

LEL 2017 — 1434km — 116h40m**1-N1 Loughton – St Ives 100km +720m**

Depart Davenant Foundation School,
IMM SO @ X (outside gate)

▶ **In 800m R @ [x] no \$ [Pyrles Ln] !CARE SPEED BUMPS!**

▶ **R @ mrbt no \$ [Englands Ln]**

▶ **In 2.4km L on The Green in Theydon Bois \$ Baptist Church 3.3**

▶ **Soon SO @ X \$ Epping [Piercing Hill]**

▶ **R @ TL \$ Epping then L @ mrbt \$ EPPING GN, ROYDON, B182 [Bury Ln] 5.8**

▶ **In 2km L (GT) \$ EPPING GN B181 8.2**

▶ **L @ T \$ EPPING GN, ROYDON, B181 9.5**

Thru Epping Gn, Jacks Hatch

SO (2E) @ RBT \$ ROYDON, B181 14.4

In Roydon L \$ Station by *The White Horse* PH17.8

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Cross canal and railway, then over A414

**700m after A414, R on descent !CARE!
\$ HUNSDON, THE HADHAMS [Kitten Ln] 20.5**

IMM R @ T (B181)

R @ T in Widford \$ MUCH HADHAM B1004 26.6

L before NSL after Much Hadham \$ STANDON [Bromley Ln] 31.0

L @ T in Standon, over river, IMM R by China Garden [Station Rd] 35.6

R @ T in Puckeridge, no \$ [High St]

Soon R @ T \$ BARKWAY, BARLEY B1368 37.5

Thru Hay St, Dassels, Hare St, Barkway and Barley, then enjoy the long descent!

At bottom of hill, Flint Cross, **R @ T !CARE BUSY!
IMM bear L by Coach House Hotel \$ FOWLMERE B1368 58.1**

In Fowlmere, **L on RHB \$ SHEPRETH by monument [Long Lane] 61.6**

SO @ X over A10 !CARE BUSY! \$ SHEPRETH [Fowlmere Rd] 64.3

Thru Shepreth, Barrington and over Chapel Hill to ...

L @ T in Haslingfield opp church

Soon L \$ HARLTON 70.8

i Cambridge University's travelling radio telescopes visible thru RH hedge — site of discovery of 'pulsars' among other things

SO (R+L) @ STGX to cross A603 \$ THE EVERSDENS [Harlton Rd] 73.5

i You cross the Greenwich Meridian along this road

L in Kingston by green \$ BOURNE 78.0

L @ T \$ St Neots B1046 79.1

1st R \$ BOURNE, then R @ T into Bourne 80.4

L @ T IMM R \$ KNAPWELL 84.7

SO @ X \$ CONINGTON, FENSTANTON 89.1

▶ **R @ X \$ FENSTANTON 93.3**

▶ **Soon L @ T \$ FENSTANTON, over A14 93.9**

▶ **SO @ 2x mrbt in Fenstanton**

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▶ **After village, R \$ ST IVES [Low Rd] 95.2**

▶ **SO (2E) @ RBT IMM R \$ ST IVES (blue \$) [London Rd]**

i Over historic Civil War-era bridge with chapel

▶ **1st L [Merryland] then IMM SO @ RBT 98.3**

▶ **L @ TL \$ Huntingdon A1123 99.4**

▶ **In 500m L @ TL [High Leys] and into St Ivo School 99.9**

▶ **Probably L @ RBT then R into bike park 100.2**

CONTROL 1/20 St Ives 100km

i St Ivo School, High Leys, St Ives, Cambs PE27 6RR

2-N2 St Ives – Spalding 61km +180m

- ▶ Exit school then L @ TL
- ▶ SO @ 2x TL
- ▶ In 1km R on LHB \$ Abbots Rippon B1090 [Sawtry Way] **1.4**
- ▶ SO (1E) @ RBT by RAF Wyton
- ▶ SO (2E) @ RBT \$ Abbots Rippon B1090 **4.5**
- ▶ In 2km, 1st R \$ KINGS RIPTON [Ramsey Rd] **6.6**
- ▶ In 2.5km L @ [x] \$ THE RAVELEYS, UPWOOD **9.2**

Thru Little then Great Raveley to Upwood ...

4th L in Upwood \$ RAMSEY HEIGHTS [Ramsey Rd] **14.4**

i Welcome to The Fens — the flattest county in the UK! You now have 100km of very flat riding until any more climbing along some very straight roads.

