

KINGSTON WHEELERS

Gently Bentley

209 km

08:00 Sunday 22nd March 2026

Key

L: Left, FL or BL: Fork or Bear Left

R: Right, FR or BR: Fork or Bear Right

SO: straight on

L/R@T / GT: Turn at T junction/ Grass Triangle

L/RHB: Left or Right Hand Bend

SOX: Straight over X Road

X: cross road meeting more major Rd

(X): turn into a more minor Rd at crossroad

nE@RAB: nth exit at roundabout

eff SO: effectively straight on

b4: Before

imm: immediately

opp: opposite

\$ Town : signpost for town (not passed through)

\$ TOWN (in caps) : enter town / pass town sign

TLS: Traffic Lights

PH: Public house

CP: Cycle path

CR: Cycle route



AUDAX

UK

long distance cycling

Surbiton to Henley-on-Thames
55 km

Dist	Instructions	Leg
0.0	L from Surbiton Racket & Fitness Club	0.1
0.1	R@X - Berrylands Rd	0.2
	SO X - No \$	0.3
0.3	R@T - (Ewell Rd A240) No \$	0.2
0.5	SOX @ TLS - Surbiton Hill Rd	0.6
1.1	SOX @ TLS - Surbiton Rd	0.6
1.7	L@TLS - \$ Bittoms	0.2
1.9	Thru Rd furniture + R@T	0.1
2.0	Thru Rd furniture + keep R	0.1
2.1	L@T - \$ Esher A307	0.1
2.2	2E RAB - \$ High St	0.2
2.4	L on RHB - Market Pl + keep L in pedestrian area into Thames St	0.2
2.6	L on CP X Kingston Bridge	0.3
2.9	1E RAB \$ Sunbury A308	2.3
5.2	2E RAB \$ Sunbury A308	2.2
7.4	L@TLS - Lower Sunbury Rd	2.4
9.8	1E MRAB (SO) - Thames St	0.9
10.7	1E MRAB (SO) - Thames St	0.3
11.0	R Halliford Road	1.4
12.4	L@T Gaston Bridge Road	0.2
12.6	L@T \$ Walton A244	0.2
12.8	2E@RAB \$ LALEHAM B376	1.0
13.8	SO@TLS Laleham Road	0.9
14.7	SO@TLS	0.4
15.1	2E@RAB no \$	0.5
15.6	2E@RAB \$ LALEHAM B376	1.7
17.3	1E@RAB \$ STAINES	1.2
18.5	1E@RAB	1.7
20.2	SO@TLS \$ STAINES TOWN CENTRE	0.5
20.7	BL Staines Bridge	0.2
20.9	3E@RAB \$ WINDSOR A308	8.3
	follow all \$ WINDSOR A308	
29.2	1E@RAB \$ Ascot A332	0.2
30.0	1E@RAB St Leonard's Road	0.9
30.9	SO@TLS \$ DEDWORTH	0.1
31.0	R@TLS \$ DEDWORTH	1.3
32.3	1E@RAB no \$	0.1
32.4	2E@RAB \$ OAKLEY GREEN	0.1
32.5	1E@RAB no \$	0.9
33.4	1E@RAB no \$	0.2
33.6	L@T \$ FIFIELD	4.9
38.5	L@Tri \$ Ascot A330	0.8
39.3	R \$ WALTHAM ST LAWRENCE	3.6
42.9	L@T \$ WALTHAM ST LAWRENCE	1.5
44.4	R The Street	3.4
47.8	L@T \$ Reading A4	0.4
48.2	R \$ WARGRAVE B477	1.8
50.0	R@TLS no \$	0.1
50.1	popular H'Artisan cafe here on RHS	4.7
54.8	L@T no \$, cross R.Thames	0.3
55.1	SO @ 2 X TLS - \$ TOWN CENTRE to Market Place	0.3
55.4	HENLEY	
	FREE CONTROL: e-brevet or get a receipt	
	Chocolate Café - L on One-way @ Bridge TLS Café Rouge & Starbucks on R, Café Copia on L 55.4 L into Greys Rd Car Park (just before Pizza Express)- Athlete Shop Café / Bike shop - bikes inside + public toilets, both on R in car park	

