

Type	Note	Dist	Next
📍	Start of route	0.0	0.0
✍️	DEPART: FRAP   22:00   51km to next CHECKPOINT	0.0	0.0
➡️	RIGHT exiting FRAP	0.0	0.1
➡️	RIGHT @ T onto Bannerman Rd	0.1	0.1
⬅️	LEFT @ T onto B4465. PH on left	0.2	0.3
⬅️	LEFT @ T \$ Chipping Sodbury along B4465	0.6	0.6
➡️	RIGHT @ TL into Chalks Rd	1.1	0.4
⬅️	LEFT @ TL \$ HANHAM onto A420	1.5	0.5
⬆️	SO (RH lane) @ TL \$ HANHAM & BATH A431 - follow to	2.0	2.2
i	HANHAM	4.2	10.8
i	BATH	15.0	1.4
➡️	RIGHT (2ex) @ mRBT \$ CITY CENTRE A431	16.5	0.3
⬆️	SO @ TL onto A4	16.8	0.3

16.8 kilometers. +197/-178 meters

Type	Note	Dist	Next
⬆️	SO @ TL \$ local traffic along A4	17.1	1.3
⬅️	LEFT @ TL into Gay St A4	18.4	0.4
⬆️	SO @ TL \$ all thru routes along A4	18.8	0.5
⬆️	SO (2ex) @ mRBT along A4	19.3	0.2
⬆️	SO @ TL \$ Chippenham along A4. Follow thru TLs to RBT	19.5	1.6
⬆️	SO (2ex) @ RBT \$ BATHEASTON	21.1	1.7
⬆️	SO (3ex) @ mRBT	22.8	0.6
⬆️	SO (2ex) @ RBT \$ BATHFORD A363 !!Crossing A4!!	23.4	0.2
⬅️	Fork LEFT \$ Village shop. PH opp	23.6	5.5
⬆️	SO (3ex) @ TL \$ MELKSHAM A365 - follow to A350	29.1	7.5
➡️	RIGHT @ TL \$ Warminster & DEVIZES onto A350	36.6	0.2
⬆️	SO @ TL then...	36.7	0.2

19.9 kilometers. +228/-211 meters

Type	Note	Dist	Next
⬆️	Imm SO (2ex) @ RBT \$ Warminster & DEVIZES along A350	36.9	1.4
⬆️	SO (2ex) @ RBT \$ Calne & DEVIZES along A350	38.3	0.3
⬅️	LEFT (1ex) @ RBT \$ DEVIZES A365 - follow to - becomes A361	38.6	10.6
⬆️	SO (1ex) @ mRBT \$ Thru traffic. Follow (A361) at next (m)RBTs	49.2	0.9
⬅️	LEFT (1ex) @ mRBT \$ Swindon A361	50.0	0.1
⬆️	SO (2ex) @ mRBT	50.1	0.2
➡️	RIGHT (3ex) @ mRBT \$ Jump Farm into Brickley Ln. CH on right. Then....	50.3	0.0
➡️	Imm RIGHT into Church Walk. Keeping CH on right	50.4	0.1
⬅️	LEFT @ T onto Nursted Rd A342	50.4	0.4
✍️	CHECKPOINT: DEVIZES - Moonrakers PH   23:42-01:24. 41km to next CHECKPOINT	50.8	1.0

14.1 kilometers. +116/-20 meters

Type	Note	Dist	Next
⬆️	SO (2ex) @ 2x RBT \$ Upavon along A342	51.8	12.3
➡️	RIGHT @ X \$ AMESBURY & SALISBURY along A342	64.1	1.7
➡️	RIGHT @ T \$ AMESBURY & SALISBURY - follow to along A345	65.8	13.2
⬆️	SO (2ex) @ Countess RBT \$ SALISBURY A345 - follow to !!Xing A303!!	79.0	12.1
⬆️	SO (2ex) @ RBT to city centre !!Crossing A36!!	91.1	0.4
➡️	RIGHT (2ex) @ mRBT \$ Millstream Coach P	91.4	0.1
⬅️	1st LEFT after bridge. PH on left then...	91.6	0.0
➡️	RIGHT	91.6	0.0
✍️	CHECKPOINT: SALISBURY - Elai   01:02-04:04   41km to next INFO. 63km to next CONTROL	91.6	0.1
➡️	RIGHT (2ex) @ mRBT	91.7	0.3
⬆️	SO @ TL then in 100m follow 1 way	92.0	0.4

