

Stage 1 - Alveston to Redbrook 35.1km

Dist	Dir	Instruction	Next
0.00	→	R, (EXIT CP)	0.34
0.34	←	L No \$, [Greenhill Down]	0.47
0.81	↑	SO@STGX \$ Elberton, [Vattingstone Ln]	6.09
6.90	↗	@ RBT IMM BR, No \$, (JOIN CW), Then	0.01
6.91	↑	IMM SO@ISLAND No \$, Then	0.03
6.94	←	IMM L No \$	0.10
7.04	←	L \$ CYCLES, Then	0.01
7.05	↑	IMM SO@ISLAND No \$, Then	0.01
7.06	←	IMM L No \$, Then	0.04

35.1km Distance +499m / -568m

No Time to Yat 100k

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Stage 1 - Alveston to Redbrook (Cont) 35.1km

Dist	Dir	Instruction	Next
7.10	→	IMM R No \$, Then	0.01
7.11	←	IMM L \$ NCN (4), (TRACK) (JOIN BRIDGE CW)	6.11
13.22	↖	L@T \$ NCN 4, (EXIT CW), (NRM)	0.11
13.33	→	3E RBT \$ TINTERN A466	1.56
14.89	↑	2E RBT \$ TINTERN A466	0.34
15.23	↑	2E RBT \$ A466	19.89
35.12	☑	INFO CONTROL - REDBROOK	3.75

35.1km Distance +499m / -568m

No Time to Yat 100k

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Stage 2 - Redbrook to Symonds Yat East 11.7km

Dist	Dir	Instruction	Next
38.87	→	2E mRBT \$ FOREST OF DEAN A4136	0.10
38.97	←	1E mRBT \$ SYMONDS YAT 5m, [Hadnock Rd]	2.20
41.17	↖	BL \$ NCN 423, (SYMONDS YAT 4m), (JOIN CW)	1.48
42.65	↖	BL \$ NCN 423	4.32
46.97	☑	INFO CONTROL SYMONDS YAT EAST	1.02

11.7km Distance +158m / -153m

No Time to Yat 100k

3

Stage 3 - Symonds Yat East to Goodrich 4.7km

Dist	Dir	Instruction	Next
47.99	↖	BL@T \$ GOODRICH 1½m	1.90
49.89	→	R@T \$ GOODRICH ½m	1.00
50.89	↖	BL \$ GOODRICH, (RHB)	0.20
51.09	→	R \$ GOODRICH CASTLE, (LHB), Then	0.00
51.09	←	IMM L \$ GOODRICH CASTLE	0.30
51.39	↗	BR, (Twrds CAFE)	0.05
51.44	☑	CONTROL - GOODRICH	0.00

4.7km Distance +83m / -40m

No Time to Yat 100k

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Stage 4 - Goodrich to Ruardean 6.2km

Dist	Dir	Instruction	Next
51.44	↑	Retrace to CP EXIT	0.30
51.74	↑	Retrace & SO@T No \$, Then	0.00
51.74	←	RETRACE & IMM L@T \$ Symonds Yat East 2¼m	0.20
51.94	←	Retrace & L@T \$ Ross on Wye	0.72
52.66	→	R@T \$ Coleford 8m	2.38
55.04	↖	BL \$ RUARDEAN 1½m	2.61
57.65	→	R \$ LYBROOK 2m, (LHB)	0.00
57.65	☑	INFO CONTROL - RUARDEAN	3.27

6.2km Distance +188m / -73m

No Time to Yat 100k

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Stage 5 - Ruardean to Alveston 46.6km

Dist	Dir	Instruction	Next
60.92	→	R@T \$ Ross 7m B234	0.37
61.29	↖	BL Sharp, [New Rd Hangerberry]	1.75
63.04	→	R@T \$ Monmouth A4136	1.19
64.23	↖	BL \$ Coleford B4028, Then	0.11
64.34	↖	IMM BL@TRI \$ GW	1.30
65.64	←	L \$ BROWADWELL ½m, [Wood Rd]	0.17
65.81	←	L@T \$ GW	0.77
66.58	↑	SOX \$ COALWAY ½m, [South Rd Broadwell]	0.73
67.31	↑	SOX \$ GW, [Edanwall Rd Coleway]	1.44

46.6km Distance +688m / -792m

No Time to Yat 100k

6

Stage 5 Ruardean to Alveston (Cont) 46.6km

Dist	Dir	Instruction	Next
68.75	←	L \$ Clearwell 1m, [Lambsquay Rd], (RHB)	0.42
69.17	←	L@T \$ CHEPSTOW B4228 12m	7.96
77.13	→	R \$ BROCKWEIR 2m	0.50
77.63	↖	BL No \$, [Bailey Ln]	2.63
80.26	←	L@T \$ GW	8.87
89.13	↑	1E RBT No \$	0.36
89.49	↑	2E RBT No \$	1.47
90.96	↖	2E RBT \$ CW-AUST 3 1/2m, [Fair View]	0.24
91.20	↗	BR No \$, (JOIN CW)	5.98

46.6km Distance +688m / -792m

No Time to Yat 100k

7

Stage 5 - Ruardean to Alveston (Cont) 46.6km

Dist	Dir	Instruction	Next
97.18	→	R@T \$ Avon Cycleway, (EXIT CW)	0.10
97.28	↖	1E RBT \$ Thornbury B4461	1.72
99.00	↖	BL \$ ALVESTON B4461	4.43
103.43	↑	SO@STGX \$ STOP, [The Down]	0.48
103.91	→	R@T No \$	0.34
104.25	🏠	CONTROL - ALVESTON VILLAGE HALL, FINISH	🏠

46.6km Distance +688m / -792m

No Time to Yat 100k

8

	Cue Sheet Key		Cue Sheet Key
IMM	Immediately	L or R	Turn Left or Right
Thru or Twrds	Through or Towards	BL or BR	Bear Light or Right
Opp	Opposite	(B)LHB or (B)RHB	(Blind) Left- or Right-Hand Bend
Eff	Effectively	L/R	Left then IMM Right or R IMM L
NRM	No Road Markings		
\$ or No \$	Signed or Not signed at Cue Point	T	T-junction
\$ NCN	National Cycle Network Route	X	Crossroads
\$ GW	Give Way	STGX	Staggered Crossroads
\$ (x)T	Weight Limit Sign	SO	Straight On
\$ UFHGV	Unsuitable for Heavy Goods Vehicles	SOX	Straight on at Crossroads
\$ UFWV	Unsuitable for Wide Vehicles		
\$ HL	Height Limit		
\$ OW	One Way		
RBT	Roundabout	PB	Post Box
mRBT	Mini-Roundabout	SS	Service Station
TL	Traffic Lights	CP	Car Park
CW	Cycle Way/Path, Traffic Free	TB	Telephone Box
LC	Level Crossing	CG	Cattle Grid
TRI or (TRI)	@ Triangle or Twrds Triangle	PH	Public House
1E / 2E / 3E	Take 1st, 2nd or 3rd Exit	CAPITALS BOLD	Go Through Place
BBRP	Beristol Bath Railway Path	.	
() or []	Additional Info / Street Name		

