

ON and OFF SHORE 200km AUK PERMANENT EVENT

An opportunity to have a trip across the Solent on the Isle of Wight ferry (drinks and snacks served) and to cycle the classic Isle of Wight End to End followed by 100km across some of the best of the New Forest to reach Dorset downland before returning Lymington.

Car parking at the Lymington ferry terminal is charged. There is free street parking in Lymington less than 2km from the ferry terminal and the event finishes in Lymington High Street.

Unless you live on the Isle of Wight this event starts by using the ferry from Lymington to reach Yarmouth to cross the Solent. Bicycles go free. The event route (and the clock) starts from the Yarmouth ferry terminal with a short warm up to the Needles. Don't rush the few easy climbs on the way to Alum Bay where the only proper climb on the route takes you to the Needles. This is a private road on which you should give way to coastguard vehicles and most certainly to a double deck 'Breezer' bus should you meet one on its way down. From the Control you descend again and continue along the southern side of the island to complete the IoW End to End at Bembridge lifeboat station. From here it is easy cycling on the north of the island to return to Yarmouth.

YARMOUTH CONTROL is at the Ferry Terminal just beyond the disembarkation point. There are Public toilets in the Ferry Terminal building.

NEEDLES BATTERY CONTROL is at the 2nd former gun emplacement

CHALE GREEN CONTROL is at the T junction - Town Lane into Appleford Rd (33.4km on route sheet)

BEMBRIDGE LIFEBOAT STATION CONTROL is at the lifeboat station shop

COWES CHAIN FERRY CONTROL is at the chain ferry on the east side before you board the ferry

There is no Control at Yarmouth or Lymington ferry terminals – you don't have much chance avoid a second ferry crossing of the Solent.

The New Forest section takes you to Brockenhurst and through your first ford. From there it is uphill (but not steep) onto the New Forest plateau via the aptly named 'Ornamental Drive. From the Forest the route drops down to the Avon Valley and heads north until you cross the River Avon and continue west towards the Cranborne Chase downs. Returning back into the Avon Valley the route finally heads to the coast from where you can see the IoW where you were cycling in the morning before making for the finish control in Lymington High Street close to public toilets in New Street and literally dozens of cafés in the centre of Lymington.

TIDPIT CONTROL is at the junction where you turn left for Cranborne (148km on route sheet) the signpost is Cranborne 4 (don't be tempted to turn left at earlier junctions signed to Cranborne).

There is a thatched cottage on the corner (on your right as you turn left)

ALDERHOLT CONTROL is at the co-op shop on the left as you turn right into Ringwood Road (sp Ibsley)

GUN INN CONTROL is the pub on your left just after you have turned sharp left away from the coast.

LYMINGTON FINISH CONTROL is the junction of New Street and High Street between Boots Chemist and Costa Coffee on your left.

www.cyclingnewforest.org

Stage 1 – warm UP to the Needles		
km	Event START CONTROL is Yarmouth Ferry terminal	km
	Leave ferry and 2nd exit at O (sp TOTLAND) A3054	
4.0	SO (2 nd exit) mini O (sp Alum Bay) A3054	4.0
0.5	2nd exit O (sp Alum Bay) into Church Hill	4.6
2.5	At Alum Bay car park keep L (sign Public footpath only / National Trust)	7.1
1.3	Keep L (don't fork R to Old Needles Battery)	8.4
0.4	Keep R (small sp Needles Viewpoint) onto concrete road to CONTROL in 2 nd former gun emplacement	8.8

Stage 2 – Isle of Wight end-to-end - undulating		
	Retrace from checkpoint thro' Alum Bay and	8.8
2.6	1st R (no sp) into Alum Bay Old Rd	11.4
	Continue thro' Freshwater on Military Rd	
12.7	L (sp Brighstone) into Grange Road	24.1
1.2	R at T (sp Shorwell)	25.3
3.1	R at mini O (sp Chale) B3399	28.4
3.6	R at X (sp Chale)	32.0
1.5	L at T (sp Godshill) & CONTROL at this junction	33.4
2.5	SO at X (sp Godshill) into Beacon Alley	36.0
1.7	R at T (sp Whitwell) and immediate L (no sp) into Merryl Lane	37.6
0.6	Keep R at fork (no sp)	38.2
0.5	R at T (no sp) beside Griffin PH	38.8
1.3	1st L (WoB sp) into Lessland Lane	40.0