41.2 kilometers. +279/-353 meters

Type	Note	Dist	Next
↑	SO @ TL	92.4	0.2
↑	SO @ TL	92.6	0.2
←	LEFT @ TL into Exeter St. End of 1 way	92.8	0.5
↑	SO (2ex) @ RBT \$ Bournemouth onto A338	93.3	0.4
←	LEFT (1ex LH lane) @ 2x TL \$ DOWNTON along A338 - follow to RINGWOOD	93.7	7.6
i	DOWNTON	101.2	17.6
↑	SO (2ex) @ RBT \$ RINGWOOD B3347 - follow at (m)RBTs \$ Sopley or Christchurch	118.9	2.0
←	LEFT imm after garage \$ Ringwood Town Football Ground into Moortown Ln	120.8	0.2
→	1st RIGHT \$ Ringwood Town Football Ground	121.0	7.7
↑	LEFT then RIGHT @ stg X \$ Highclere & Lymington. PH on right	128.7	3.4
→	RIGHT @ T \$ Christchurch onto A35 then...	132.1	0.2

40.1 kilometers. +166/-179 meters

Type	Note	Dist	Next
✏	Imm INFO: HINTON ADMIRAL - see brevet card. 22km to next CONTROL	132.3	2.3
↑	SO (1ex) @ RBT \$ SOMERFORD	134.6	0.2
↑	SO (2ex) @ RBT \$ SOMERFORD onto B3059	134.8	1.6
↑	SO (2ex) @ RBT \$ PUREWELL	136.3	0.6
↑	SO @ TL \$ NO 7.5t into Bridge St	136.9	0.6
←	LEFT (1ex) @ mRBT \$ Priory CH then follow 1 way	137.5	0.4
→	RIGHT @ T	137.9	0.1
↑	SO end of 1 way	138.0	0.2
←	LEFT @ T onto Sopers Ln	138.2	0.5
←	LEFT (1ex) @ RBT \$ SOUTHBOURNE onto B3059	138.7	0.3
↑	SO (2ex) @ RBT along B3059	139.0	1.1
←	LEFT \$ recycling centre imm after CO-OP	140.0	0.1

7.9 kilometers. +42/-43 meters

Type	Note	Dist	Next
→	RIGHT (2ex) @ RBT \$ BOSCOMBE PIER & BEACHES	140.1	2.9
←	LEFT @ T \$ TOWN CENTRE	143.0	0.4
←	LEFT @ T \$ TOWN CENTRE	143.5	0.1
↑	SO (2ex) @ RBT into Car Park; follow promenade to Sandbanks	143.6	0.1
!	!!Sand in places!! Pay attention for other users - advised max speed of 10mph	143.7	2.2
←	Keep LEFT passing Bournemouth Pier staying on promenade	145.8	4.9
→	RIGHT @ T onto Shore Rd B3369	150.8	2.6
←	LEFT into Turks Ln (dead end). LILLIPUT SEA SCOUTS \$ at junction	153.4	0.2
↑	SO staying LEFT along track to LILLIPUT SEA SCOUTS	153.6	0.3
→	RIGHT	153.9	0.0

13.9 kilometers. +87/-107 meters

Type	Note	Dist	Next
✏	CONTROL: LILLIPUT - Sea Scouts   03:08-08:16   43km to unofficial stop (open 07:30). 73km to next CONTROL	153.9	0.1
←	LEFT	154.0	0.3
←	LEFT onto !!Shared Path - LARGE STONE - Bollards!! Pay attention to other users - new segregated path.	154.3	2.1
←	!!Bollard!! LEFT @ T rejoining road	156.4	0.1
←	LEFT (1ex) @ RBT \$ town centre into The Quay	156.5	0.3
↑	SO (1ex) @ mRBT using cycle contraflow along The Quay	156.8	0.5
←	LEFT @ T onto Poole Bridge A350 - if raised consider Twin Sails Bridge and follow signs to Hamworthy	157.3	0.2
→	RIGHT (4ex) @ mRBT \$ HAMWORTHY	157.6	0.4
↑	SO @ all TLs along B3068 until 2x mRBT	158.0	3.4

4.2 kilometers. +16/-16 meters

Type	Note	Dist	Next
←	LEFT (1ex) @ 2x mRBT \$ LYTCHETT MATRAVERS onto B3067	161.5	1.5
→	RIGHT \$ LYTCHETT MATRAVERS	162.9	0.2
←	LEFT \$ LYTCHETT MATRAVERS	163.1	4.0
!	Road and left bend ahead can be slippery with leaf litter.	167.1	3.2
↑	RIGHT (SO) \$ Blandford onto B3075	170.3	0.5
←	Fork LEFT @ grn on RH bend	170.7	0.6
←	LEFT @ T onto !!A31!!	171.3	2.0
→	RIGHT @ 'Red Post' [x] \$ ANDERSON & W'BOURNE KINGSTON	173.3	2.5
→	RIGHT @ X \$ Blandford	175.8	0.2
←	LEFT \$ W'BOURNE WHITECHURCH. VH opp	176.0	4.3
↑	SO @ X \$ MILTON ABBAS !!crossing A354!! PH on left	180.3	3.7
←	LEFT @ grn \$ MILTON ABBEY & HILTON	184.0	0.9

