

New Forest Excursion 200km

8:00 a.m.
Sunday
10th May 2015



Thank you for entering this New Forest event.
PLEASE NOTE THE FOLLOWING INFORMATION

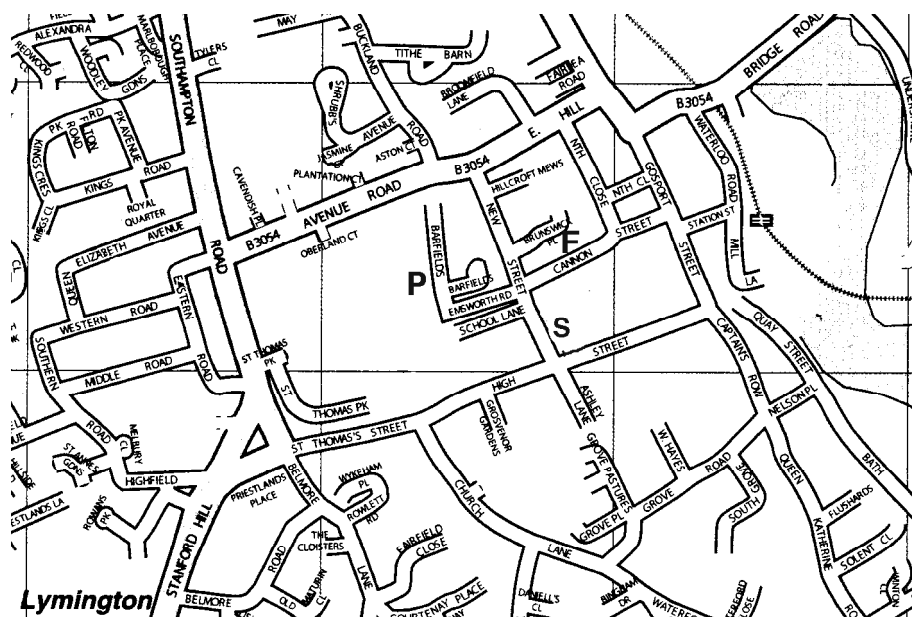
- ◆ **Car parking** is available close to the start and finish - at the Town Hall (Avenue Rd) and at Barfields long stay car park via Emsworth Rd (**P** on map). Parking permit for the day is enclosed. (**DO NOT park in the Emsworth Road short stay car park**)
- ◆ **START** is from New Street behind Costa Coffee in High Street [GR: SZ324956] (**S** on map)
- ◆ There are **Public toilets** in New Street, opposite the start
- ◆ **FINISH** is in the Lymington Community Centre in Cannon Street, (**F** on map)
- ◆ Luggage may be left at your own risk and it will be transferred to the finish

Eating opportunities – You will pass various pubs and teashops on route.

- ◆ The Cranborne and Lepe Beach Controls are both cycle-friendly cafés. If you require a café before Lepe, you will pass several cafés in Brockenhurst after crossing the watersplash. The Control at Minstead is in the village shop and tearoom. If the owners are not able to stay open late Control labels will be left in a jar on a table by the entrance door. Lyndhurst High Street with all-day eating opportunities is on route and is only 5km further on. (Fox and Hounds on R immediately on reaching High Street, or Mailman's Arms on L at end of High Street, both do tea, coffee and a variety of food options)
- ◆ Hot and cold refreshments will be available at the finish.

Your attention is drawn to the following:

- Many of the New Forest roads are unfenced and you will encounter ponies, donkeys, cattle and possibly deer or pigs. All animals should be treated as being unpredictable in their behaviour.
- There are quite a few cattle-grids. These can be slippery in wet weather.
- Several fords are crossed. There will probably be water in the Watersplash at Brockenhurst and the ford at Moyles Court.
- Horse riding and carriage driving (Pony and Trap) is an everyday part of New Forest life. Please **slow down and make your presence known** when passing or overtaking (calling out is a good way of attracting attention, because horses are used to the human voice). Ponies and traps are easily spooked with potentially serious consequences for either the horse or the passing cyclist.



All of the enclosed documents + route maps and gpx files are available on:
<http://www.cyclingnewforest.org/200km-information.html>