

Stage 1 – Warm UP to the Needles		
km	Depart on 7:15am ferry from Lymington arriving at Yarmouth 7:55am (join with loW riders starting here) Leave ferry and 2nd exit at O (sp TOTLAND) A3054	km
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 CHECKPOINT 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 Bay 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) & INFO 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 Meryll Lane	37.6
0.6	Keep R at fork (no sp) {Adult and Child sign}	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) into Watery Lane	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 view café	56.3
	Take label from jar on counter and stick to Brevet card	

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 loW 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 – less hilly?	
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 Ryde / 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) into Green Lane 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 (WoB sp) 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 (sp St Mildred's Church) into Beatrice Ave 77.5
1.0	R at T (Newport) and immediate L (WoB sp) 78.5
1.0	L at X (WoB sp) into Victoria Grove 79.5
0.5	L <u>before</u> Methodist church into Yarborough Rd (WoB sp) 80.0
0.2	R at T (no sp) 80.3
0.4	L at T (WoB sp) to chain ferry and 80.7
0.2	INFO CONTROL before boarding chain ferry 80.8
	Cross to West Cowes on chain ferry

0.1	1st L (no sp) (NCN sign on post) into Bridge Rd 81.0
0.3	SO at mini O (2 nd exit) and 81.3
0.1	L at T (no sp) 81.3
1.2	R (4th exit) at O into Three Gates Road 82.5
0.6	L at T onto B3325 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

Food in Yarmouth if required:

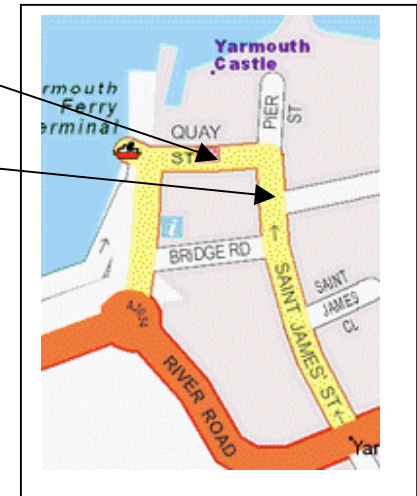
A - Holdings shop in Quay St sells takeaway sandwiches

B - Various cafés and pubs in The Square

C - Sandwiches on the Ferry

If you are checking on time during the next stage, remember that the ferry leaves Yarmouth at:

11:20 Never early
 12:20 but may be
 13:20 late
 14:20
 15:20



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	1st 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	1st L (no sp) and over CG	107.5
0.9	2nd 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} 2 CGs in next 3km while ascending Ornamental Drive	117.5
4.2	L at T (sp Fritham)	121.7
9.5	R sp Mockbeggar) and thro' ford	131.2
1.0	2nd L into Mockbeggar Lane (sp Ibsley) and over CG	132.2
1.2	R at T onto A338 (sp Salisbury)	133.4
0.4	1st L (sp Harbridge) into Kent Lane over Ibsley bridge	133.8
0.8	1st R on LH bend (sp Cranborne) was pointing wrong way	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 and continue for 4km	143.8

4.0	L (sp Cranborne) and INFO CONTROL at signpost at this stg X junction	147.8
6.4	R at T (sp Wimborne Minster) in Cranborne	154.2
0.1	1st L (sp Alderholt) into Castle Street	154.3
6.1	R (sp Ibsley) into Ringwood Road And immediately L into CONTROL – Alderholt Co-op Shop Take label from jar on counter and stick to Brevet card	160.4

Turn over page to continue on Stage 5

<i>Route instructions to stay on tarmac roads from 197km at Gun Inn to Finish Control</i>		
0.2	After Gun Inn do not turn 1st R into cul-de sac, but 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	1st L (sp Everton Village)	200.5
0.3	R (no sp) into Wainsford Rd	200.8
2.7	R at T (no sp) and immed L into Priestlands Rd (no sp)	203.5
0.4	Follow road L into Highfield Rd	203.9
0.2	1st R into Highfield Ave (no sp)	204.1
0.2	L at T and immed R into Middle Rd (no sp) Follow road L and follow road R	204.3
0.6	SO at X (TLs) (sp Beaulieu)	204.9
0.4	R (sp Town Centre) into New Street L into Cannon Street (sp thro traffic) and immed L into	205.3
0.3	FINISH CONTROL – Lymington Community Centre Robert Hole Room	205.6

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	3 rd L (sp Ibsley)	163.5
1.9	R at T (sp Ringwood A338)	165.4
0.3	1 st 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	1 st 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 to flood gate & INFO CONTROL at floodgate	195.4
1.9	Continue and follow road left to Gun Inn on L then	197.3

- To follow short route via Ancient highway, which is a gravelled track follow route instructions below.
- To continue on tarmac follow instructions at bottom of page3 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	1 st L (sp "Saturday market delays") into St Thomas St	202.4
0.6	L between Boots chemist and Costa Coffee (New St) 1 st R into Cannon Street and immed L into	203.0
0.2	FINISH CONTROL – Lymington Community Centre Robert Hole Room	203.2