25.9 kilometers. +280/-123 meters

Type	Note	Dist	Next
→	Fork RIGHT on LH bend \$ MILTON ABBEY & HILTON	184.9	4.1
→	RIGHT @ T \$ ANSTY & HAZELBURY BRYAN	189.0	5.9
←	LEFT @ T \$ SHERBORNE	194.9	1.0
←	LEFT \$ KINGS STAG & SHERBORNE. PH opp	195.9	2.9
↑	LEFT then RIGHT @ stg X \$ HOLWELL. Xing B3143	198.8	3.8
!	!!POSSIBLE ICE!!	202.6	2.6
↑	LEFT (SO) @ T \$ ALWESTON & SHERBORNE onto A3030	205.2	3.7
→	RIGHT @ T \$ SHERBORNE onto A352	208.8	2.3
↑	SO @ X into Acreman St	211.1	0.5
→	Fork RIGHT - TL ahead \$. Antiques on left	211.7	0.0
↑	SO (2ex) @ TL \$ Marston Magna B3148. Xing A30	211.7	0.1
→	Fork 1st RIGHT into Coombe. Theatre opp	211.9	8.4

27.9 kilometers. +303/-351 meters

Type	Note	Dist	Next
↑	LEFT (SO) @ T \$ W. Camel onto A359. CH on left	220.2	0.3
↑	RIGHT (SO) on LH bend into Little Marston Rd	220.5	0.9
→	RIGHT @ T \$ W Camel then....	221.4	0.2
←	1st LEFT	221.7	1.8
←	LEFT @ T	223.5	1.4
↑	SO @ grn X \$ PODIMORE crossing B3151	224.9	0.9
←	LEFT @ T !!A303 exit slip!!	225.8	1.6
→	RIGHT into services	227.4	0.0
✂	CONTROL: PODIMORE SERVICES [FREE] - receipt   05:34-13:08   53km to next CONTROL	227.4	0.0
→	RIGHT @ T exiting services	227.4	0.3
↑	SO (2ex) @ RBT \$ Bridgwater A372 !!Xing A303!!	227.7	0.6
→	RIGHT \$ CHARLTON MACKRELL	228.3	3.1


16.5 kilometers. +19/-34 meters

Type	Note	Dist	Next
↑	SO (1ex) @ mRBT \$ CHARLTON MACKRELL	231.4	2.4
↑	RIGHT then LEFT @ stg X \$ GLASTONBURY xing B3153	233.7	1.5
→	3rd RIGHT \$ BUTLEIGH	235.2	4.7
→	RIGHT \$ GLASTONBURY	239.9	3.0
→	Fork RIGHT (SO) on LH bend into Butleigh Old Rd	242.9	0.2
→	RIGHT @ T onto A361	243.1	0.2
←	LEFT (1ex) @ mRBT \$ Town centre (walking)	243.4	0.8
←	LEFT into Manor House Rd. TB & BP on left	244.2	0.5
→	RIGHT @ T	244.7	0.1
↑	SO (2ex) @ RBT \$ WEDMORE !!Xing A39!!	244.8	13.4
→	RIGHT @ T \$ Wells	258.2	6.5
←	LEFT \$ Playing field imm before humped bridge into Sharpham Rd (dead end) then....	264.6	0.0

36.3 kilometers. +245/-254 meters

Type	Note	Dist	Next
→	Imm RIGHT into parking area and follow LEFT onto Strawberry Line shared path - unmetalled !!Pedestrians - dogs!!	264.6	1.6
←	LEFT after gate at end of path \$ TOWN CENTRE	266.2	0.0
←	LEFT (SO) rejoining road	266.3	0.9
↑	SO across town square	267.2	0.5
←	LEFT @ T then...	267.7	0.0
→	2nd RIGHT after island \$ WsM & Bristol	267.8	0.3
←	LEFT imm before T \$ WINSCOMBE onto Strawberry Line shared path !!Pedestrians - dogs!!	268.1	0.5
↑	SO along Strawberry Line shared path using traffic island !!Xing A38!!	268.6	0.1
<i>i</i>	STAY ON STRAWBERRY LINE THRU WINSCOMBE TO SANDFORD !!Pedestrians - dogs!!	268.7	1.6
<i>i</i>	WINSCOMBE	270.2	2.7

