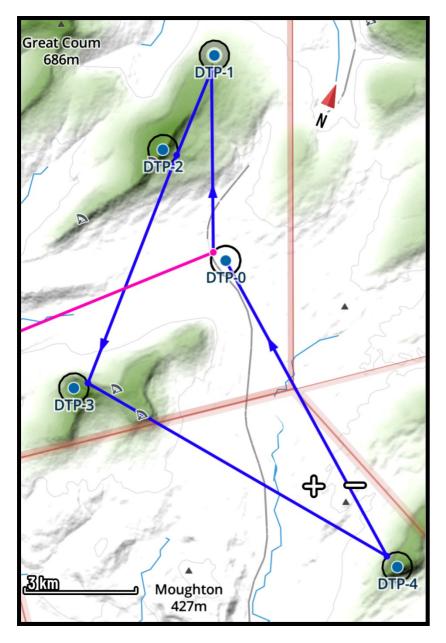
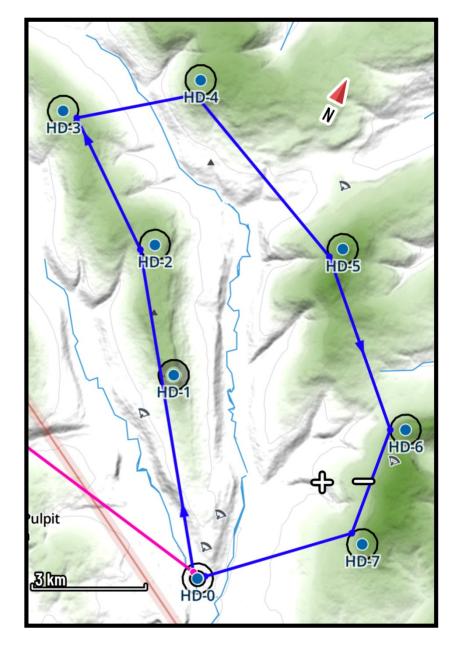
NCS 2023	NCS 2024	Task link	Notes
Dales Three Peaks	Dales Three Peaks		
	HF Dales A		New task
	HF Dales B		<i>u u</i>
	HF Lakes A		и и
	HF Lakes B		и и
	HF Pennine		и и

Notes: ALL 2023 H&F tasks have been removed with the exception of the Three Peaks. There are six tasks for 2024 – all are defined as shorter 'day tasks'. See the download guidance notes relating to the rules for H& F tasks. Use the new titles for 2024.

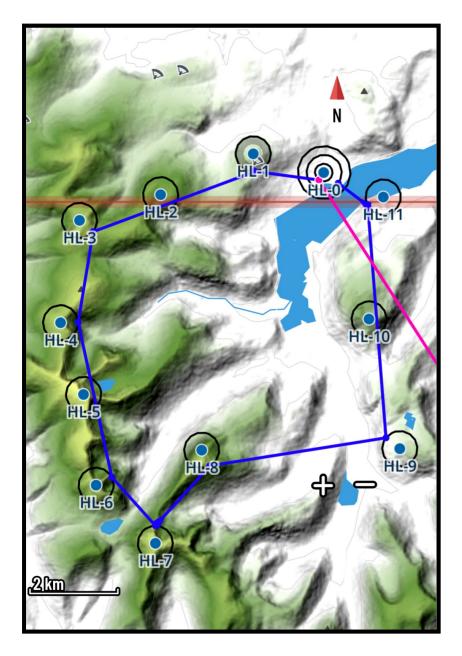
The six Hike & Fly tasks have been shortened to 'day' tasks. The intension being to make them less daunting and more inclusive. Given reasonable conditions they should have a large fly element and less walking. A study of a map will show they can be attempted in various wind directions. The following task diagrams are for illustrative purposes only. Task download links will become available after 1st Jan – for now they are blanked out in the list above.



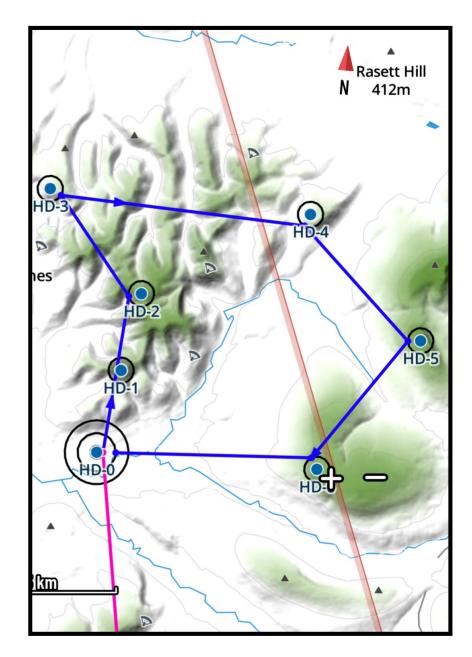
ID 696 Dales Three Peaks 34.5k, optimised 32k Ribblehead



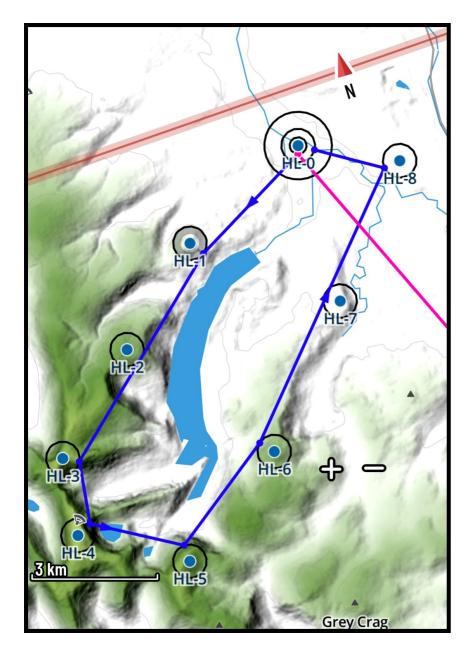
ID 1218 HF Dales A 35k, optimised 32.6k. Windbank start



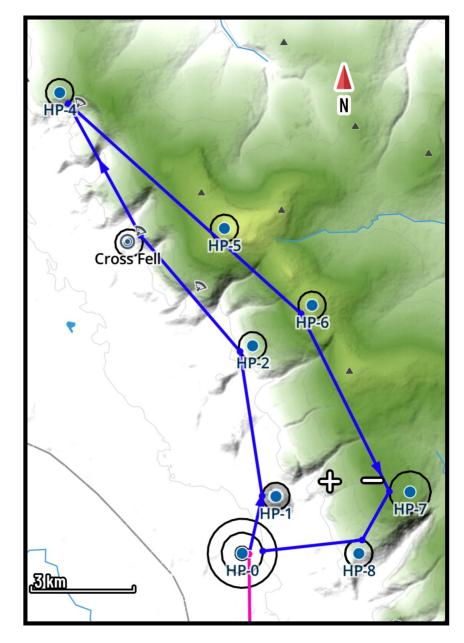
ID 1221 HF Lakes A 28k, optimised 24.4k Glencoyne Park Start



ID 1224 HF Dales B 35.1k, optimised 32k Sedbergh Start



ID 1228 HF Lakes B 27.k, optimised 24.6 Bampton Start



ID 1227 HF Pennines 37k, optimised 33.9k Dufton Start