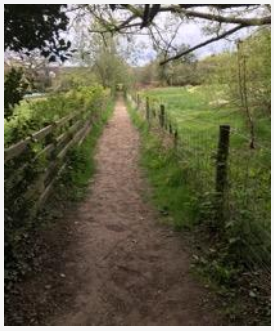
ALMSCLIFFE FELL – WRAC SUMMER RACE SERIES

This is a short 3 mile Fell Race 'S' = short -Category "C" = a. Should average not less than 20 metres climb per kilometre. b. Should not have more than 40% of the race distance on road. c. Should contain some genuine fell terrain. and this qualifies.	
Starting beneath the sign of the Square and Compass Pub in North Rigton. Proceed to the right on the road heading North towards Harrogate.	
After around 200 meters look for the sign on your left for the Public Footpath. As you face the house immediately in front the path runs to the left along the side of the property to the stile.	
Over the stile and keep following the path heading west.	

Follow this straight path West	
We now exit the path arriving on Crag Lane turn right and run along the road for around 200 MTRs	
You will now see a Public Footpath sign heading south so take the left turn and head into the field	
We now run parallel to the road and run across the field to the stile which sits in the centre	

Enter another filed and run slightly diagonally to the next stile with a little wooden entry way	
Once across the filed a stile takes us over the beck in to the next field. With each field we cross we are heading further south.	
Spot the white pole and head for the stile.	
The next filed we are running across head for the far corner where the trees are. You'll have to duck here under the tress and stile is hidden behind it. Cross the small beck and head towards the farmyard.	

We are now in a narrower path head straight on	
Go Directly across the farmyard with the farm building on your right	
In the final barn the path runs along the side of this building	
Take this path running along the side of the barn and now heading north continue to follow the path which will take us back to Crag Lane	

Over the stil after the farm heading to the frame gate	
There is another stile to the side of the gate	
We now enter a larger field running slightly uphill	
Another stile keep heading North and to the right of each field that you enter	

`we are heading toward the house on the crest of the crag	
As we reach the house take the stile to the right of the property and run up the drive	
Exit the draive by the gate onto Crag Lane	
Turn left on the road	

Follow this road for around half a mile – do not take the gap in the wall keep following the road that skirts the Crag	
Follow this sign along the road	
Weve now passed the side of the Crag, cars may be parked here hiding the stile. The entrance to the crag is in the corner of the field by the wall	
Follow the path to the left that skirts the wall and head up to the top	

Keep following the worn path	
Enjoy the views	
We are heading for the gap between the two craggs to the left and right. This is a small wall – climb over the wall using the steps.	

The view from the top. Follow the path direcvtly in front that heads to slightly to the right. You can clearly see the path from the top of the crag.	
Follow the anilmal track/path heading East	
Through the stile	
Across the little brook, keep heading west	

The path narrows at the next stile	
As we exist the filed we arrive at a little junction follow the path to the left but keeping bearing West.	
The path narrows as we near the village	
Keep going straight ahead	

We exit the path in North Rigton, at the exit turn left heading back towards the pub where we started.	
The last bit of road is around 200 meters bear left	
Arrive at the pub and finish – 2.9 -3miles. Don't forget to post your time.	