2.7	SO at X (WoB sp) into Watery Lane	42.7
0.4	1st R (sp Winford) and (WoB sp)	43.0
0.5	SO (R/L) over stg X (WoB sp) into Forest Rd	43.5
0.9	L at T (sp Alverstone) and (WoB sp)	44.4
2.5	Over cobbles & L (sp Brading) into Adgestone Quiet Rd	46.9
2.5	R at T (sp Brading)	49.5
0.1	R at T (sp Through traffic A3055) opposite church	49.6
0.3	SO at X (TLs) over A3055 (sp Bembridge) B3395	49.9
1.0	SO at mini O (sp Bembridge)	50.9
4.0	SO at mini O (sp Bembridge)	54.9
0.6	R on LH bend (sp Lifeboat View) into Lane End Rd	55.5
0.9	Keep SO to L of lifeboat station to reach waterfront and L into CONTROL - Lifeboat station shop	56.3



L = left : R = right : SO = straight on : X = cross roads : T = tee junction : O = roundabout : TLs = traffic lights

CG = cattlegrid : sp = signpost : WoB sp = white on blue cycle route signpost

Route sheet distances are in kilometres Left column is instruction to instruction distance Right column is cumulative distance travelled

Stage 3 – Cowes ferry and back to Yarmouth - easy finish

0.8	Retrace and R at T (sp Bembridge Village Centre)	57.2
0.7	L at T and immediate R (sp Ryde)	57.8
2.8	L at mini O (sp Brading)	60.6
2.4	R at T (TLs) (sp Ryde) onto A3055	63.1
1.1	1st L (sp Ashey) into Harding Shute	64.1
1.6	R at T (sp Ashey)	65.8
1.1	R at T (no sp) and	66.9
0.1	1st L (no sp) into Deacons Lane	67.0
2.1	L at mini O (sp Havenstreet)	69.1
1.5	L at T (sp Havenstreet)	70.5
0.4	1st R (sp Wootton) & (WoB sp) into Firestone Copse Rd	71.0
2.2	L at T (sp East Cowes)	73.2
1.0	R at X (TLs) (WoB sp) into Church Rd	74.2
0.5	L into Footways, immediate after Rectory Drive on R (WoB sp)	74.7
0.3	L at T & immediate R (WoB sp) into Brocks Copse Rd	75.0
2.4	R at T (Wob sp) and	77.4
0.1	1st L (WoB sp) into Beatrice Ave	77.5
1.0	R at T (Newport) and immediate L (no sp)	78.5
1.0	L at X (WoB sp) into Victoria Grove	79.5
0.5	L before Methodist church into Yarborough Rd (WoB sp)	80.0
0.2	R at T (WoB sp)	80.3
0.4	L at T to chain ferry and	80.7
0.2	CONTROL before boarding chain ferry	80.8
	Cross to West Cowes on chain ferry	

0.1	1st L (no sp) into Bridge Rd	81.0
0.3	SO at mini O (sp Cowes Town Centre) and	81.3
0.1	L at T (no sp)	81.3
1.2	R (3rd exit) at O (no sp)	82.5
0.6	L at T (sp Newport) B3355	83.1
0.3	1st R on LH bend (no sp) into Pallance Rd {6' 6" sign}	83.5
1.8	L at mini O (sp Thorness)	85.2
8.0	R at T (sp Yarmouth)	93.2
6.8	L at O (sp Totland) and 1st R (sp car ferry)	100.0
0.3	Board ferry for Lymington	100.3

There is no additional charge for bicycles on the loW ferry, but you should pre-book your travel tickets.

There is a charge for foot passengers or bicycles on the Cowes chain ferry.

if you want to have a break before Bembridge there is a good café at Chale Green (33.4km on route sheet) or just after Bembridge on the coast as you leave the village.

There are pubs and cafes in Yarmouth, and snacks and drinks are sold on the ferry.

If you are down on time off the ferry at Lymington DON'T GIVE UP.
The 2nd 100km is much easier and last 50km is fast and flat.

Stage 4 – Across the New Forest - quite scenic	
Disembark from ferry	100.3
0.2 L at T onto road at exit from ferry terminal	100.5
0.7 R at T (sp Beaulieu) B3054	101.2
0.1 1 st L (actually SO) on sharp RH bend (no sp)	101.3
1.6 L at T at grass triangle (no sp)	102.9
0.7 L at T (sp Lymington)	103.6
0.9 R by Red Lion PH (sp Sandy Down) into Roydon Ln	104.5
1.0 L at X (sp Sandy Down)	105.5
1.1 R at T onto A337 (no sp)	107.0
0.5 1 st L (no sp) and over CG	107.5
0.9 2 nd R onto B3055 (sp Brockenhurst) and thro TLs	108.4
1.9 L at stg X (sp Village Centre)	110.3
0.3 Thro' watersplash and R at T (sp Rhinefield)	110.6
4.1 CG	114.7
2.8 SO at X across A35 + 2 CGs {fast traffic on A35}	117.5
2 CGs in next 3km while ascending Ornamental Drive	
4.2 L at T (sp Fritham)	121.7
9.5 R sp Mockbeggar) and thro' ford	131.2
1.0 2 nd L into Mockbeggar Lane (sp Ibsley) and over CG	132.2
1.2 R at T onto A338 (sp Salisbury)	133.4
0.4 1 st L (sp Harbridge) into Kent Lane over Ibsley bridge	133.8
0.8 1 st R on LH bend (sp Cranborne)	134.6
2.2 R at T (sp Fordingbridge)	136.8
1.8 SO at X over B3078 (no sp) into Ashford Rd	138.6

