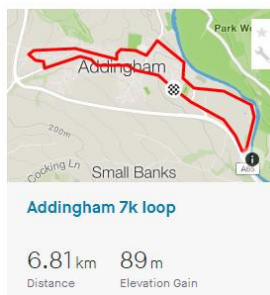


Has the lockdown set you on the path to running? Whether you're a beginner or re-discovering your love for it, Ilkley Harriers have put together some local routes, mostly around 7-8k.

They stick to roads and avoid gates as much as possible. Please use pavements where they exist - but if you do need to run on the road, then use the right-hand side so you can see oncoming traffic.

Hopefully they'll help to keep things ticking over whatever your usual sport - and new members are always welcome.

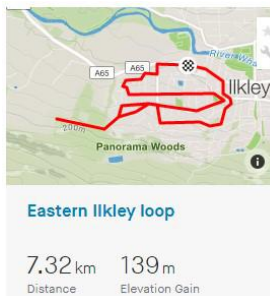
## Addingham



*Bottom to top* - all on-road except a very short connecting path off Moor Park Drive.

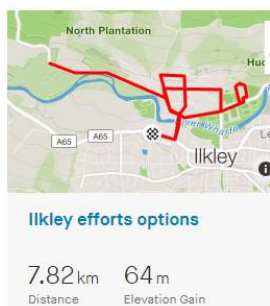
<https://www.strava.com/routes/26004638>

## Ilkley



*Eastern loop* - using wide roads and including an out-and-back Hebers Ghyll climb.

<https://www.strava.com/routes/26004978>



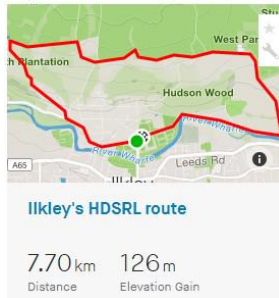
*Efforts extravaganza* - mostly quieter roads which the Harriers have used for efforts sessions in the past. Plenty of Strava segments as a result!

<https://www.strava.com/routes/26005229>



*Ilkley to Ben Rhydding zig-zag* - featuring some nice, gradual gradients. Could be extended with a tougher, longer climb up Ben Rhydding Drive.

<https://www.strava.com/routes/26005524>

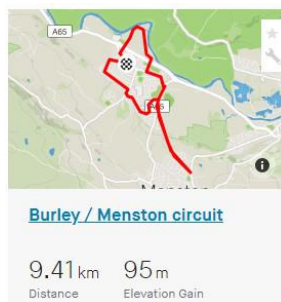


*Our Harrogate League route* - this is the course used when the Harriers host an event. All on tarmac except for nearly 1k of bridleway at top of Owler Park Road (no gates and relatively wide). Take care on the non-pavement sections.  
<https://www.strava.com/routes/26059147>



*The 'Little Dipper'* - one of the toughest Tuesday night club runs is the 'Big Dipper', which is packed with plenty of climbs. This abbreviated route should give you a flavour.  
<https://www.strava.com/routes/26059625>

## Burley in Wharfedale



*A bit of everything* - starts on a wide riverside track (which can get slightly muddy when wet) and has an optional out-and-back climb up to Menston.  
<https://www.strava.com/routes/26061290>