

<p>Stage 1 Hellingly to Buckbarn 52k</p> <p>0.0 From the 24 hr Petrol Station @ Boship 0.0 RAB take A22 \$ London</p> <p>9.0 1st exit @ RAB \$A22 London 9.0</p> <p>1.0 In HALLAND 2nd exit @ RAB \$ A22 10.0 London</p> <p>1.9 R \$ Framfield (The old A22 to UCKFIELD) 11.9</p> <p>2.0 1st exit @ RAB \$ Town Centre 13.9</p> <p>1.0 3rd exit @ RAB into Town Centre 14.9</p> <p>0.6 SO @ T/Lts 15.5</p> <p>0.2 SO @ T/Lts 15.7</p> <p>0.5 L @ 2nd set of T/Lts \$ Shortgate 7.5 16.2 Tonne (Church St)</p> <p>4.0 L @ T \$ A272 NEWICK (Goldbridge Rd) 20.2 Follow the A272 via NORTH CHAILEY & SCAYNES HILL to HAYWARDS HEATH</p> <p>12.5 2nd exit @ RAB \$ B2272 Town Centre 32.7</p> <p>0.2 2nd exit @ RAB 32.9</p> <p>0.9 2nd exit @ RAB 33.8</p> <p>0.6 Keep L at T/Lts \$ A272 Billingshurst 34.4</p>	<p>Stage 1 continued</p> <p>0.3 1st exit @ 1st MRAB & 2nd exit @ 2nd MRAB 34.7</p> <p>0.8 2nd exit @ RAB \$ A272 Billingshurst 35.5</p> <p>0.5 1st exit @ RAB \$ A272 Ansty 36.0</p> <p>1.7 1st exit @ RAB \$ B2036 ANSTY 37.7</p> <p>1.0 2nd exit @ MRAB \$ A272 Petersfield 38.7</p> <p>2.7 2nd exit @ RAB & under bridge 41.4 \$ A272 Billingshurst 41.4</p> <p>5.5 In COWFOLD 2nd exit @ 1st MRAB 46.9 & 1st exit @ 2nd MRAB \$ A272 Billingshurst</p> <p>5.0 R & L @ A24 BUCKBARN T/Lts 51.9</p> <p>0.1 L @ T/Lts into CONTROL 52.0 ATM outside. Coop and Macdonals</p>
<p>Stage 2 Buckbarn to Chichester 41k</p> <p>0.0 Retrace to A272 & L @ T/Lts West 52.0</p> <p>1.4 L @ Stagg (X) \$ Shipley 53.4</p> <p>1.6 R on L Bend \$ Coolham (Countryman Ln) 55.0</p> <p>2.4 Keep R on tight R Bend \$ Coolham 57.4</p> <p>0.2 L @ Grass Tri \$ W Chiltington (Sincox Ln) 57.6</p> <p>1.5 L @ T \$ THAKEHAM 59.1</p> <p>5.8 3rd exit @ MRAB \$ B2139 64.9</p> <p>0.2 SO @ T/Lts (still on B2139) into 65.1 STORRINGTON</p> <p>1.1 2nd exit @ MRAB \$ A283 Pulborough 66.2</p> <p>0.5 2nd exit @ MRAB \$ B2139 Bognor 66.7 (Rolling road with long drag out of HOUGHTON) Please consider other road users. Cars will certainly try to squeeze past on the hill</p> <p>9.8 2nd exit @ Whiteways RAB \$ A29 76.5 Bognor Regis</p> <p>3.9 On L bend (& Climb) R \$ SLINDON 80.4 (Baycombe Ln) Turning just after 50mph</p> <p>0.8 R @ T through village 81.2</p>	<p>Stage 2 continued</p> <p>2.4 R @ T \$ EARTHAM 83.6</p> <p>0.9 On R bend L \$ Crockerhill (By The George Inn) 84.5</p> <p>1.2 R \$ Halnaker 6'6" (Thicket Ln) 85.7</p> <p>1.6 L @ T \$ A285 HALNAKER 87.3</p> <p>3.0 R \$ WESTHAMPNETT (with Right filter lane) 90.3</p> <p>1.2 2nd exit @ MRAB \$ Chichester 91.5</p> <p>1.1 2nd exit @ RAB \$ A285 Chichester 92.6</p> <p>0.2 1st exit @ MRAB 92.8</p> <p>0.2 1st exit @ RAB into Sainsbury's 93.1 CONTROL ATM Outside to the left of main entrance. Café open Mon to Fri 07:00, Sat 07:30 and Sun 09:30 Service in the Café can be slow if busy Toilet Facility in the store</p>