1.0 L at O (sp Damerham)	139.6
4.2 R (sp Martin) into High Street CONTINUE FOR 4km	143.8
4.0 L (sp Cranborne) and CONTROL at signpost at this stg X junction	147.8
6.4 R at T (sp Wimborne Minster) in Cranborne	154.2
0.1 1 st L (sp Alderholt) into Castle Street	154.3
6.1 R (sp Ibsley) into Ringwood Road And immediately CONTROL – Alderholt Co-op Shop on left	160.4

Turn over page to continue on Stage 5

<i>Route instructions to stay on tarmac roads (the gpx route) from 197km at Gun Inn to Finish Control</i>	
0.2 After Gun Inn continue and next R and R (no sp) into Lymore Lane	197.5
2.7 R at T (no sp) and R at T (sp Lymington) onto A337	200.2
0.3 1 st L (sp Everton Village)	200.5
0.3 R (no sp) into Wainsford Rd	200.8
2.7 R at T (no sp)	203.5
0.1 2 nd L into North Street (beside Musketeer PH)	203.6
0.6 L (1 st exit) at O (sp Lymington)	204.2
0.7 Get into RH lane in 1-way beside "Waitrose" and R at T (sp Christchurch)	204.9
0.1 1 st L (sp "Saturday market delays") into St Thomas St	205.0
0.4 Continue into High Street and FINISH CONTROL is at the junction of High Street with New Street between Boots chemist and Costa Coffee	205.4

Stage 5 – back along the coast - almost flat

L from Control to continue along Ringwood Road

1.8	R at T (no sp)	162.2
1.3	3rd L (sp Ibsley)	163.5
1.9	R at T (sp Ringwood A338)	165.4
0.3	1st L (sp Mockbeggar) into Mockbeggar Lane	165.7
1.3	Over CG and R at stg X (sp Moyles Court)	167.0
1.0	thro ford and keep R (sp Rockford)	168.0
0.5	CG	168.4
1.1	ford (probably dry) (sp Ringwood)	169.6
1.0	Fork L towards white thatched cottage (no sp) as road bends R	170.5
0.2	L at T (no sp)	170.7
0.3	R at mini O (sp Hightown)	171.0
0.3	1st L (no sp) into Eastfield Lane	171.3
0.6	R at Elm Tree PH (sp Burley) into Crow Lane	172.0
1.0	SO (L/R) at stg X (sp Bransgore)	172.9
1.4	L at T (sp North Ripley)	174.4
5.9	SO (L/R) at stg X (sp Highcliffe) into Ringwood Road	180.3
3.3	SO (L/R) at Stg X over A35 at Cat & Fiddle PH (sp Walkford) {fast traffic on A35}	183.6
2.2	L (1 st exit) at Milestone O (sp Lymington) onto A337	185.8
0.9	R (sp Barton-on-Sea) into Western Ave	186.7
0.8	L at T (no sp) into Marine Drive West	187.5
0.3	R at T (no sp)	187.8
1.2	L at cul-de-sac sign into Becton Lane	189.0
0.8	R at T (sp Milford-on-Sea) into Milford Rd	190.1

4.6	R (sp Keyhaven) beside Milford Green	194.7
0.1	L at stg X (sp Keyhaven)	194.8
0.6	R into New Lane (Road liable to flooding sign) & follow left along coast thro' open flood gate to reach	195.4
1.9	CONTROL at Gun Inn	197.3

- To follow short route via Ancient highway, **which is a gravelled track** follow route instructions below.
- To continue on tarmac (which is the 'official' gpx route) follow instructions at bottom of page 3 overleaf

	After Gun Inn Immediately R (no sp) into cul-de-sac	
0.6	Thro' gate onto Ancient Highway	197.9
1.8	Continue thro' gate onto lane	199.7
1.8	L at T (no sp) and immediate R (3 rd exit) at O (sp Lymington)	201.5
0.8	Get into RH lane in 1-way beside "Waitrose" and R at T (sp Christchurch)	202.3
0.1	1st L (sp "Saturday market delays") into St Thomas St	202.4
0.4	Continue into High Street and FINISH CONTROL is at the junction of High Street with New Street between Boots chemist and Costa Coffee	202.8