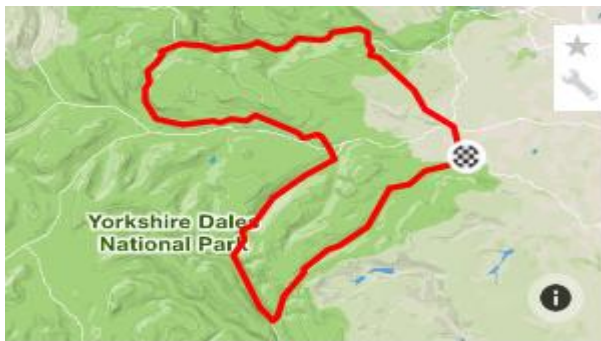


A number of routes is already planned for the Yorkshire Week Training Camp. They are mostly undulating to hilly in nature, and although the hills are small in comparison to the famous cols of the Alps or Pyrenees the rides here can offer a significant challenge. This is the major draw for ASO and the pro-teams to come to the region to organise and take part in the Grand Depart and the new Tour de Yorkshire. The routes are particularly suitable for those who like climbs and especially those who want to explore and tick-off ones such as Cote de Buttertubs Pass and Cote de Holme Moss made famous by the Tour de France in 2014. Many rides follow the stages of the Tour de Yorkshire and there are plenty of other climbs that feature in "100 Greatest Cycling Climbs" by Simon Warren.

Ride distances range from 103km to 155km and the hilliest ride ascends almost 2900m. Collectively, we will decide which routes to follow on the previous evening but the whole week will include rides and distances of all types. About half of the rides will involve minibus travel to the start and finish with the others starting and finishing in Middleham.

Like all the Tours each ride on the Yorkshire Week Training Camp will be supported by 2 Rider Guides and 2 vehicles. Spare clothing, food, drink and mechanical support is never far away leaving you to enjoy the day's riding. Lunch stops will be taken to allow some rest, recovery, refuelling and banter to take place before the rides continue into the early afternoon. Rides will finish with a warm down, stretching and protein recovery drinks.

Route 1 - <https://www.strava.com/routes/3674632>



Yorkshire Tour Route 1

103.6 km **1,853 m**
Distance Elevation Gain
Est. Moving Time 4:26:34

Route summary – Yorkshire Week Training Camp Route 1 covers a large section of Stage 1 of the Tour de France 2014, in particular, the climbs of Cote de Cray (Kidson’s Pass), Cote de Buttertubs and Cote de Grinton Moor. It is a shorter version of Yorkshire Week Training Camp Route 2. The ride starts and finishes from the base in Middleham with the ascent of Coverham Col at the head of Coverdale being the first test of the day. The descent into Kettlewell via Park Rash should be taken carefully as it is very steep. At this point Routes 1 and 2 join. Once in Wharfedale the Tour de France route is followed over Cote de Cray into Bishopdale. A slight deviation from the Tour de France route is taken on Route 1 in order to avoid the busy A684 up through Wensleydale (whereas Route 2 sticks to the actual route of

Stage 1 via the A684 and Hawes) to the foot of the next major climb of the day – Cote de Buttertubs. This was given a Category 3 rating but it feels a lot harder. It lasts for 4.5km with an average gradient of 5%, but there are some early steep sections up to 23%. The rewards for this climb are the spectacular view down and descent into Swaledale. The descent of Swaledale is always pleasing – it can be enjoyed fast or leisurely. The road is good with lovely sweeping bends and a few undulations to kick start more swooping descents before the final sting in the tail – Cote de Grinton Moor. It was here on Stage 1 in 2014 that Jens Voigt was caught after his solo break came to an end, and it is not unusual to see riders grinding slowly up the moor passing the Youth Hostel. From the summit the ride finishes with a great descent back into Wensleydale via Leyburn and a gentle ride back to base for a well-deserved rest and possibly a celebratory beer. Total distance is 104km and ascent 1850m.

Route 2 - <https://www.strava.com/routes/3674668>



Route summary – Yorkshire Week Training Camp Route 2 is an extension of Route 1 covering an even larger section of Stage 1 of the Tour de France 2014 and including the iconic climbs of Cote de Cray (Kidson’s Pass), Cote de Buttertubs and Cote de Grinton Moor. The ride starts and finishes from the base in Middleham and reaches Wharfedale (and the official Stage 1 route) at Threshfield initially following the Stage 1 route towards Harrogate deviating at Ripon to follow the B6265 via Pateley Bridge and the famous Greenhow Hill. Greenhow Hill is ranked number 52 in “100 Greatest Climbs” and is a must for collectors of famous climbs. From Threshfield Route 2 follows the official TdF Stage 1 all the way back to base. Further north in Upper Wharfedale at Kettlewell Routes 1 and 2 join before the ascent of Cote de Cray and the subsequent speedy descent into Bishopdale. A slight deviation from the Tour de France route is

