

Section 1 Cranbrook to Honiton

18K

R from start
L @ round
SO round X3
L \$ FAIRMILE
R @ T and imm L \$ FAIRMILE
R @ T \$ FENNY BRIDGES
L \$ Weston
L @ T \$ Gittisham
1st L \$ HONITON
2nd L opposite Screwfix
R @ T
SO round \$ Town centre X2
L TL

CONTROL outside Beehive on L

Section 2 Honiton to Bampton

Continue from Control
Follow to CULLOMPTON
Cross motorway and SO round
SO round \$ town centre
SO round by Tesco's
L @ TL
R by Costa \$ Butterleigh
(A hard to spot turn)
R @ mini round (almost in Tiverton)
L @ T \$ town centre
R @ round
SO mini round
R by Greggs \$ BAMPTON
L @ T
2nd exit round \$ BAMPTON
1st exit round \$ BAMPTON
SO round \$ BAMPTON
2nd exit round \$ BAMPTON
L @ T \$ SOUTH MOLTON
CONTROL Bridge House on RHS (formally known as the cyclists rest).

Section 3. Bampton to Barnstaple

100K

Continue from CONTROL
R @ T \$ SOUTH MOLTON
SO round \$ BARNSTAPLE
L @ T to join busy main rd
L @ round \$ SOUTH MOLTON
Straight through SOUTH MOLTON
\$ BARNSTAPLE
1st exit round \$ BARNSTAPLE
L \$ FILLEIGH
L \$ Newport
SO TL
L @ T
1st exit mini round
L @ T
SO TL

L @ round \$ station

R to Station

CONTROL – receipt from any shop or café here.

Section 4. Barnstaple to Great Torrington

Join cycle path on RHS of station \$ Tarka trail
Under bridge and R @ T \$ Sticklepath
Continue onto cycle path
L @ mini round (Old Torrington road)
SO @ round
Continue into no through road
At end join path up to dual carriageway.
Cross over and turn R on cycle path.
This takes you L at round
SO at next round
Follow to Great Torrington
R @ round \$ OKEHAMPTON
L \$ OKEHAMPTON A386
CONTROL -collect receipt from McColls or petrol station.

Section 5. Great Torrington to Okehampton

Continue on A386 to OKEHAMPTON
SO round (in Hatherleigh)
L \$ OKEHAMPTON (in Folly Gate)
SO mini round
L @ TL

CONTROL Collect receipt from anywhere in town.

If you are early enough there is a café in waitrose, or there is a Weatherspoons opposite the traffic lights, or various cashpoints or a costcutter or a petrol station on the way up the hill.

Section 6. Okehampton to Cranbrook

Continue up hill towards STICKLEPATH
In Whiddon down
SO round \$ EXETER
L \$ EXETER, CROCKERNWELL
L \$ CROCKERNWELL
Continue across A30 and 1st exit round to TEDBURN ST MARY
2nd Exit mini round \$ EXETER
L @ round \$ PATHFINDER VILLAGE
L @ T \$ EXETER
SO TL city centre
SO TL
@ Exe bridge roundabout get into LH lane for City centre
Stay in this lane across river and up hill
SO TL at top of hill \$ inner bypass
SO TL
3rd exit round \$ Pinhoe (Vue cinema)
SO TL (Kwik fit)
3rd exit round \$ Pinhoe
SO all TL until round, where
SO round
L onto cycle path \$ CRANBROOK
SOX and cross Redhayes bridge
Continue on cycle path across all roads until T
L @T \$ Clyst Honiton
SO all TL
SO @ round X2
L @round
To **FINISH at Cranberry farm pub** on R

R = right

L = left

Round = roundabout

SO = straight over

TL = traffic lights

Imm = immediately

\$ = signposted