

NEW FOREST NATIONAL PARK DAY OUT via CRANBORNE 100km AUK PERMANENT EVENT

Thank you for your entry to this AUK Permanent Event.

Lymington Tuesday Cycling (LTC) was started to encourage bicycle owners who were really non-cyclists to go a bit further. Ten miles to coffee and ten miles home again. Then it grew in both numbers of members and their aspirations. We went on some tours and we always had representatives on the annual CTC Gridiron 100km event around the New Forest. And then.....someone (Mary Godroy) asked if it was really possible to cycle 100 miles in one day? Thus the Mary Godroy 100 miles cycle ride around the New Forest and Wiltshire was born, and until Covid a small LTC team of individuals who had never cycled so far before would do it every year. It is not a wickedly challenging route but also by no means flat, taking in zig-zag hill on the way to Shaftesbury and Spread Eagle hill on the way to Blandford.

LYMINGTON is the written route sheet start / finish location but you may use any Control as your start point. Most street car parking is charged weekdays and Saturdays. Free street parking can be found south of the High street but you will have to search it out. Car parks are also charged on Sunday, but free street parking is available in Avenue Road or Barfields. Cycle shop (Figures) is off north side of High Street half way down the hill.

LYMINGTON CONTROL location is outside the front door of Lymington town hall in Avenue Road.

SHAFTESBURY CONTROL is outside the Shaftesbury town hall

ALL SAINTS CHURCHYARD is a short distance after you have left Blandford (We always stop there for a picnic lunch)

STEWARTS GARDEN CENTRE CONTROL After leaving Wimborne this Control offers the usual refreshments found at such places

FLOODGATE CONTROL is at the floodgate!! At end of the stretch of road beside the water (it should be open)

FINISH CONTROL is back at Lymington Town Hall

Your attention is drawn to the following when in the New Forest:

- Many of the roads are unfenced and you will encounter ponies, donkeys, cattle, possibly deer and in the autumn pigs. All animals should be treated as being unpredictable in their behaviour. Foals, in particular, are likely to cross the road suddenly.
- In the summer you will also encounter tourists in cars (with or without caravans) whose behaviour is totally unpredictable
- There are quite a few cattle grids. These can be slippery in wet weather.
- Several fords are crossed. There may be water in the ford at the Watersplash in Brockenhurst. The condition of others will depend on recent weather.
- Horse riding and carriage driving (Pony and Trap) is an everyday part of New Forest life. Please slow down and make your presence known when passing or overtaking. Calling out is a good way of attracting attention, because horses are used to the human voice. Ponies and traps are easily spooked by silent bicycles with potentially serious consequences for either the horse or the passing cyclist.

www.cyclingnewforest.org

MARY GODFROY (New Forest and Wiltshire) Century (100miles)

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Distance	Interval	Distances are in kms
		START Town Hall (beside front door)
0.1	0.1	L : T into Avenue Road
0.3	0.2	R : X (TLs) [Lyndhurst]
0.7	0.4	SO : mini-O [no SP]
1.1	0.5	L [Hordle] into Sway Rd
2.0	0.9	R [Passford House]
3.9	1.9	R into Pitmore Lane
4.5	0.6	Cattlegrid
5.6	1.1	R : T onto B3055 [Brockenhurst]
6.5	0.9	1st L [Burley]
9.7	3.2	L [Burley] and immed L : T [no SP]
10.8	1.1	Cattlegrid
12.9	1.9	Cattlegrid
14.7	1.8	R to White Hart PH
16.2	1.5	R:T
16.8	0.6	1st L
18.6	1.8	R:T
19.0	0.4	L (actually SO) as road turns sharp R [Crow]
20.9	1.9	Cattlegrid
22.8	1.9	R into Crow Lane (no sp)
23.8	1.0	L at T opposite Elm Tree PH into Hightown Rd (no sp)
24.5	0.7	R at T onto slip road (2 way traffic) (sp Southampton)
24.7	0.2	L (1st exit) at mini-O over A31T (sp Poulner)
25.2	0.5	R (2nd exit) at mini-O beside White Hart Inn (sp South Gorley)
26.4	1.2	Follow road L after ford (probably dry)

27.5	1.1	CG
28.1	0.6	Cross ford at Moyles Court (sp Mockbeggar)
29.1	1.0	2nd L into Mockbeggar Lane (sp Ibsley) and over CG
30.2	1.1	R at T onto A338 (sp Salisbury)
30.6	0.4	1st L (sp Harbridge) into Kent Lane over Ibsley bridge
32.5	1.9	R at T
33.9	1.4	L into Ringwood Rd
35.6	1.7	L at T
42.0	6.4	L at T in Cranborne
42.3	0.3	1st R [Sixpenny Handley]
43.7	1.4	L at T onto B3081 [Ringwood]
48.7	5.0	R [Gussage All Saints]
51.8	3.1	L on RH bend in Gussage St Michael [Long Crichel]
52.3	0.5	R at T [Shaftesbury]. IR/L across A354
54.2		
55.2	2.9	1st L [Newtown]
61.7	6.5	L : T onto B3081 [no SP] continue down Zig-zag hill
67.8	6.1	R : T still on B3081 [Shaftesbury]
69.6	1.8	L : T onto A30 [Sherborne]
69.9	0.3	SO (2 nd exit) : O [Town centre] and
70.9	1.0	Keep L over cobbles and CONTROL Shaftesbury Town Hall
		Retrace along Salisbury Road from Control
71.3	0.2	1st R [no SP] into Great Lane
71.5	0.3	SO : X [no SP] into Frenchmill Lane
71.7	0.2	L [no SP] still Frenchmill Lane