taken on Route 1 in order to avoid the busy A684 up through Wensleydale, whereas Route 2 sticks to the actual route of Stage 1 via the A684 and Hawes. Both routes merge at the foot of the next major climb of the day – Cote de Buttertubs. This was given a Category 3 rating but it feels a lot harder. It only lasts for 4.5km with an average gradient of 5%, but there are some early steep sections up to 23%. The rewards of this climb are the spectacular view down and descent into Swaledale. The descent of Swaledale is always pleasant – it can be enjoyed fast or leisurely. The road is good with lovely sweeping bends and a few undulations to kick start more swooping descents before the final sting in the tail – Cote de Grinton Moor. From the summit the ride finishes with a great descent back into Wensleydale via Leyburn and a gentle ride back to base. Total distance is 155km and ascent 2460m.

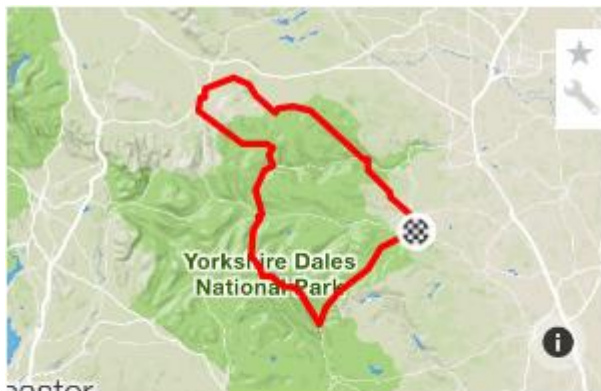
Route 3 - <https://www.strava.com/routes/3674699>



Route summary – Yorkshire Week Training Camp Route 3 is another hilly ride in the Yorkshire Dales National Park. Like all the routes described here they can be ridden in either direction giving similar challenges. This one is described anticlockwise. Route 3 has 5 easily identifiable climbs – Stainton Moor, Tan Hill, Garsdale Head, Fleet Moss and Park Rash. The last 4 of these rank 51, 73, 50 and 45 in “100 Greatest Climbs”. The start and finish is at the base in Middleham. Initially the route descends north to the River Ure but after only 1.5km the climbing starts, first through Leyburn and then over Stainton Moor to Reeth. The ascent to Tan Hill via Arkengarthdale is 20km long and includes a few undulations. The descent to the north of Tan Hill is initially steady but later plummets towards Kirby Stephen where there are plenty of cafes for a refreshment stop. The ascent of Mallerstang is steady and a chance to

amble along and spin the legs in readiness for the challenges ahead. Just before Hawes a right turn leads steeply to the summit of Fleet Moss. At 5.3km it is not the longest climb by a long way, nor is its gradient of 6% the steepest, but psychologically it is fierce because the whole climb can be seen stretching away right from the start. And more is to come at Park Rash, which although it is shorter at 2.1km, is much steeper. The final run home down Coverdale is a good chance to chill and warm down and reflect on a challenge well done. The total distance for Route 3 is 128km with 2360m of climbing. Route 4 is a variation of Route 3 swapping the ascent of Mallerstang to Garsdale Head in favour of Nateby Fell and Fleet Moss.

Route 4 - <https://www.strava.com/routes/3674712>



Yorkshire Tour Route 4

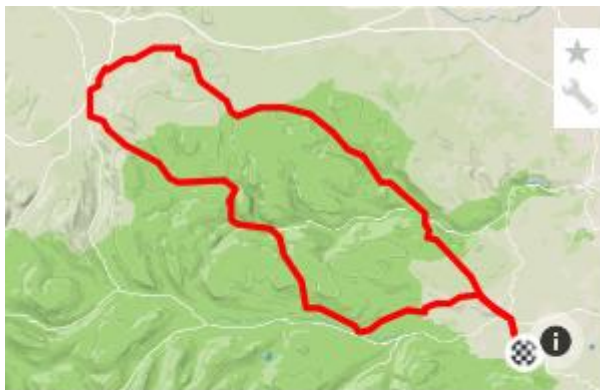
132.9 km **2,827 m**
Distance Elevation Gain

