

Stage 1 Hailsham to Frant 32K 0.0 L from car park (opp Waitrose) & 0.0 around sharp R bend (Vicarage Road) 0.3 SO @ T/Lts \$ Town Centre 0.3 into one way (George St). Keep in R Ln 0.2 R @ T/Lts (North St) 0.5 0.1 2nd exit @ Tesco MRAB 0.6 0.2 Keep L just after Tesco Store @ T/Lts 0.8 \$ Bexhill (A271) 0.1 SO @ T/Lts 0.9 0.8 3rd exit @ MRAB \$ Hellingly (Hawks Rd) 1.6 1.0 2nd Exit @ MRAB \$ Bexhill & Imm L 2.6 \$ Hellingly (Park Rd) 8.0 in HORAM 2nd Exit @ MRAB \$ Heathfield 10.6 1.0 L (Hanging Birch Ln) 11.7 0.9 R @ Grass Tri (Hanging Birch Ln) 12.6 1.3 R @ T \$ CROSS IN HAND 13.9 (end of Hanging Birch Ln) 1.9 R @ T & Imm L @ T \$ Tunbridge Wells 15.8 Opp Petrol Station	Stage 1 continued 4.4 L \$ Rotherfield (Turning just after 50mph 20.3 sign as you leave FIVE ASHES) 1.4 R on L bend , SO in effect \$ ARGOS HILL 21.7 No through road for motor vehicles 1.6 L @ X by Postmill Cottage 23.3 0.2 R @ T (end of Windmill Hill) 23.4 0.3 L @ T A267 MARK CROSS 23.7 7.9 In FRANT R after Village Green 31.6 FRANT CONTROL on L Vilage Store KEY Places in CAPITALS are places you ride through. Place names in small print are for direction only L = Turn left, R = Turn right, SO = Straight on, \$ = Signposted, T = T Junction, J = Other junction, @ = At, T/Lts = Traffic Lights, RAB = Roundabout, MRAB = Mini roundabout, (X) = Other X.Rds, X = X.Rds which require you to give way or stop CR = Cycle Route, CP = Cycle Path
Stage 2 Frant to Rye 44K 0.0 retrace on the A267 31.6 0.7 L & stay on \$ B2099 through 32.3 WADHURST and TICEHURST 16.4 R @ T \$ A21 Hastings 48.7 1.1 L @ Coopers Comer \$ A229 Hawkhurst 49.8 0.6 R on L bend \$ By-Way (Merrymment Ln) 50.4 2.3 R @ X on B2244 52.6 7.4 L \$ B2165 Staplecross 60.0 (Turning is top of long slope after going under narrowed bridge) 0.2 In CRIPP'S CORNER R @ (X) \$ B2089 Rye 60.2 5.2 SO @ X in BROAD OAK \$ B2089 RYE 65.4 (Udimore Rd) 8.8 2nd exit @ RAB 74.3 1.2 L into one way \$ Town Centre 75.5 0.1 R into CONTROL 75.6	Stage 3 Rye to Hamstreet 18K From CONTROL continue on one way 0.3 L @ T \$ TOWN CENTRE 76.0 0.2 2nd exit @ MRAB 75.9 0.1 L @ T on A268 76.0 0.2 R \$ Appledore (Military Rd) 76.2 9.3 L @ T through APPLEDORE 85.5 1.6 R @ (X) \$ KENARDINGTON 87.1 3.2 R @ T \$ B2067 HAMSTREET 90.3 3.0 R @ X 93.3 0.1 HAMSTREET CONTROLS 93.4

<p>Stage 4 Hamstreet to Folkstone 21K</p> <p>0.0 Retrace to X and turn R \$ B2067 93.4 Hythe</p> <p>0.3 L @ T (SO in effect) \$ B2067 Hythe 93.7</p> <p>7.0 R @ T \$ B2067 Lypne 100.7</p> <p>0.2 1st L \$ Port LYMPNE "Animal Park" 101.0</p> <p>8.3 R @ T \$ A259 Hastings & downhill into HYTHE 109.2</p> <p>1.4 L @ T/Lts \$ A259 Folkstone into one way past Sainsbury 110.6</p> <p>1.2 3rd exit @ RAB \$ A259 Folkstone 111.8</p> <p>2.6 CONTROL on R @ Petrol Station 114.4</p>	<p>Stage 5 Folkstone to Rye 36K</p> <p>0.0 Retrace to HYTHE on A259 114.4</p> <p>2.4 1st exit @ RAB \$ A259 Dynmchurch 116.9</p> <p>1.3 Keep L SO @ T/Lts \$ A259 DYMCHURCH 118.1</p> <p>8.0 In DYMCHURCH 2nd exit @ MRAB \$ Newchurch (Mill Rd) 126.1</p> <p>0.1 1st L \$ Brown Train Sign 126.2</p> <p>3.0 L @ T \$ St Mary's Bay 129.2</p> <p>0.1 R \$ CR2 129.3</p> <p>4.2 R @ T \$ IVYCHURCH 133.5</p> <p>1.9 In IVYCHURCH L \$ BRENZETT 135.4</p> <p>2.3 L @ T \$ A259 Folkstone & 2nd exit @ RAB \$ A259 Rye 137.6</p> <p>2.2 2nd exit @ RAB \$ A259 Hastings 139.8</p> <p>10.1 1st exit @ MRAB \$ Town Centre 149.9</p> <p>1.0 R into CONTROL 150.9</p>
<p>Stage 6 Rye to Hailsham 45 K</p> <p>0.0 Continue on A259 & 1st exit @ MRAB 150.9</p> <p>3.3 L on R bend 154.2 \$ WINCHELSEA BEACH</p> <p>11.9 L on descent (Fairlight Ave) 166.1 (This turning is easy to find as it comes on your descent with speed humps)</p> <p>0.5 L @ X opp Canute Rd (Saxon Rd) 166.5 Another long descent</p> <p>1.7 L imm before T into one way 168.3 (All Saints St) CR2</p> <p>0.4 R @ T & imm L @ T/Lts on A259 168.7</p> <p>0.7 1st exit @ RAB \$ A259 St Leonards 169.4 after 0.5km @ T/Lts L and join CR2</p> <p>2.9 OR Stay on A259 then L (Sea Rd) 172.3</p> <p>0.3 SO @ R bend onto CR2 172.6</p> <p>2.5 SO @ top of slope back on road 175.1</p> <p>2.0 1st exit @ RAB \$ CR2 (Western Parade) 177.0</p> <p>1.1 L \$ CR2 (South Cliff) 178.1</p> <p>0.8 L @ T \$ CR2 (Cooden Drive) 179.0</p>	<p>Stage 6 continued</p> <p>1.4 L imm before Rly Bridge \$ CR2 Pevensey 180.3 (Herbrand Way)</p> <p>6.6 3rd exit @ A259 Pevensey RAB \$ Wartling 187.0</p> <p>0.3 L \$ RICKNEY \$ CR2 (Rickney Ln) 187.3</p> <p>6.7 R @ T \$ Hailsham (Downash Rd) 194.0</p> <p>1.9 R @ T & Imm SO @ L/Lts 195.9</p> <p>0.1 2nd exit @ Tesco MRAB 196.1</p> <p>0.2 Keep R By Tesco Store @ T/Lts 196.2</p> <p>0.1 Continue into High St CONTROL 196.3</p>