Thru Ramsey Heights (!), Ramsey St Mary's, Pondersbridge to Whittlesey, where ...

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Cross railway **!CARE!**

R @ T then IMM L @ RBT \$ THORNEY B1040 **29.6**

Soon SO @ TL \$ THORNEY B1040 [East Delph]

SO @ TL in Thorney \$ CROWLAND B1040 [Station Rd] **37.3**

Soon SO (2E) @ RBT **!CARE BUSY!** to cross A47 \$ CROWLAND B1040

SO @ X over A16 **!CARE BUSY!** \$ CROWLAND **44.2**

Soon R @ T IMM L into Crowland

i Ominous tower is remains of Abbey of Crowland, first built in 800s. Current building dates back to 1100s.

SO (R+L) @ STGX by three-way bridge **45.3**

i "Trinity Bridge" sat over the confluence of two rivers which now flow elsewhere. Built ~1360; older bridges stood here before.

L @ T then R @ T \$ Market Deeping B1166

Over River Welland then R @ X \$ Four Mile Bar, Deeping High Bank

▶ R @ T \$ SPALDING (blue \$) **52.8**

▶ In Spalding, SO @ X [London Rd] **59.7**

▶ In 300m, 2nd L no \$ [St Thomas's Rd] then IMM R no \$ also [St Thomas's Rd]

▶ In 600m R into Spalding Grammar School

CONTROL 2/20 Spalding 161km 60.9

i Spalding Grammar School, Priory Rd, Spalding PE11 2XH

Organised by London Edinburgh London 2017 Ltd.

This event is run under the governance of Audax UK and is undertaken as a private excursion on public roads. This route is advisory.

This routesheet was prepared by Nick Wilkinson and has been checked carefully for errors against online resources as well as the organiser's own routesheet. However, it has not been checked by riding and so may contain errors. This routesheet is provided as-is without warranty or claims as to its suitability, correctness or fitness-for-purpose. You should familiarise yourself with the route before starting.

Ride safely, be aware of extant hazards on the road and take care of yourself — it's a big world out there!

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Key to symbols and abbreviations

Distances in kilometres from start of each stage

▶ There is an LEL direction sign at this junction

R, L, RHS, LHB—Right, Left, Right/left-hand side/bend

SO—Straight on @—At

thru—Through cont—Continue

opp—opposite IMM—Immediately

T—T-junction GT—Green Triangle gn—Green

X—Crossroads (give way) STGX—Staggered X

[x]—Crossroads (in your favour, easy to miss)

RBT (3E)—Roundabout, third exit mrbt—Mini RBT

TL—Traffic lights JCN—Junction

\$ Epping—Sign to Epping

\$ ROYDON—Sign to and go to/through Roydon

[Piercing Hill]—Signed street name

NCN52—National Cycle Network route 52 (blue signs)

PH—Public house pedx—Pedestrian crossing

i — information or note

More here: www.camaudax.uk/audax/routesheet

3-N3 Spalding – Louth 83km +440m

▶ Return to St Thomas's Road and turn R	
▶ R @ T IMM L @ TL then IMM R @ TL by Sainsbury's [Swan St]	
▶ Follow road around to L @ TL \$ United Reformed Church B1356 [Pinchbeck Rd]	1.1
▶ SO @ 3x TL	
▶ Bear R @ mrbt no \$ [Church St] by church	4.0
▶ SO (1E) @ RBT \$ Gosberton A152	8.1
SO (R+L) @ STGX over A17 !CARE BUSY! \$ SUTTERTON B1397	15.3
SO @ RBT in Sutterton \$ KIRTON B1397	16.5
L in Kirton after <i>Black Bull</i> PH by church \$ Conginsby B1192	20.3
R @ T IMM L \$ HUBBERTS BRIDGE B1192 [Holmes Ln]	22.7
SO @ X to cross A52 !CARE! \$ Coningsby B1192 [Frampton Ln]	25.8

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R @ T in Hubberts Bridge \$ HORNCastle B1192

*Cross Hubberts Bridge and railway !CARE!*IMM SO @ X !CARE! to cross A1121 \$ LANGRICK,
New York B1192 27.7In 5km R \$ GIPSEY BRIDGE, Frithville B1184
[Armtree Rd] 33.0*Thru Langrick to ...*L on sharp RHB \$ HORNCastle [Leagate Rd] in
Gipsey Bridge 35.3