<p>Stage 3 Chichester to Sutton Scotney 65k</p> <p>0.0 Leave car park & 2nd exit @ RAB \$ 93.1 Chichester. (Sign is high above bus shelter). Keep Lidl store on your left.</p> <p>0.5 2nd exit @ MRAB (Westhampnett Rd) 93.5</p> <p>0.1 2nd exit @ MRAB (Spitalfield Ln) 93.6</p> <p>0.3 1st exit @ MRAB 93.9</p> <p>0.4 2nd exit @ RAB \$ Ring Road Midhurst 94.3 (Oaklands Way)</p> <p>0.3 3rd exit @ RAB \$ B2178 FUNTINGTON 94.6 (St Pauls Rd)</p> <p>12.4 R Unsuitable for HGV's (Woodberry Ln) 107.0 This is after ALDSWORTH and <u>next</u> R after seeing large sign for Stansted Park</p> <p>3.4 Under Rly Bd & SO @ X 110.4 \$ HORNDEN & Station (Bowes Hill)</p> <p>4.3 R @ T \$ B2149 Petersfield 114.6</p> <p>0.3 2nd exit @ MRAB \$ Petersfield 115.0 (On old A3 through HORNDEN)</p> <p>1.0 1st exit @ MRAB (Downswood Way) 116.0</p>	<p>Stage 3 continued</p> <p>1.7 1st exit @ RAB (Drift Rd) 117.7</p> <p>1.0 R @ X \$ Peterfield (South Ln) 118.7</p> <p>0.7 L by The Rising Sun Inn \$ East Meon 119.3</p> <p>2.7 L \$ Droxford (after climb & start of steep downhill) 122.0</p> <p>5.2 Keep L downhill \$ Single Track Rd 127.2</p> <p>2.7 L @ stag X passing George & Falcon Pt 129.9</p> <p>0.2 R \$ Winchester (Wheely Down Rd) 130.1</p> <p>5.7 SO @ X \$ Winchester 135.9</p> <p>2.7 SO @ X \$ Winchester 138.6</p> <p>0.5 L @ T A272 Winchester 139.1</p> <p>4.1 SO & R @ T \$ A21 Alton (** CARE BUSY RD) 143.2</p> <p>0.5 2nd exit / SO @ RAB \$ Easton (Chapel Ln) 143.6 Give Way Off the RAB! Keep Neptune PH on R</p> <p>3.1 L @ T \$ MARTYR WORTHY 146.7 (Opp Cricketers Inn)</p> <p>0.9 L @ T B3047 Kings Worthy 147.6</p> <p>1.4 In ABBOTS WORTHY R @ (X) (Park Ln) 149.0</p> <p>0.3 SO @ X (over A33) (Lovedean Ln) and 149.3 into KINGS WORTHY</p>
<p>Stage 3 continued</p> <p>6.8 In STOKE CHARITY L @ T \$ SUTTON 156.0 SCOTNEY</p> <p>2.5 R @ T \$ Whitchurch 158.6</p> <p>0.2 2nd exit @ MRAB \$ Basingstoke 158.8</p> <p>0.1 CONTROL at Petrol Station 158.9</p> <p>The Services on the A34 can also be used.</p>	<p>KEY Places in CAPITALS are places you ride through.</p> <p>Place names in small print are for direction only</p> <p>L = Turn left, R = Turn right, SO = Straight on,</p> <p>\$ = Signposted, T = T Junction, J = Other junction,</p> <p>@ = At, T/Lts = Traffic Lights, RAB = Roundabout,</p> <p>MRAB = Mini roundabout, (X) = Other X.Rds,</p> <p>X = X.Rds which require you to give way or stop</p> <p>CR = Cycle Route, CP = Cycle Path</p>

