

Stage 1 – To the western Forest fringes and across the Avon Valley		
km	R from Control along New Street	km
0.3	L at T (sp New Milton)	0.3
0.4	R at TLs (sp Lyndhurst)	0.8
0.5	SO at mini O	1.2
0.4	L into Sway Rd (sp Hordle)	1.7
0.9	Fork R into Mount Pleasant (sp Passford House Hotel)	2.5
2.0	R at T into Pitmore Lane (no sp)	4.5
0.6	CG	5.1
1.1	R at T onto B3055 (sp Brockenhurst)	6.2
0.9	1 st L (sp Burley)	7.1
3.2	L (sp Burley) and immediate L at T (no sp)	10.3
1.2	CG	11.4
2.1	CG {Burley}	13.5
3.3	L into Pound Lane at bottom of hill into Burley (sp Bransgore)	16.7
4.0	CG {Bransgore}	20.7
4.7	Sharp R at T into Harpway Lane (sp Ripley) {just before Burton & Winkton sign}	25.4
1.0	SO at X (sp Ripley) and INFO CONTROL at road junction {Ripley}	26.4
3.6	L at T (sp Ringwood)	30.0
4.1	R at T (sp Bransgore)	34.1
0.7	1 st L into Crow Lane (no sp) {Crow}	34.8
1.0	L at T opposite Elm Tree PH into Hightown Rd (no sp)	35.8
0.7	R at T onto slip road (2 way traffic) (sp Southampton)	36.3

0.2	L (1 st exit) at mini-O over A31T (sp Poulner)	36.7
0.5	R (2 nd exit) at mini-O beside White Hart Inn (sp South Gorley) {Poulner, Rockford}	37.2
1.2	Follow road L after ford (probably dry)	38.4
1.1	CG {South Gorley}	39.5
0.6	Cross ford at Moyles Court (sp Mockbeggar)	40.1
2.2	After Hockeys farm shop sign on R, Fork R at green (small sp sign Furze Hill)	42.3
2.2	Follow road sharp L (sp Hyde)	44.5
1.4	R at X beside school (sp Stuckton) {Frogham}	45.9
0.6	R at X (sp Abbots Well) slow down and look for	46.5
0.5	R into CHECKPOINT in car park entrance	47.0
1.4	Thro' ford and over CG	48.4
0.6	L at T (sp Fordingbridge)	49.0
1.9	L (1 st exit) at mini-O onto B3078 (sp Alderholt)	50.9
1.3	SO (2 nd exit) at mini-O (sp Sandleheath)	52.2
1.6	L in Sandleheath (sp Alderholt)	53.8
0.9	R immediate after Alderholt Mill (sp Lower Daggons)	54.7
2.0	L at T (sp Cranborne)	56.7
1.3	R at T (sp Crendell)	58.0
1.2	1 st L (sp Cranborne)	59.2
1.6	L at T (sp Cranborne)	60.8
	R into CONTROL –	
1.3	Cranborne Manor Garden Centre Tea Room Pick up label from jar on tea shop counter	62.1

Stages 2 & 3 – New Forest Diagonal from the North-west frontier to the south-east corner		
L from Control		62.1
5.5 Fork L (sp Rockbourne)		67.6
0.6 R at T (sp Rockbourne)	{Damerham}	68.2
0.2 1 st L (sp Rockbourne)		68.4
1.9 R at T (sp Breamore)		70.3
0.8 1 st L (sp Whitsbury)		71.1
1.3 SO at X (sp Breamore)		72.4
1.9 L at 1 st X (sp Breamore)		74.3
1.1 R (sp Breamore) [L is to church]		75.4
0.5 L at T (actually SO) facing Breamore Common (no sp)		75.9
0.4 R at T onto A338 (sp Ringwood)		76.3
0.3 1 st L (sp Woodgreen)		76.6
1.1 CG	{Woodgreen}	77.6
0.3 R immed after Horse and Groom PH (sp Hale Purlieu)		77.9
4.4 R at T and over CG (sp Woodfalls)		82.3
0.3 R at green and immediate SO at X across B3080 (sp Lover) {sp is on the green}		82.6
1.6 R at T (sp Landford)		84.2
0.6 R at T (sp Lyndhurst)		84.8
3.4 INFO CONTROL opposite Cuckoo Inn then		88.2
Immediate R into Lyburn Rd (no sp)	{Nomansland}	
3.7 Over CG and R at T to pass Lamb Inn on R (no sp)		91.9
2.2 SO at X across B3078 (sp Fritham)		94.1
0.9 R at T (sp Fritham)		95.0
1.7 R (sp Linwood)		96.7
4.1 L at T (sp missing) and continue under A31T		100.8
3.1 1 st R (sp Bolderwood Arboretum / Ornamental Drive)		103.9
2 CGs in next 3km while descending Ornamental Drive		
4.3 SO at X across A35 + 2 CGs {fast traffic on A35}		108.1
2.8 CG	{Brockenhurst}	110.9
4.1 L through Watersplash (sp Village centre via ford)		115.0
0.4 CG		115.3
0.2 CONTROL in Island Bike Shop on L Pick up label from jar on shop counter		115.5
R at T onto A337 over level crossing and immediate L into Mill Lane (sp Beaulieu)		115.5
1.5 CG and R at T onto B3055 (sp Beaulieu) {Sustrans 2}		117.0
8.7 R before Beaulieu mill pond onto B3054 (sp Southampton)		124.8
2.1 R at Hilltop (sp Exbury) and immediate continue SO (sp Holbury)		128.0
2.3 CG		130.4
1.9 R at X [TLs] (sp Blackfield)		132.4
4.8 L into CONTROL - Lepe beach café Pick up label from jar on café counter		137.3

Stage 4 – Back to Lymington Community Centre		
	L from Control (sp missing)	137.3
1.3	1st L (sp Inchmery Lane) <i>{Exbury}</i>	138.6
3.2	L at T [actually SO] (sp Beaulieu)	141.8
2.9	CG	144.7
1.3	L at T and immediate L at T onto B3054 (sp <i>Beaulieu</i>)	146.0
2.1	L at T still on B3045 (sp Lymington)	148.1
0.5	1st L (sp Bucklers Hard)	148.6
0.8	1st R (sp East Boldre)	
4.2	R at T (sp <i>East End</i>) and INFO CONTROL	153.6
2.0	L at T (actually SO) (sp Lymington)	155.6
1.6	CG {positively the last cattlegrid ☺}	157.2
4.0	L at T (sp <i>Lymington</i>)	161.2
0.4	L at mini-O (sp Town centre)	161.6
0.3	Follow road around to R into High Street & climb hill	161.9
0.4	R into New Street at Costa Coffee (where you started)	162.3
0.1	1st R into Cannon Street and immediately turn L into FINISH CONTROL Community Centre	162.4