In 7km R \$ TUMBLY WOODSIDE [Chapel Rd] 42.4

In Mareham-le-Fen, R @ X \$ Revesby A155 [Main St] 48.2

In 300m L \$ HORNCastle

L @ X \$ HORNCastle B1183 52.6

R @ T \$ HORNCastle, LOUTH A1583 56.5

SO @ TL in Horncastle, \$ LOUTH A153 58.2

SO @ mrbt then next L \$ Squash Club
[Hemingby Ln] 58.7

SO (L+R) @ STGX \$ HEMINGBY 60.9

L @ X \$ HEMINGBY

R @ T \$ GOULCEBY 64.4

L @ T \$ GOULCEBY [Horncastle Rd] 68.0

In 1.1km, 1st R (GT) \$ HORNBY [Raynard Ln] 69.1

In 800m, 1st L \$ ASTERBY 69.9

In 1.7km, 2nd R \$ RAITHBY, LOUTH 71.6

i And climb!

▶ SO @ X \$ RAITHBY, LOUTH [Goulceby Rd] 73.8

▶ In 5km L \$ HALLINGTON 78.5

▶ Soon R @ T \$ LOUTH

▶ L @ T \$ LOUTH 81.2

▶ In 1.3km, 1st L [Edward St] 82.5

▶ 1st L [Crowtree Ln]

CONTROL 3/20 Louth 244km 82.7

*i King Edward VI School, Edward St, Louth
LN11 9LL*

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Intentionally left blank.

4-N4 Louth – Pocklington 97km +815m

▶ L from control on B1200	
▶ SO @ RBT \$ Lincoln A157; soon bear R	1.3
▶ In 4km R @ [x] (GT) \$ BINBROOK	5.2
▶ In 1.6km, 1st L \$ BINBROOK	6.8
L @ T in Binbrook \$ Brookenby B1203 [<i>Kirmond Rd</i>]	14.9
IMM R on LHB \$ Brookenby [<i>Orford Rd</i>]	
L @ T in Rothwell \$ Caistor	23.6
R @ X \$ Caistor B1225	26.1
SO (L+R) @ STGX to cross A46 !CARE! \$ Caistor A1173	27.4
In 1.2km L on sharp RHB eff SO \$ KIRMINGTON	28.7
Soon fork 1st L eff SO by GT \$ 7.5T	29.3
SO @ X to cross A18 \$ KIRMINGTON, CROXTON	37.6

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R @ T in Croxton \$ Ulceby B1211	39.5
1st L on RHB \$ Wootton	41.3
Odd JCN — SO on RHB/X \$ BARTON	
SO @ X \$ BARTON	
In Barton-upon-Humber, SO @ X \$ 7.5T [<i>Whitcross Street</i>]	51.4
IMM bear R @ mrbt	
In 600m L by white railing no \$ [<i>Butts Rd</i>]	52.1
▶ In 1.2km L \$ Reeds Hotel [<i>Far Ings Rd</i>]	53.3

i In bad weather the bridge is closed; see alternative route.

▶ L onto cycle ramp \$ NCN1 Humber Bridge — depending on the weather, one or both of the ramps might be closed

▶ Cross Humber Bridge

i Humber bridge: eighth longest single-span suspension bridge in world at 2220m, 1410m central span. It is the longest you can walk and cycle over. Columns 156m tall. 71,000km of cable-wire! Saves 50 miles. Now Grade 1 Listed.

▶ Descend to car park and follow signs to exit 56.9	
▶ R @ exit \$ HESSLE (blue \$) [<i>Ferriby Rd</i>]	57.5
Under A15 then 1st L no \$ [<i>Heads Ln</i>]	57.9
SO @ big TL [<i>Heads Ln</i>]	
L @ T \$ SWANLAND	
SO (2E) @ RBT !CARE BUSY! \$ SWANLAND B1231 [<i>Tranby Ln</i>]	61.5
In 400m R no \$ Greenstiles Lane	
In 1km L on RHB eff SO no \$ [<i>Occupation Lane</i>]	
R @ T \$ Willerby [<i>Swanland Dale</i>]	63.6
In 900m, 1st L \$ RAYWELL, Rowley	
In Riplingham R \$ WALKINGTON, NEWBALD	69.0
L @ T \$ NEWBALD	
SO @ X \$ NEWBALD	72.9
In North Newbald, L @ T opp <i>Tiger Inn</i> PH	77.0
Soon R @ X \$ MARKET WEIGHTON A1034	