<p>Stage 4 Sutton Scotney to Leigh Delamere 89k</p> <p>0.0 L from Petrol Sta \$ Bullington 158.9</p> <p>1.6 L \$ BARTON STACEY 160.5</p> <p>3.0 R @ T \$ Hurstbourne Priors 163.5 Or R (short cut) just before (Roberts Rd)</p> <p>1.7 2nd R (after descent) (Mill Ln) 165.2</p> <p>0.6 R @ T to HURSTBOURNE PRIORS 165.8</p> <p>3.2 R & L @ Staggs X \$ B3048 169.0</p> <p>HURSTBOURNE TARRANT</p> <p>9.9 R @ T on A343 & imm L \$ VERNHAM DEAN 178.9</p> <p>11.4 in OXENWOOD SO @ X \$ Great Bedwyn 190.3</p> <p>2.7 SO @ X (A338) \$ Great Bedwyn 193.0</p> <p>2.4 L @ T through GREAT BEDWYN 195.4</p> <p>5.1 L @ (X) downhill \$ Marlborough 200.5</p> <p>1.3 L @ T on A4 to MARLBOROUGH 201.8</p> <p>5.7 2nd exit @ MRAB \$ M4 207.5</p> <p>0.3 1st exit @ RAB \$ A4 Calne (New Rd) 207.8</p> <p>0.2 Sharp R just as you enter the very wide 208.0 main street</p> <p>0.5 Up hill & fork L \$ Broad Hinton (Frees Ave 208.5</p>	<p>Stage 4 continued</p> <p>11.2 SO @ Staggs X with A4361 \$ BROAD HINTON 219.7</p> <p>0.8 L \$ CLIFF PYPARD 220.5</p> <p>5.0 In BUSHTON SO @ X \$ Lyneham 225.5</p> <p>0.8 L \$ LYNEHAM 226.3</p> <p>3.5 2nd exit @ MRAB \$ Wootton Bassett 229.8</p> <p>0.8 1st exit @ MRAB \$ B4069 Chippenham 230.6</p> <p>11.5 In KINGTON LANGLEY R \$ Kington St 242.1 Michael (Lower Common)</p> <p>2.1 R @ T/Lts \$ A350 Cirencester & imm L 244.2</p> <p>0.0 \$ KINGTON ST MICHAEL 244.2</p> <p>3.9 CONTROL Over M4 & L into Leigh 248.1 Delamere Services</p>
<p>Stage 5 Leigh Delamere to Magor 65k</p> <p>0.0 L @ T out of Services 248.1</p> <p>1.7 L @ T through GRITTLETON 249.8</p> <p>4.2 R (and keep L) into LITTLETON DREW 254.0 (Turning is within sight of M4)</p> <p>1.0 R @ T through Village to 255.0 ACTON TURVILLE</p> <p>2.8 In ACTON TURVILLE L @ T 257.8</p> <p>0.1 R @ T \$ Chipping Sodbury 257.9</p> <p>4.9 R @ T \$ A46 Stroud & Imm L @ T/LTS 262.8 \$ A432 Yate</p> <p>3.7 4th exit @ RAB \$ CHIPPING SODBURY 266.5</p> <p>1.4 2nd exit @ MRAB (Bowling Hill) 267.9</p> <p>0.8 3rd exit @ RAB \$ B4059 (Goose Green Way) 268.7</p> <p>1.3 SO @ T/Lts 270.0</p> <p>0.6 1st exit @ RAB 270.6</p> <p>1.8 3rd exit @ RAB \$ B4059 Thornbury 272.4</p> <p>1.3 SO @ T/Lts 273.7</p> <p>0.6 R @ T/Lts \$ B4059 (A38 Thornbury) 274.3</p> <p>6.5 R @ T/Lts (No \$ but on A38) 280.8</p>	<p>Stage 5 continued</p> <p>1.7 L @ T/Lts \$ B4061 Thornbury 282.5</p> <p>0.3 L \$ B4461 Aust (Downs Rd) 282.8</p> <p>0.6 R @ (X) \$ B4461 Aust 283.4</p> <p>7.2 3rd exit @ RAB (under M4) \$ Severn View 290.6 Services & Imm L onto CP & cross the Severn Bridge</p> <p>After bridge stay on CP alongside A466</p> <p>6.2 2nd exit @ RAB \$ A48 Caerwent 296.8</p> <p>3.5 2nd exit @ RAB \$ A48 Newport 300.3</p> <p>6.0 L \$ Five Lanes & Imm R \$ Carrow Hill 306.3 (Just after Wentworth Inn)</p> <p>1.6 SO by 1st Grass Tri \$ 7.5 Tonne Limit 307.9</p> <p>0.6 L @ Grass Tri No \$ 308.5</p> <p>3.4 Under M4 & R @ T \$ B4245 Llanmartin 311.9</p> <p>0.6 2nd exit @ RAB \$ B4245 Langstone 312.5</p> <p>0.3 R \$ M4 312.8</p> <p>0.2 2nd exit @ RAB (over M4) into Magor 313.0 Services for CONTROL</p>