Henley-on-Thames to Lower Froyle

76 km

Dist	Instructions	Leg	Dist	Instructions	Leg
55.4	2E (SO) - up Gravel Hill \$ PEPPARD	5.8	99.4	L@T	0.1
61.2	L@T \$ PEPPARD B481	1.9	99.5	1st R \$ MORTIMER	0.9
63.1	R \$ Stoke Row Rd	0.4	100.4	L@T + imm R@T \$ MORTIMER	0.4
63.5	L@X - Gallowstree Rd \$ CANE END	3.2	100.8	3E RAB \$ Stephens Rd	0.3
66.7	R@T - \$ Crowmarsh A4074	1.6	101.1	2E RAB (SO) - Drury Lane	0.2
68.3	L - B4526 \$ Goring 5	0.7	101.3	R on LHB \$ Turks Lane	1.4
69.0	L on RHB eff SO Deadmans Ln	0.9	102.7	R @ GT	1.2
Alternative Henley to Lower Froyle in icy conditions			103.9	L @ GT	0.6
69.0	BR to continue on B4526	2.7	104.5	Thru / around Ford & soon R@T	0.8
71.7	L \$ WHITCHURCH 2 - B471	3.3	105.3	L @ GT \$ BRAMLEY	0.9
75.0	rejoin main route coming in from L		106.2	1st R \$ cycle route 23	0.9
Back onto main route			107.1	R @ GT	0.7
			107.8	L - Cufaude Lane \$ CR 23	3.5
69.9	SO X \$ Path Hill 1/2	1.9			
71.8	R @GT \$ WHITCHURCH	1.7	111.3	1E RAB -Hanmore Rd	0.4
73.5	L@T \$ PANGBOURNE - Free Toll Bridge	1.1	111.7	2nd L Bowman Rd \$ 4 Lanes School	0.4
74.6	2E RAB \$ A329 (Costa on L, Co-op ahead)	0.1	112.1	2E RAB - Thornhill way	0.5
74.7	1E RAB - A340 \$ M4 - (2E for toilets in 80m)	0.1	112.6	2E RAB (SO)	0.3
74.8	1st R - Up Pangbourne Hill	0.5	112.9	SO A33 @ TLS - \$ BINFIELDS	0.1
75.3	L - Bere Court Rd	2.0	113.0	R@T - Coppice Pale	0.2
77.3	SO X - Dark Lane \$ Bradfield	2.4	113.2	L @ End onto Cycle Path CR 23	0.1
79.7	SO X - Back Lane \$ Stanford Dingley	3	113.3	R @ Bollards	0.7
82.7	R@T \$ BUCKLEBURY	0.1	114.0	L (SO) @ T - Pyotts Hill	0.6
82.8	1st L \$ BUCKLEBURY	2.3	114.6	L - Milkingpen Lane	0.5
85.1	L@T	0.4	115.1	L@T + imm R - Milkingpen Ln	0.2
85.5	L @ GT \$ CHAPEL ROW	0.1	115.3	2E @ TLS - Byfleet Ave (soon Co-op on LHS)	0.7
85.6	INFO CONTROL BUCKLEBURY (at church)	2.3	116.0	SOX (A30) - \$ Tunworth 3, chippy on RHS opens 11:30	1.9
	e-brevet or answer the question		117.9	L@T - \$ Tunworth	2.1
			120.0	BL up hill \$ UPTON GREY	2.3
87.9	L @ GT \$ Bradfield	1.1	122.3	L@T \$ South Warnborough	0.1
89.0	R @ GT \$ BEENHAM VILLAGE	2.4	122.4	1st R	2.4
91.4	1E RAB \$ Bradfield Southend - Webbs Lane	1.7	124.8	SOX S FROYLE - Froyle Lane	3
93.1	R @ GT \$ Ufton Nerve	1.6	127.8	R@T \$ FROYLE	0.4
94.7	R + L over A4 - Ufton Lane	1.3	128.2	L@T	3
96.0	R no \$ (previously Ufton Court)	1.8	131.2	R into Anchor Pub CONTROL	
97.8	Ignore Green Lane on L	0.4		Hot food & drinks! See AUK controller here.	
98.2	R @ GT - Camp Rd	1.2		Leave bikes in designated area of pub garden or car park	