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SO @ RBT \$ MARKET WEIGHTON and into	82.8
L @ mrbt \$ Town Centre [<i>High St</i>]	
1st R after pedx \$ Londesborough	
SO @ RBT \$ Londesborough	85.9
▶ R @ T IMM L \$ BURNBY	87.9
▶ L @ T \$ BURNBY	89.7
▶ In Burnby, L @ T \$ POCKLINGTON	91.7
▶ In Pocklington, L @ T	96.0
▶ Bear L to R (3E) @ RBT \$ Town Centre [<i>Station Rd</i>]	
▶ Soon L @ mrbt [<i>Railway St</i>]	
▶ IMM R into control	96.8

CONTROL 4/20 Pocklington 341km

i Pocklington School, West Green, Pocklington, N Yorks YO42 2NJ

5-N5 Pocklington – Thirsk 67km +535m

- ▶ L from control and IMM L @ mrbt
\$ FANGFOSS [*Grape Ln*] and thru *Spittall, Fanfoss*
 - ▶ In Full Sutton, R @ [x] \$ Stamford Br, York 9.1
 - R @ T soon 1st L \$ SKIRPENBECK 10.2
 - L @ T in Skirpenbeck
 - R @ T \$ BUTTERCRAMBE 12.2
 - L @ T \$ BUTTERCRAMBE **!CARE Rough Road!**
 - 1st R \$ Bossall in Buttercrambe after crossing
River Derwent 14.8
 - R @ X \$ Howsham, Malton 18.1
 - R @ T \$ Howsham, Malton 19.9
 - Soon L @ T \$ BARTON LE WILLOWS and thru
 - SO @ X to cross A64 **!CARE BUSY DUAL!**
\$ SLINGSBY, CASTLE HOWARD 24.0
 - SO @ RBT/monument \$ SLINGSBY 29.7
- i Castle Howard: a stately home built over 100yrs from 1699 set in 5300 hectares. Famous from Brideshead Revisited TV drama and film. Used to*

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have its own railway station. Its Temple of the Four Winds is a cyclists' Mecca – obviously! ;)

- L @ X \$ Helmsley, HOVINGHAM B1257 34.6
- In 3.5km L in Hovingham opp *The Worsley Arms Hotel* \$ COULTON [*Park St*] 38.0
- SO @ X \$ YEARSLEY 44.8
- R @ X in Yearsley \$ COXWOLD 46.5
- In 500m, 1st L \$ COXWOLD
- R @ T \$ COXWOLD, THIRSK 50.7
- i Optional sleep control in Coxwold – signed*
- ▶ R @ T **!CARE BUSY!** \$ THIRSK A19 61.3
- ▶ In 900m, 1st L \$ SOWERBY
- ▶ R @ T \$ SOWERBY
- ▶ In Sowerby (Thirsk), L by *Crown & Anchor PH* [*Gravel Hole Ln*] 66.0
- ▶ In 600m R into control
- CONTROL 5/20 Thirsk 408km 66.8

i Thirsk School, Topcliffe Road, Thirsk YO7 1RZ

6-N6 Thirsk – Barnard Castle 67km +460m

- ▶ R from control to Topcliffe Rd
- ▶ L @ mrbt \$ Rippon
- ▶ Soon R on LHB before Lidl [*Newsham Rd*]
- ▶ R @ T \$ Northallerton A167 6.4
- ▶ In South Otterington, L @ [x] \$ NEWBY WISKE opp the *Otterington Shorthorn PH* 10.0
- Thru Newby Wiske, Warlaby*
- SO @ X to cross A684 \$ YAFFORTH 15.8
- L @ T in Yafforth \$ Richmond B6271 18.3
- In 4km R on LHB \$ Streetlam 22.3
- R @ X \$ Darlington B1263 29.0
- In 1.3km, 1st L \$ N COWTON 30.3
- L @ T \$ MOULTON 32.6
- R @ T in Moulton then IMM R on LHB \$ MIDDLETON TYAS 36.3
- In Middleton Tyas, R \$ Croft, Piercebridge 39.1
- ▶ Soon R @ T \$ Moulton, Croft