Stage 6 Magor to Leigh Delamere 63k			Stage 6 continued		
0.0	Retrace out of Seviles & SO @ RAB	313.0	1.7	2nd exit @ RAB	351.4
0.6	L \$ Magor	313.6	0.8	1st exit @ RAB \$ Ridgewood	352.2
0.3	3rd exit @ RAB \$ B4245 Magor	313.9	1.4	1st exit @ RAB \$ CHIPPING SODBURY	353.6
0.6	L \$ Penhow (St Bridges Rd)	314.5	0.9	1st exist @ MRAB up hill	354.5
3.4	R by Grass Tri \$ Carrow Hill	317.9	1.3	2nd exit @ RAB \$ M4 & Climb through	355.8
2.2	L & Imm R @ T \$ A48 Chepstow	320.1	OLD SODBURY		
6.0	1st exit @ RAB \$ A48 Chepstow	326.1	4.2	SO @ T/Lts \$ B4040 Malmesbury	360.0
3.5	3rd exit @ RAB & R onto CP besides	329.6	5.1	L in ACTION TURVILLE \$ B4040 (The St)	365.1
	A466 & cross Severn Bridge on CP		0.2	R \$ LITTLETON DREW (Littleton Drew Ln)	365.3
6.2	End of CP R to RAB & 1st exit (Not Services)	335.8	2.1	L After Phone Box & National Speed \$	367.4
	keeping L \$ B4461 Thornbury		1.0	L @ T through GRITTLETON	368.4
1.8	On L Bend R \$ OLVESTON	337.6	4.3	R \$ Kingston St Michael	372.7
	& TOCKINGTON (Aust Rd)		1.7	R before M4 bridge for CONTROL	374.4
1.8	L @ T on A38 (At top of Washingpool	339.4		Eastbound Leigh Delamere Services	
	Hill Rd - and it is a hill!)				
0.8	R @ T/Lts \$ Iron Action Latteridge	340.2			
6.4	L @ T/Lts \$ B4059 Yate	346.6			
1.3	SO @ T/Lts \$ Engine Common	347.9			
1.8	1st exit @ RAB \$ B4059 Yate	349.7			

Stage 7 Leigh Delamere to Sutton Scotney 89k			Stage 7 continued		
0.0	Retrace out of Services & R @ T over M4	374.4	5.8	2nd exit @ RAB \$ A4 CALNE	389.9
	through KINGTON ST MICHAEL		0.8	2nd exit @ MRAB \$ A4 Marlborough	390.7
3.9	R @ T/Lts \$ A350 CHIPPENHAM	378.3		SO @ T/Lts & 3 MRAB's	
1.0	1st exit @ RAB \$ Greenways Business	379.3	3.0	R \$ Bishops Cannings	393.7
	Park. (Anyone not wishing to go via the			(Beware this climb is not kind to your knees)	
	Town Centre, simply follow direction A4		5.4	SO @ X (A361) \$ BISHOPS CANNINGS	399.1
	Calne via by-pass but it is 4k longer and		1.9	L @ T \$ HORTON	401.0
	after 13th RAB your back on route!)		7.5	L @ T & imm R \$ PEWSEY	408.5
0.3	SO @ T/Lts \$ Town Centre	379.6	6.7	R @ T \$ A345 Upavon	415.2
1.6	3rd exit @ RAB \$ Town Centre (New Rd)	381.2	0.1	R @ MRAB	415.3
	L under Rly Bridge		0.1	L \$ Burbage	415.4
	SO @ MRAB		0.6	2nd exit @ MRAB	416.0