Lower Froyle to Brookwood**41 km**

Dist	Instructions	Leg
131.2	R from CONTROL	2.3
133.5	R \$ BLACKNEST - River Road	4.9
138.4	R/L @STGX \$ Dockenfield	1.0
139.4	R - Old Lane	0.4
139.8	R @ GT	1.1
140.9	L@T Smithy Lane	0.2
141.1	L@T Frensham Lane	0.9
142.0	R on LH Bend Wishanger Lane \$ CHURT	1.0
143.0	SOX Wishanger Lane	0.8
143.8	R@T Lampard Lane \$ CHURT	0.5
144.3	R@T	0.3
144.6	INFO CONTROL @ L turn	
	e-brevet or answer the question	
144.6	L @ (X) - Hale House Lane by SPAR	2.1
146.7	L @ T eff SO	0.1
146.8	1st R @ (X) - \$ ELSTEAD	6.9
153.7	BL @ GT (After CAFÉ on L) (SPAR on L)	0.1
153.8	L @ T - Farnham Rd (on B3001)	0.6
154.4	1st R - Fulbrook Lane	1.9
156.3	SOX - Suffield Lane \$ PUTTENHAM	3.3
159.6	R @ T \$ Compton	0.4
160.0	L @ T - (B3000) \$ WANBOROUGH	0.5
160.5	L on RHB \$ WANBOROUGH	1.9
162.4	1st R - Flexford Rd \$ NORMANDY	2.1
164.5	SOX - Hunts Hill Road	0.8
165.3	R@T \$ PIRBRIGHT	1.6
166.9	1E RAB - A324 \$ PIRBRIGHT	2.7
169.6	1E RAB \$ A324 Woking	1.5
171.1	SO @ 2 TLS, under bridge + Imm L (SO) \$	0.4
171.5	1st R - \$ PREMIER shop	0.7
172.2	CONTROL on R @ PREMIER shop	
	Tea, coffee, hot food - e-brevet or get a receipt	

Brookwood to Surbiton**37 km**

Dist	Instructions	Leg
172.2	Retrace L from CONTROL	0.7
172.9	L@T	0.3
173.2	L @ GT \$ Woking A324	1.5
174.7	R@TLS - A322	0.9
175.6	L - Heath House Rd	1.1
176.7	SOX - Saunders Lane	1.9
178.6	L@T (B380)	0.5
179.1	2E RAB \$ WESTFIELD B380	0.3
179.4	1E RAB - Westfield Rd (B380)	1.8
181.2	2E MRAB - A247 Sainsbury Local on LHS open till 22:00	0.8
182.0	3E RAB - A247 \$ SEND	1.9
183.9	L - Tannery Lane	2.2
186.1	R@T (Seven Stars PH on R)	1.3
187.4	L@T & Imm R - Rose Lane	1.5
188.9	L @ (X) Guilehill Lane \$ Ockham	1.0
189.9	R@T	0.2
190.1	1st L @ War Memorial \$ COBHAM	1.9
192.0	INFO CONTROL @ X-roads	
	e-brevet or answer the question	
192.0	SOX - Ockham Lane \$ COBHAM	3.1
195.1	L@T - Downside Rd (193.3 Toilets on R)	0.9
196.0	L@T & Imm R - Oakdene Rd	0.2
196.2	1E MRAB	0.3
196.5	R @ X - Copse Rd	0.3
196.8	R@T - (A307) (198.5 Shell garage on R)	1.3
198.1	SO @ TLS	3.8
201.9	SO @ 3 x TLS - A307	1.6
203.5	SO / 2E RAB \$ Kingston A307	3.0
206.5	R@TLS - Brighton Rd \$ Surbiton Centre	0.6
207.1	1st L after Rail Bridge - Glenbuck Rd	0.3
207.4	L@T - Glenbuck Rd	0.5
207.9	L@T - (Ewell Rd A240)	0.2
208.1	1st R - Berrylands Rd	0.3
208.4	SOX - Berrylands Rd	0.2
208.6	L @ (X) - Berrylands	0.1
208.7	R - ARRIVEE @ Surbiton Racket & Fitness Club	

see the AUK controller then get food & beer!