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4**Note: diversion from original route**

- !CARE thru ford / water-crossing!** in Barton
 - ▶ L @ T by *The Half Moon PH* no \$ [*Silver St*] 43.3
 - SO (2E) @ RBT under A1M \$ Piercebridge 44.8
 - IMM 2nd L \$ MELSONBY, 7.5T
 - R @ T \$ FORCETT, CALDWELL B6274 49.3
 - In Caldwell, L \$ Hutton Magna, 7.5T, NCN52 55.0
 - R @ T \$ BD CASTLE (blue \$) 58.0
 - Soon 1st L \$ WHORLTON, NCN52
 - ▶ 2nd R \$ WHORLTON, NCN52 61.3
 - ▶ Over River Tees **!CARE wooden bridge!**
- i Whorlton Bridge: the oldest wrought-iron-chain suspension bridge in the country; built in 1831; tolls ceased in 1914.*
- ▶ Climb to 1st L \$ BARNARD CASTLE 62.3
 - ▶ In Barnard Castle, R into control 67.4

CONTROL 6/20 Barnard Castle 475km

i Barnard Castle School, Newgate, DL12 8UN

7-N7 Bd Castle – Brampton 83km +925m

▶ R from control towards Barnard Castle

i The Bowes Museum (RHS): built as a gallery/museum; finished in 1892; houses 20,000 objets d'art

▶ R @ mrbt \$ Darlington A67

▶ In 1km L \$ MIDDLETON-IN-TEESDALE B6278

Becomes B6282 9.7*i River Tees on LHS; High Force and Low Force waterfalls***Thru Middleton; becomes B6277; climb Yad Moss***i Yad Moss: at 598m this is the highest B-road in UK; skiing in winter; 14km at 2% average***Cont over the top and descend to Alston****In Alston !CARE cobblestones!***i Optional sleep control in Alston – watch for signs and volunteers***L @ T \$ BRAMPTON 52.3***i Services/Spar on RHS* 1

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Over river then R \$ BRAMPTON

Thru Slaggyford, Knarsdale, Burnstones, Halton Lea Gate, Mdigeholme, Hallbankgate, Milton

▶ SO (R+L) @ STGX to cross A69 \$ BRAMPTON 81.0

▶ L @ T \$ Town Centre A6071

▶ Thru town centre then R \$ WILLIAM HOWARD CENTRE A6071

▶ L then L into Control !CARE at night this is unlit and difficult to spot! 83.3

CONTROL 7/20 Brampton 558km 83.5*i William Howard School, Longtown Road, Brampton, Cumbria CA8 1AR***8-N8 Brampton – Moffat 75km +445m**

▶ Return to main-road where L @ T no \$

Thru Newtown, Smithfield**R @ T in Longtown \$ Galashiels A7 [English St]***i Cross River Esk — you will follow this river from near its source, through the control of Eskdalemuir after visiting Edinburgh***Soon 1st L \$ Gretna A6071****In 3km R \$ SPRINGFIELD, GRETNA GREEN 21.1****SCOTLAND WELCOMES YOU! 22.6****Bear R (2E) @ RBT \$ SPRINGFIELD****Soon R @ T \$ GRETNA GREEN B7076***i Gretna Green: infamous for “quickie weddings”, which were forbidden in England without parents’ permission***SO @ mrbt \$ KIRKPATRICK FLEMING B7076 28.6****Thru Kirkpatrick Fleming, Kirtlebridge to Ecclefechan where ...**3 **SO @ RBT \$ LOCKERBIE B7076 39.3**

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R @ T then R @ RBT \$ LOCKERBIE and into 46.4*i Lockerbie: where PanAm flight 103 came down from a Libyan bomb on 21 December 1988. Also largest lamb market in Scotland. Has history back to Vikings.***In Lockerbie: SO @ TL then bear L @ mrbt, then SO @ RBT****After Lockerbie, R @ RBT \$ JOHNSTONEBRIDGE B7076 49.8****R @ T \$ MOFFAT A701 69.1**

▶ R (4E) @ RBT \$ MOFFAT A701 71.4

▶ IMM SO @ RBT \$ MOFFAT A701

▶ In Moffat, R @ Market Place IMM R @ T 74.1

▶ SO @ mrbt then R @ TL [Jeff Brown Dr]

▶ L into control bike park around the back?