Est. Moving Time 5:41:57

Route summary – Yorkshire Week Training Camp Route 4 is another hilly ride in the Yorkshire Dales National Park. Like all the routes described here they can be ridden in either direction giving similar challenges. This one is described anticlockwise. Route 4 has 6 easily identifiable climbs – Stainton Moor, Tan Hill, Nateby Fell, Buttertubs Pass, Fleet Moss and Park Rash. The last 3 of these rank 49, 50 and 45 in “100 Greatest Climbs” and Tan Hill ranks 51. The start and finish is at the base in Middleham. Initially the route descends north to the River Ure but after only 1.5km the climbing starts, first through Leyburn and then over Stainton Moor to Reeth. The ascent to Tan Hill via Arkengarthdale is 20km long and includes a few undulations. The descent to the north of Tan Hill is initially steady but later plummets towards Kirby Stephen where there are plenty of cafes for a refreshment stop. The ascent of Nateby

Fell is only 4km long but in that distance it climbs over 300 metres with the steeper upper sections over 20%. This is a good warm up for the following climb – Buttertubs from the north. This is the opposite side from which the Tour de France attacked and is shorter but also steeper. It’s best to get it done as quickly as possible, but this is easier said than done. After Hawes a left turn leads steeply to the summit of Fleet Moss. At 5.3km it is not the longest climb by a long way, nor is its average gradient of 6%, but psychologically it is fierce because the whole climb can be seen stretching away right from the start. And more is to come at Park Rash, which although shorter at 2.1km, is much steeper. The final run home down Coverdale is a good chance to chill-out, warm down and reflect on a challenge well done. The total distance for Route 4 is 133km with 2,830m of climbing.

Route 5 - <https://www.strava.com/routes/3674718>



Yorkshire Tour Route 5

106.6 km

Distance

2,221 m

Elevation Gain

Est. Moving Time 4:34:20

Route summary – Yorkshire Week Training Camp Route 5 is yet another hilly ride in the Yorkshire Dales National Park. It is another variation of Routes 3 and 4. Route 5 has 4 easily identifiable climbs – Stainton Moor, Tan Hill, Nateby Fell, and Oxnop Scar. Tan Hill and Oxnop Scar rank 51 and 46 in “100 Greatest Climbs”. The start and finish is at the base in Middleham. Initially the route descends north to the River Ure but after only 1.5km the climbing starts, first through Leyburn and then over Stainton Moor to Reeth. The ascent to Tan Hill via Arkengarthdale is 20km long and includes a few undulations. The descent to the north of Tan Hill is initially steady but later plummets towards Kirby Stephen where there are plenty of cafes for a refreshment stop. The ascent of Nateby Fell is only 4km long but in that distance it climbs over 300 metres with the steeper upper sections over 20%. This is a good warm up for the following climb – Oxnop Scar.

This short brutal climb has steep sections greater than 25%. Fortunately, the steeper sections are close to the start so the harder part is done first. The descent south into Wensleydale is fast and the ride to Leyburn is a pleasant downhill ride for 10km and likely to be assisted with a tailwind. The final run home from Leyburn is a good chance to chill and look forward to a relaxing evening chatting with fellow team riders. The total distance for Route 5 is 107km with 2220m of climbing.

Route 6 - <https://www.strava.com/routes/3674782>



Route summary – Yorkshire Week Training Camp Route 6 is a hilly ride in the North Yorkshire Moors National Park with numerous listed climbs in “100 Greatest Climbs”. It forms a figure of eight shape from the start and finish town of Thirsk which is a 40-minute minibus drive from Middleham. On this western edge of the North Yorkshire Moors National Park the roads are narrow and quiet so we should not see many cars all day. The ride leaves Thirsk on the main A170 but leaves it after 2km and heads for the infamous Boltby Bank, number 54 in “100 Greatest Climbs”. Only 1.3km long it rises 162m for an average gradient of 13%. And yes, you’ve guessed it, the steepest bit is much greater. Twisting, windy and undulating country lanes take us through Hawnby and out on to the moor tops towards Osmotherley and a gentle descent into the plains around Northallerton. The next challenge of note is the climb to the

summit of Carlton Bank, number 58 in “100 Greatest Climbs”. This route has been used in the National Hillclimb championships so perhaps you’d like to test yourself against the climbers of the day? What follows is a lovely ride across the Moor Tops and a wonderful drop back into the village of Hawnby, a section that requires some good bike handling especially if there is any dampness on the roads. The undulations continue over to Rievaulx Abbey, up Scawton Bank, the 3rd major climb of the day, and down to Wass. The final climb of the day is White Horse Bank with a maximum gradient of 25%. Although it is not the steepest of the day, coming as it does at the end, it probably offers the greatest test of all. The route back to Thirsk avoids the busy A170 by following the escarpment edge north until the top of Boltby Bank is reached. You can then enjoy the descent of this climb and ponder why someone ever thought of building a road here. The total distance is 120km with a tough 2,160m of climbing.