0.5	2nd exit @ MRAB cycling prohibited 09:30	381.7	6.4	3rd exit @ RAB \$ A338 Hungerford	422.4
	to 7:30 pm		6.7	R \$ OXENWOOD (After short climb)	429.1
0.3	2nd exit @ MRAB (Back on yer bikes!)	382.0	2.9	SO @ X \$ VERNHAM DEAN	432.0
0.1	2nd exit @ MRAB	382.1	11.2	in HUSTBOURBE TARRANT	443.2
0.5	2nd exit @ RAB \$ Cemetery (London Rd)	382.6		R @ T (A343) & imm L \$ B3048 MARY	
	(You are on the A4 now)			BOURNE	
1.5	1st exit @ RAB \$ Calne	384.1			

Look out, Look out POTHOLEs about. There are many damaged roads so proceed with caution

<p>Stage 7 continued</p> <p>9.9 In HUSTBOURNE PRIORS 453.1 R @ T & imm L \$ B3048 LONGPARISH</p> <p>3.4 L \$ Barton Stacey (Mill Ln) 456.5</p> <p>0.6 L & T no \$ 457.1</p> <p>2.9 In BARTON STACEY 460.0 L by Church \$ BULLINGTON OR (short cut up Roberts Rd as on outward route)</p> <p>3.0 R @ T (on old A34) to SUTTON SCOTNE 463.0</p> <p>1.6 Texaco Petrol Station on R for CONTROL 464.6 just before MRAB</p> <p>Alternative at night will be Petrol Station at Sutton Scotney A30 Services</p>	
<p>Stage 8 Sutton Scotney to Midhurst 56k</p> <p>0.0 R from Control & 1st exit @ MRAB \$ Wonston 464.6</p> <p>0.3 L \$ STOKE CHARITY 464.9</p> <p>5.6 R @ T in MICHELDEVER \$ East Stratton 470.5</p> <p>1.6 L @ T \$ A33 Basingstoke 472.1</p> <p>1.0 1st R (over M3) into EAST STRATTON 473.1</p> <p>3.9 SO @ X \$ Itchen Abbas 477.0</p> <p>1.9 1st L no \$ Down Hill 478.9</p> <p>1.4 Bear L \$ Alresford & keep R up hill 480.3</p> <p>3.3 R @ grass tri into NEW ALRESFORD 483.6</p> <p>0.7 L @ T \$ Ropely (A31) 484.3</p> <p>3.7 1st exit @ RAB \$ A31 ROPLEY 488.0</p> <p>0.8 1st R \$ E & W Tisted 488.8 (Peterfields Rd) (Not 24hr Petrol Station)</p> <p>2.1 R \$ WEST TISTED (Stapley Ln) 490.9 Keep L in WEST TISTED \$ Privett</p> <p>1.0 2nd L \$ Cannon Dell 491.9</p> <p>1.3 SO @ X (A32) \$ Froxfield 493.2</p> <p>0.9 L @ T 494.1</p> <p>2.7 R @ T \$ High Cross 496.8</p>	<p>Stage 8 continued</p> <p>0.3 1st L \$ HIGH CROSS (if sign repaired) 497.1</p> <p>1.2 L @ T \$ Steep 498.3</p> <p>1.6 R @ T \$ Petersfield 499.9</p> <p>2.9 L @ (X) \$ STEEP by Cricketers Inn 502.8 (Church Rd)</p> <p>2.6 R @ T (Opp Church) & imm L 505.4</p> <p>0.5 L @ T no \$ but it's the B2070 505.9</p> <p>0.6 R \$ A272 MIDHURST 506.5</p> <p>13.7 @ MRAB in MIDHURST CONTROL 520.2 1st exit for NatWest, Halifax and Barclays ATM and shops during day 2nd exit for Petrol Station RETURN to MRAB for next Stage</p>

