

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)	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 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 Merry 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 Cross to West Cowes on chain ferry	80.8
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 B3255	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:

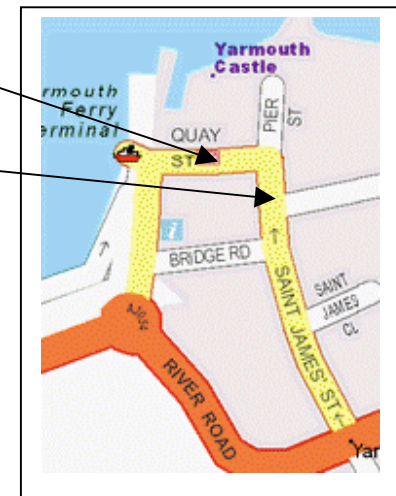
A - Holdings shop in Quay St sells takeaway sandwiches

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 last 60km across the Forest is a much easier run to the finish.

Stage 4 – Circuit through 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 (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} 2 CGs in next 3km while ascending Ornamental Drive	117.5
4.2 L at T (sp Fritham)	121.7
9.5 L at T (sp Rockford)	131.2
0.5 CG	131.7
1.1 ford (probably dry) (sp Ringwood) L into Butlers Lane and CONTROL – Tesco Express	132.8
0.7 Take label from jar on Post Office counter within Tesco supermarket and stick to Brevet card L from Control to continue along Gorley Road	133.6
0.4 Fork L towards white thatched cottage (no sp) as road bends R	133.9
0.2 L at T (no sp)	134.1

0.4 R at mini O (sp Hightown)	134.5
0.2 1 st L (no sp) into Eastfield Lane	134.7
0.7 R at Elm Tree PH (sp Burley) into Crow Lane	135.4
1.0 L at stg X (sp Crow Hill)	136.4
2.0 CG	138.4
1.9 R at T (no sp) 30mph sign and continue through Burley	140.2
5.3 CG	145.6
2.1 CG	147.6
1.0 R (sp Sway) and R at T (no sp)	148.6
3.4 R at T (sp Sway)	152.0
0.9 1 st L (sp Pennington) into Pitmore Lane	152.9
1.1 CG (last one)	153.9
1.8 SO at X (sp Pennington)	155.7
2.2 L immed before Tesco Express and beside fish and chips shop into Priestlands Rd (no sp)	158.0
0.4 Follow road L into Highfield Rd	158.4
0.1 1 st R into Highfield Ave (no sp)	158.5
0.2 L at T and immed R into Middle Rd (no sp) Follow road L and follow road R	158.8
0.5 SO at X (TLs) (sp Beaulieu)	159.3
0.5 R (sp Town Centre) into New Street L into Cannon Street (sp thro traffic) and immed L into	159.7
0.3 FINISH CONTROL – Lymington Community Centre Robert Hole Room	160.0

Chale INFO

Name of road you turn L into = Appleford Road (2007)
Street name beside give way sign at T junction = Town Lane (2008)
Name of street on sign opposite = Chale Green
Name of cottage opposite = Hawthorn Cottage
Name of turf firm opposite = Hawthorn Turf Company

Cowes INFO

Fare on ferry for motorbike = 90 pence (2007)
Fare on ferry for car = £1:50
Fare on ferry for large van = £2:10
Fare on ferry for vehicle over 2540kg = £5:10

Tidpit INFO on signpost on R at junction

Distance to Cranborne = 3.5 miles (2007)
Distance to Damerham = 2.5 miles (2008)
Distance to Martin = 0.5 miles
Distance to Salisbury = 9.25 miles
Distance to Toyd Down = 0.5 miles

Keyhaven Pub INFO

What is on wall below pub sign = lifebelt
How many picnic benches outside pub = 3 (2008)
How many tubs of flowers in front of pub = 9
Name of pub = Gun Inn
What is on top of porch to pub = Canon (2007)