Route 7 - <https://www.strava.com/routes/3674865>



Yorkshire Tour Route 7

119.0 km

Distance

2,010 m

Elevation Gain

Est. Moving Time 5:06:16

Route summary – Yorkshire Week Training Camp Route 7 is a hilly ride in the North Yorkshire Moors National Park following the majority of Stage 1 of the inaugural Tour de Yorkshire. We start and finish the ride in the town of Pickering which is an hour and half minibuss drive from the base in Middleham. The ride immediately follows the official Stage 1 TdY route to Rosedale, over Cote de Rosedale (KOM) and into Eskdale. The climbs come thick and fast with first Cote de Grosmont followed by Cote de Briggswath and Cote de Robin Hood’s Bay shortly after visiting Whitby. The other KOM on Stage 1 of the Tour de Yorkshire 2015 was Cote de Dalby Forest which this route also ascends before the final descent into Pickering. The route profile clearly shows more than these 5 climbs and many deserve recognition in their own right. So this ride should not be underestimated. The total distance is 123km and

an impressive 2,150m of steep climbing.

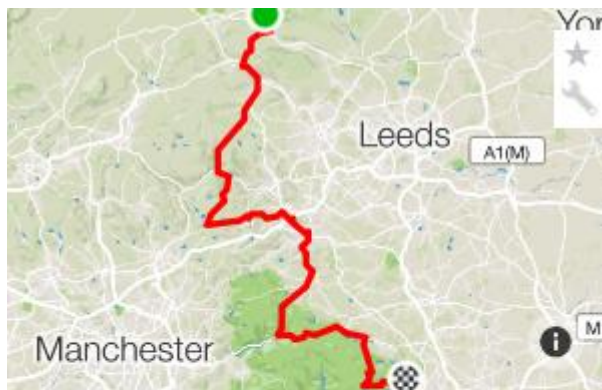
Route 8 - <https://www.strava.com/routes/3674929>



Route summary – Yorkshire Week Training Camp
Route 8 is a predominantly flat ride with 2 distinct but steady climbs. It starts and finishes in the town of Malton which is an hour and half minibus drive from the base in Middleham. The route covers the larger part of the official Stage 2 of the Tour de Yorkshire 2015 and includes the King of the Mountain climbs of Cote de North Newbald and Cote de Fimber. From Malton the route heads south south east towards Stamford Bridge before coming back south east to Pocklington and Market Weighton. The climb of North Newbald is a steady affair with a maximum gradient of approximately 7% but the descent is shallower and takes us all the way into Beverley for a well-deserved lunch break. The return to Malton is straightforward – following the B1248 all the way. This will ensure you take in the Cote de Fimber which only lasts for 4km and climbs a mere 140m. By the time you arrive

in Malton you will have done 107km and climbed approximately 1000m. That's 10m for every kilometre.

Route 9 - <https://www.strava.com/routes/3751841>



Yorkshire Tour Route 9

125.2 km **2,895 m**
Distance Elevation Gain

Est. Moving Time 5:22:14

Route summary – Yorkshire Week Training Camp Route 9 is another hilly route. It takes in the best sections of Stage 2 of the 2014 Tour de France including the King of the Mountain climbs of Cote de Oxenhope Moor (Cat 3), Cote de Ripponden (Cat 3), Cote de Greetland (Cat 3), Cote de Holme Moss (Cat 2), Cote de Midhopstones (Cat 3) and Cote de Bradfield (Cat 4). The route profile shows many more climbs than this, including Cragg Vale, reputedly the longest continuous uphill section of tarmac in England at 8.6km length. The route starts in Addingham just over an hour's drive from the base in Middleham. The climbing starts immediately with the uncatagorised climb to Cringles and descent into Airedale. Cote de Oxenhope Moor starts from Keighley, although the climbing proper does not begin until the village of Oxenhope itself. The climb is steady and leads to an exciting descent into Hebden

Bridge. A short valley section leads to the long but gradual ascent of Cragg Vale. The intermediate climbs of Cote de Ripponden and Cote de Greetland are short and steep but there is some respite as the descent to and through Huddersfield lasts for 18km before the big climb of Holme Moss. Cote de Holme Moss is only 4.6km (from Holmebridge) with an average gradient of 7.3% but does touch 13% in parts. After the amazingly fast descent (CARE NEEDED) there is unfortunately a 15km section on the busy A628. However, once this is over the route returns to the quieter country roads. The route finishes in Oughtibridge on the outskirts of the city of Sheffield, but not before the final two categorised (Cote de Midhopstones (Cat 3) and Cote de Bradfield (Cat 4)) and two uncatagorised climbs have been conquered. The total distance for Route 9 is 125km and an impressive 2,900m of climbing.