5.6 kilometers. +50/-19 meters

Type	Note	Dist	Next
<i>i</i>	SANDFORD	272.9	0.1
→	RIGHT @ T onto A368	273.0	0.7
←	LEFT @ [x] \$ Puxton NCN26. CH on left	273.7	1.1
→	RIGHT following NCN26 (Strawberry Line) !!Pedestrians - dogs!!	274.8	3.8
←	LEFT @ T onto A370. If busy use pedestrian xing and NCN on right	278.6	0.2
→	1st RIGHT. Follow NCN26 (Strawberry Line) to YATTON !!Pedestrians - dogs!!	278.8	2.6
	CONTROL: YATTON - Strawberry Line Cafe   Door on platform   07:22-16:44   30km to ARRIVEE.	281.4	0.1
←	LEFT @ T \$ NCN26 onto B3133	281.5	0.1
→	1st RIGHT \$ NCN26 into Kenn Moor Rd	281.6	3.6
→	RIGHT @ grn T \$ NAILSEA NCN410	285.3	4.0

15.1 kilometers. +31/-46 meters

Type	Note	Dist	Next
→	RIGHT @ stg [x] into Youngwood Ln	289.3	2.0
→	RIGHT @ T	291.2	0.6
→	RIGHT @ T	291.8	0.1
→	RIGHT @ T \$ BACKWELL Stn	291.9	1.2
←	LEFT @ [x] into Backwell Common	293.1	1.7
→	RIGHT @ T \$ FLAX BOURTON NCN33	294.8	0.5
←	LEFT \$ FLAX BOURTON & LONG ASHTON NCN33 !!Shared path - bollards - large rocks!!	295.3	1.6
↑	SO @ X along NCN33	296.9	0.6
→	1st RIGHT after rejoining road \$ LONG ASHTON NCN33	297.5	0.2
→	RIGHT @ X \$ NCN33	297.7	0.6
↑	RIGHT then LEFT (2ex) @ dbl mRBT \$ LONG ASHTON xing B3130	298.3	3.6
<i>i</i>	#drainspotting - a special triangle	301.9	0.2

16.6 kilometers. +110/-95 meters

Type	Note	Dist	Next
→	RIGHT @ T into Ashton Rd B3128	302.1	0.4
←	Fork LEFT \$ BRISTOL (A370)	302.5	0.1
←	LEFT \$ Festival Way NCN33 into Ashton Court	302.7	0.0
→	1st RIGHT following NCN33	302.7	0.7
→	RIGHT @ T rejoining road	303.3	0.3
↑	RIGHT (SO) @ T onto A369	303.7	0.1
←	1st LEFT by allotments before RBT !!Easily missed!!	303.8	0.2
←	LEFT \$ City centre	303.9	0.4
→	RIGHT under flyover - follow to busway	304.3	0.1
←	Cross busway then LEFT onto SP !!Pedestrians!!	304.4	0.1
→	RIGHT imm after bridge onto Chocolate Path !!Pedestrians - narrows in places!!	304.6	1.1
←	Fork LEFT keeping railway on left	305.7	0.5

3.7 kilometers. +12/-30 meters

Type	Note	Dist	Next
↑	RIGHT (SO) @ T rejoining road	306.1	0.2
←	LEFT imm before T onto CP becomes SP !!Bollards - Pedestrians!!	306.3	0.3
→	RIGHT @ Xing onto SP !!Pedestrians!!	306.6	0.3
↑	SO along SP/CP. Xing Welsh Back	306.9	0.1
←	SO @ Zebra Xing along SP !!Pedestrians!!	307.1	0.2
←	LEFT @ X rejoining road	307.2	0.2
→	1st RIGHT into Mitchell Ln	307.4	0.1
→	RIGHT @ T onto Victoria St	307.5	0.2
↑	SO @ TL into The Friary !!Xing A4044!!	307.7	0.2
↑	SO (2ex) @ RBT	307.9	0.1
↑	SO into SP !!Bollards - Pedestrians!! Bristol Temple Meads on right	308.0	0.3
↑	SO @ Xing along SP !!Bollards - Pedestrians!!	308.2	0.0
←	LEFT @ T	308.2	0.1

2.6 kilometers. +16/-18 meters

Type	Note	Dist	Next
↑	SO @ Xing into The Dings !!Pedestrians!!	308.3	0.2
←	LEFT @ X \$ Bristol & Bath Railway Path	308.5	0.1
→	RIGHT \$ Kingsland Rd Trading Est	308.6	0.3
↑	RIGHT (SO) on LH bend \$ Bristol & Bath Railway Path NCN4 !!Shared Path!!	308.9	0.9
←	LEFT @ large concrete round 'thing' (actually a drinking water fountain) after 2nd underbridge	309.7	0.2
←	LEFT @ X onto B4465. PH opp	310.0	0.1
→	1st RIGHT into Bannerman Rd. PH on right	310.1	0.1
←	1st LEFT into Felix Rd	310.2	0.1
✍	LEFT into ARRIVEE: EASTON - FRAP   08:20-18:40	310.3	0.0
📍	End of route	310.4	0.0

2.1 kilometers. +16/-11 meters