72.8	1.1	L : T [no SP] {Hovis Byway sign}
73.8	1.0	L : X [no SP] {Hovis Byway sign}
74.4	0.6	SO : X [Melbury Abbas] and immed L : T and
74.6	0.2	1st R [no SP]
75.7	1.1	R : T [Blandford]
88.0	12.3	SO (2nd exit) : O [Blandford]
88.3	0.3	SO : TLs [no SP]
89.1	0.8	R : T (TLs) [no SP]
89.9	0.8	L : TLs [Town Centre] {all traffic turns L}
90.3	0.3	Keep L at triangle (TLs) [All routes] and Immed R : TLs [no SP] into Langton Road {cul de sac sign}
90.7	0.4	R [no SP] into Westbury Way
90.8	0.1	R {before road turns L} onto cyclepath to river and under bridge
91.0	0.2	R at end of cyclepath [Langton Long]
91.5	0.5	CONTROL Picnic lunch in All Saints churchyard on R
95.7	4.2	L : T [Shapwick]
100	4.3	L [Cowgrove]
105.2	5.2	R : T [Wimborne Minster] and immed L [cemetery] {no through road} Continue past gates
105.5	0.3	R : T (actually SO) [no SP]
105.7	0.2	R : stg X [no SP] into Stone Lane and L : T (Tls) Furzehill over bridge and
106.2	0.5	3rd R into Burts Hill
107.4	1.2	L : T [no SP] and immed R [Broom Hill]
109.0	1.6	L : T [no SP]
109.5	0.5	L : X [Holt] into Harts Lane

110.0	0.5	L [Pig Oak] into Gods Blessing Lane and L into Stewarts Garden Centre CONTROL
110.4	0.4	Retrace R from Control and immed L : T [Holt]
111.3	0.9	R : T [Row]
111.7	0.4	R [Row]
116.9	5.2	R : T [Three Legged Cross]
117.1	0.2	SO : mini-O [Verwood]
117.3	0.2	SO : mini-O [Ashley Heath]
122.5	5.2	immed after O sign L [no SP] into Horton Road
122.7	0.2	L onto cycle path at end of road and continue until
123.3	0.6	R : T [Matchams]
		Under bridge & continue on cyclepath on R of road
124.1	0.8	Follow cyclepath beside A31 and past filling station, then keep R (West St) over old bridge into Ringwood
124.6	0.5	R : T [no SP] into Christchurch Rd
124.9	0.3	R (2nd exit) : mini-O [Winkton]
125.2	0.3	SO (2nd exit) : O [sp Sopley B3347] and SO at next O
126.2	1.0	L [Burley] into Moortown Lane after Texaco garage
126.4	0.2	1st R [Ringwood football ground] into Long Lane
134.0	7.6	SO : stg X [Highcliffe] in Bransgore
137.4	3.4	SO : stg X (L/R) [Walkford] across A35 at Cat & Fiddle PH {fast traffic on A35}

139.5	2.1	L (1st exit) at Milestone O [Lymington] onto A337
140.4	0.9	R [Barton-on-Sea] into Western Ave
141.2	0.8	L : T [no SP] into Marine Drive West
141.6	0.4	R : T (no SP)
142.7	1.1	L at cul-de-sac sign into Becton Lane
143.8	1.1	R : T [Milford-on-Sea] into Milford Rd
148.4	4.6	R [Keyhaven] at Milford Green
148.5	0.1	L : stg X [Keyhaven]
149.1	0.6	R into New Lane (Road liable to flooding sign) and Follow road L
150.4	1.3	and CONTROL at Flood gate
151.2	0.8	Follow road L past Gun Inn on L then after L bend R and R L [no sp] into Lymore Lane
153.9	2.7	R : T [no sp] and R : T [Lymington] onto A337
154.2	0.3	1st L [Everton Village]
154.5	0.3	R [no sp] into Wainsford Rd
156.2	2.7	Follow road R then 1st L after dip into Upper Common Road (30mph sign)
157.0	0.8	R : T into Ramley Road (no sp)
158.0	1.0	L into Lodge Rd (no sp)
158.4	0.4	R : T and immed L : T into Gordon Rd (
158.7	0.3	R : T and immed 1st L
159.0	0.3	L at T and 1st R into Middle Rd
159.4	0.4	Follow road L and 1st R
160.0	0.6	SO at TLs continue to CONTROL at Town Hall