



Limestone Cowboy 100

A ride through the limestone area of the Peak District (both over and under!), as you make your way to Tideswell, via Hayfield and Dove Holes. With climbs of Cowlow, Cowdale and Cowlshaw, this is a bit of a beast. Use the eBrevet app!

Section 1: Tideswell doesn't have 24/7 facilities but the Co-op is open 7 days, 7:00-22:00 – this isn't a problem when using the eBrevet app or recording a GPX file!

Section 1: 38km: The traffic lights in Dove Holes do not register cyclists, so press the pedestrian button

Section 2: 4km: The Monsall Trail has a good surface and includes several tunnels but you shouldn't need lights.

Section 3: 5km: There is a bridlepath through Lyme Park, climbing on a stony path but rideable with care. The gates may be shut after 16:30, in which case the detour involves the Middlewood Way from Higher Poynton to Marple Rose Hill (take a map!)

For a successful validation, you must:

- enter at www.delphcyclist.info/LymeStonePerm.html (don't worry about the ride date at this stage)
- register your ride date by texting **07931 911324** or emailing mike@PeakAudax.co.uk before you start
- visit all the controls listed below within the time limits - note that this is a non-mandatory route
- establish your "proof of passage" by
 - downloading the [eBrevet](#) - see www.delphcyclist.info/eBrevet.html
 - or recording a [GPS track](#) (must be .GPX format) showing you visited each Control Location
 - or collecting [till receipts](#) or ATM slips from anywhere at the Control Location
- completing all the details on your Brevet Card (name, address, ride date, control locations and times plus your signature) and returning to me within 14 days of your ride

Controls: The ride works best using the E-Brevet app or a GPX track to authenticate your ride. The route is advisory, but you should ensure that you pass within 1/2km of the locations below (indicated by Grid Reference and what3words.com). If you haven't access to the app or GPX you may still collect receipts from the various suggested locations.

eBrevet: Ride Code **MW30** (see www.DelphCyclist.info/eBrevet.html for customisation instructions to reverse the direction, start at any control, or start anywhere between controls).

Uppermill	The route sheet starts from the Co-op on High Street with an ATM opposite at the former NatWest Bank (SD 997 057) with carparking available at the Leisure Centre (SD 999 055).			
Tideswell	 SK 152 757 <i>deflation.lower.personal</i>	RECEIPT from Co-op shop or any cafe	47	47
Bollington	 SJ 931 779 <i>marked.stuns.wiggling</i>	RECEIPT from Co-op  ATM slip	33	80
Uppermill	 SJ 997 057 <i>about.shark.shrugging</i>	TILL RECEIPT from Co-op TILL RECEIPT from any cafe on High Street  ATM slip from former NatWest bank	37	117

RIDE DETAILS: see www.delphcyclist.info/LymeStonePerm.html for GPX files, Route sheet, Maps, etc

SOME CAFES: **47km: Tideswell** at choice of cafes
85km: Lyme Park refreshment kiosk in carpark, Timber Yard cafe
117km: Uppermill plenty of cafes eg Abaco, Cellar Pot (has cycle parking at the rear)

CLIMBING: 2,470m (total climbing) 468m (max elevation) AAA points: 2.5

TIME LIMITS: **3 hrs 50 mins** (30kph) and **9 hrs 12 mins** (12.5kph)