<p>Stage 9 Midhurst to Pyecombe 50k</p> <p>0.0 from MRAB 2nd exit (West St) 520.2</p> <p>0.1 SO @ X & then R @ T (South Rd) 520.3</p> <p>0.2 L \$ West Lavington (Selham Rd) 520.5</p> <p>3.4 R @ grass tri \$ Selham 523.9</p> <p>0.2 1st L \$ SELHAM 524.1</p> <p>2.0 R @ T \$ Graffham 526.1</p> <p>0.8 1st L \$ Petworth 526.9</p> <p>3.9 L @ T \$ A285 Petworth 530.8</p> <p>0.2 1st R \$ COATES 531.0</p> <p>5.1 R @ T \$ Bognor Regis B2138 536.1</p> <p>0.8 1st L \$ COLDWALTHAM 536.9</p> <p>1.7 SO @ X (** Care BUSY A29 **) 538.6</p> <p>\$ GREATHAM (Brook Ln)</p> <p>4.9 R @ T \$ A283 Storrington 543.5</p> <p>2.6 2nd exit @ 1st MRAB (by Pond) 546.1</p> <p>0.1 1st exit @ 2nd MRAB into 546.2</p> <p>STORRINGTON</p>	<p>Stage 9 continued</p> <p>0.5 1st Exit @ MRAB \$ B2139 Thakeham 546.7</p> <p>1.1 SO @ T/Lts \$ B2139 Thakeham 547.8</p> <p>0.2 2nd Exit @ MRAB (Rock Rd) 548.0</p> <p>2.9 Via path on L SO the A24 BUSY DUAL 550.9</p> <p>CARRIAGEWAY to (The Hollow)</p> <p>1.0 L @ T back onto A283 551.9</p> <p>4.6 R \$ STEYNING 556.5</p> <p>1.3 Toilet facility on R at entrance to car park 557.8</p> <p>0.3 2nd exit @ MRAB leaving Steyning 558.1</p> <p>0.8 3rd exit @ RAB into BRAMBER 558.9</p> <p>1.1 2nd exit @ MRAB (BP Garage on L) 560.0</p> <p>0.3 1st exit @ MRAB \$ A2037 Henfield 560.3</p> <p>2.3 R \$ EDBURTON 562.6</p> <p>4.3 Swing R in FULKING \$ POYNINGS 566.9</p> <p>3.1 2nd exit @ RAB \$ A281 Pyecombe 570.0</p> <p>1.5 R imm before RAB on CP \$ Pyecombe 571.5</p> <p>then cross road to Petrol Station CONTROL</p>
<p>Stage 10 Pyecombe to Hellingly 35k</p> <p>Follow up slope on W side of A23. At top do NOT 571.5</p> <p>cross f-bridge. R through gate & descend concrete</p> <p>road to R @ T \$ PYECOMBE VILLAGE (** CARE</p> <p>this is a 2 way road with traffic from right to join A23)</p> <p>L over bridge & R through bollard/flower pots & up</p> <p>STEEP (low gear) hill, \$ Church Ln and into Village</p> <p>1.7 L @ T \$ A273 \$ Clayton 573.2</p> <p>1.5 R \$ CLAYTON (** CARE This is imm before L 574.7</p> <p>bend at bottom of hill. Do NOT take the R on bend)</p> <p>2.1 SO @ X \$ WESTMESTON (Underhill Ln) 576.8</p> <p>1.5 In WESTMESTON R @ T \$ B2166 Lewes 578.3</p> <p>6.4 L @ T \$ A275 London 584.7</p> <p>0.8 Over level crossing in COOKSBRIDGE 585.5</p> <p>& R \$ Hamsey (Hamsey Ln)</p> <p>1.0 L @ T \$ Barcombe 586.5</p> <p>1.4 R \$ Ringmer 587.9</p> <p>1.8 R @ T \$ Uckfield 589.7</p> <p>2.4 R @ T \$ A26 Lewes 592.1</p> <p>0.8 1st L \$ Ringmer 592.9</p>	<p>Stage 10 continued</p> <p>1.0 L (Norlington Ln) & imm L @ T, imm R 593.9</p> <p>6'6" (Bishops Ln)</p> <p>1.0 L @ T 594.9</p> <p>0.6 2nd exit @ MRAB \$ B2124 LAUGHTON 595.5</p> <p>7.8 R @ T \$ A22 Hailsham 603.3</p> <p>4.2 1st exit @ RAB \$ A267 Bexhill & L into 607.5</p> <p>Hellingly CONTROL 607.5</p>

Look out, Look out POTHOLEs about. There are many damaged roads so proceed with caution