

	Miles from Ilkley	Miles from Bowness
Ilkley	0	79
Addingham	2.5	76.5
Bolton Bridge	5	74
Bolton Abbey	6	73
Burnsall	13	66
Grassington	16.25	62.75
Kettlewell	22.75	56.25
Buckden	27	52
Hubberholme	28	51
Beckermonds	32	47
Winshaw	40	39
Cowgill (Lea Yeat)	44.5	34.5
Dent (Church Bridge)	48.75	30.25
Millthorp (for Sedbergh + 0.5)	53.75	25.25
Burneside	69.75	9.25
Staveley (south)	73	6
Bowness	79.5*	0

* NOTE: The minor discrepancy between the start and finish distance is due to rounding. The revised calculated distance for the route is $\approx 79\frac{1}{2}$ miles (127.5km).