

# THE RAYNER FOUNDATION

## ETAPE DU DALES 2026

### WELCOME

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I'd like to welcome you once again to the Rayner Foundation Etape du Dales now running for over 25 years!

Starting and finishing at a new venue – North Ribblesdale RUFC, Grove Park, Lower Greenfoot, Settle BD24 9RB. [///craziest.legwork.pockets](http://craziest.legwork.pockets)

The Etape du Dales covers a new route with a distance of 167km (104 miles) in the beautiful Yorkshire Dales.

The event travels through some very remote and exposed countryside where for large distances there is no habitation and certainly NO MOBILE PHONE COVERAGE. Please do not treat your entry lightly and remember to respect this tremendous challenge.

The Etape du Dales route is an extremely difficult ride and requires an excellent level of fitness. It takes in many of the major climbs in the Yorkshire Dales and that means steep and technical descents as well. We do our best to ensure the course has good signage but you should be aware of the route and terrain and plan your ride accordingly.

### BIKE

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Please make sure your bike is in good working order and you have any spares needed. There will be mechanical support at the feed stations but there are large distances of totally uninhabited highly exposed countryside in between. A *minimum* gear of 36x28 is advised, but given the terrain a lower gear may be needed. NO TRI BARS ARE ALLOWED

We advise CAUTION if using carbon wheels with rim brakes as the long descents and continuous braking regularly results in blowouts and wheel failures.

### HELMET

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All riders MUST wear a helmet, no helmet no ride

### CLOTHING

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The course takes in high, and exposed areas, and riders may be on the road for a long time. In the past some have suffered through lack of clothing, please make sure you are adequately dressed for the weather and your physical ability. You can always take clothes off!

## HQ

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The event headquarters are at North Ribblesdale RUFC, Grove Park, Lower Greenfoot, Settle BD24 9RB. [///craziest.legwork.pockets](http://craziest.legwork.pockets)

## PARKING

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The car parks open at 0630 hrs. There is parking on site at the playing fields for around 250 cars. **THERE WILL BE NO PARKING ON LOWER GREENFOOT.** Riders who are being dropped off at the event i.e. not parking for the duration, should use the municipal car park adjacent and NOT the event car park. Cars brought to the playing field will be refused exit during the event start window (07:30 – 09:00) as this causes conflict with riders and cars coming in.

NO cars will be allowed back onto the playing field site after 12 noon, riders being picked up must meet cars in the adjacent municipal car park.

## REGISTRATION

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ALL NUMBERS AND TIMING CHIPS WILL BE AVAILABLE FOR COLLECTION AT REGISTRATION ON THE MORNING OF THE EVENT FROM 0630HRS

Riders can start between 0730 hrs and 0900 hrs, and will be allowed to start in groups of no more than 20, with intervals between groups.

## EMERGENCIES // RETIREMENTS (DNF)

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Riders unable to complete the event **MUST** contact the organisers either by reporting to a RAYNET operator at a feed station or call HQ on

**Emergency Number 07510 545846**

to advise the organisers and prevent any emergency action. Should you have to drop out on the ride and wish to make your own way to the finish there are train stations at Kirkby Stephen, Garsdale, Dent, and Ribbleshead. The closest station to the HQ is Settle (500m).

There will be a sweep recovery system in place for emergency retirements **ONLY**. The sweep vehicle will follow the last rider on the road and will **ONLY** collect riders in need of emergency assistance. If you are with a rider that needs emergency assistance, please accompany them to the nearest feed station or RAYNET operator and then continue with your ride.

## ROAD SURFACES

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Road in the area are very exposed and the surfaces can be unpredictable, riders should show extra caution in particular on descents. Descents are steep, with sharp bends, adverse camber and other hazards. Ride within your own ability and capacity to stop safely.

This event takes place on public roads and riders must at all times adhere to traffic regulations, do not ride more than 2 abreast and ride in single file on busy narrow roads (there aren't many).

## TOILETS

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There are toilets at or close to all the feed stations. Public toilets are available in Stainforth, Kettlewell, Hawes and the centre of Ingleton. Event toilets are provided at the feed stations at Wensley Village Hall, Muker Village Hall, and Hawes. In the interests of public decency and the future of the event please use the facilities provided. **Breach of this at or around the feed stations will result in instant disqualification and a report to the Police.**

## LITTER

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Riders are reminded to use the bins at checkpoints, DO NOT drop litter on the course, any riders seen or reported dropping litter will be removed from the event and refused future entry.

## REFRESHMENTS

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Feed stations/checkpoints are supplied with energy drink and are also stocked with a variety of sweet and savoury food products. We cannot guarantee quantity or variety as this depends on your fellow participants! You are responsible for ensuring you have sufficient nutrition to sustain you on the ride.

Feed station are located at:

Wensley Village Hall – long and short route. [ [///prank.writing.appear](#) ]

Muker Village Hall – long route [ [///untrained.crowd.stun](#) ]

Hawes / Wensleydale Creamery – short route [ [///theory.fairly.occur](#) ]

Moorcock Inn Garsdale head – long route [ [///floating.cakes.greyhound](#) ]

There is hot food available at the finish and there will be also a bar for refreshments.

## STANDARD TIMES – Long Route Only

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<u>Standard</u>	<u>Men</u>	<u>Women</u>
Gold	< 7 Hours	< 7 ½ hours
Silver	< 8 Hours	< 8 ½ hours
Bronze	All other finishers inside the time limit	

Gold standard is usually achieved by roughly 10% of the riders.

## ROUTE

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The route will be signed with direction arrows and also cautionary notices, in the unlikely event of vandalism or adverse weather removing these, riders should familiarise themselves with the route information.

A GPS file of the final route will be circulated to all entrants with this briefing and will be available for download from the web site.

[Long Route details](#)

[Short Route details](#)

## CUT OFF TIMES

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For safety reasons a cut off time is observed at the following feed stations. We do our best to ensure everyone enjoys the challenge in safety, so we must observe cut off times for the following stations. Marshals at the stations will advise on the best return route for anyone outside the limit.

WENSLEY - CLOSES 12:15

MOORCOCK - CLOSES 15:20

Anyone continuing along the course after the times above will be considered to have retired from the event.

## RESULTS

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Times will be available to riders via text shortly after finishing. If you have not given your mobile number on your entry and wish to receive a text showing your time, please complete your number on the sign on sheet. Full results will be published on the event website within 72 hours of the finish of the event. ([www.etapeduales.org](http://www.etapeduales.org)).