CONTROL 8/20 Moffat 633km 74.9*i Moffat Academy, Academy Rd, Moffat, Dumfriesshire DG10 9DA*

9-N9 Moffat – Edinburgh 80km +730m

- ▶ R from control to L @ TL, then SO @ mrbt
- ▶ Thru town to R @ T no \$
- ▶ **Soon SO @ mrbt \$ EDINBURGH A701**

Climb the side of Devil's Beef Tub

Thru Tweedsmuir, Broughton, Blyth Bridge, Rommano Bridge, Whim

SO @ X in Leadburn \$ Bonnyrigg A6094 **62.9**

In Howgate, SO @ RBT \$ Auchendinny B7026
66.1

- ▶ **In 4km R \$ ROSLIN just before road splits 70.9**
- ▶ R @ T into Roslin

i Rosslyn Chapel: 1450, very ornate, made infamous by Dan Brown in Da Vinci Code

▶ **Soon SO on sharp LHB \$ Loanhead Railway Path (blue \$) [Manse Rd] 73.0**

Follow railway path

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▶ **In 5km, bear L to descend to road-level, cross road and continue on path [Lasswade Rd] 78.0**

▶ **In 500m SO (2E) @ RBT \$ GRACEMOUNT (bear R on path) 78.7**

▶ Rejoin road (cross carefully)

▶ SO @ TL \$ City Centre [Lasswade Rd]

▶ **Imm L into control 79.9**

CONTROL 9/20 Edinburgh 713km +5250m

i Gracemount High School, Lasswade Rd, Edinburgh EH16 6TZ

10-S1A Edinburgh – Innerleithen 44km +630m

- ▶ R from control, IMM SO @ TL
- ▶ L @ RBT \$ BONNYRIGG [Lasswade Rd]
- ▶ Bear R eff SO @ RBT and under bridges
- ▶ Descend to SO @ TL
- ▶ Over bridge then **3rd R \$ BONNYRIGG B704 4.1**
- ▶ SO @ TL \$ Gorebridge B704 **5.3**
- ▶ SO (2E) @ RBT \$ Gorebridge B704 **6.5**
- ▶ **Soon 1st R \$ CARRINGTON (blue \$), NCN1 L @ T \$ Gorebridge B6372 12.6**
- In 1km R \$ Castleton, NCN1**
- R @ T \$ INNERLEITHEN (blue \$), NCN1 18.3**
- R @ T \$ NCN1 (B7007) 20.1**

i The Borders is some of the sparsest-populated land in Europe!

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▶ **In Innerleithen, L @ X A72 [Prin Rd] 42.9**

▶ **3rd R \$ School Community Centre [Horsbrugh St]**

▶ **IMM L into Queen St then L @ T into St Rowan's Rd**

▶ L into control

CONTROL 10/20 Innerleithen 757km 43.7

i St Ronan's Primary School

**11-S1B Innerleithen – Eskdalemuir 49km
+650m**

- ▶ L from control to Craig Terrace
- ▶ L @ T into Ballantyne St
- ▶ R @ T into Montgomery St IMM L to cycle track

Follow track to cross River Tweed

- ▶ R @ end of track into lane
- ▶ L @ T eff SO

*Climb then descend to The Gordon Inn PH
— wave, they're friends — where ...*

SO @ X \$ LANGHOLM B709 14.8

And climb then descend to Crosslee where ...

R @ T \$ LANGHOLM B709

Climb out of the Ettrick to the White Esk river valley

R into control 49.4

CONTROL 11/20 Eskdalemuir 806km*i Community Hub*

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**12-S1C Eskdalemuir – Brampton 58km
+545m**

R from control

!CARE! Poor road surface for 20km

R @ T in Langholm \$ Carlisle A7 22.0

In 4km L \$ AUCHENRIVOCK 25.9

L @ T to briefly rejoin A7 then IMM 1st L 27.9

R @ T IMM 1st L \$ Hollows (before A7 JCN) 29.7

L @ T then R @ T in Canonbie B7201 31.9

L @ T \$ Carlisle A7 34.8

WELCOME TO ENGLAND! 35.5

In Longtown, L \$ BRAMPTON A6071 41.2

Thru Smithfield, Newtown

▶ R into control then L **!CARE** easy to miss in the dark! 58.1

CONTROL 12/20 Brampton 864km**13-S2 Brampton – Barnard Castle 84km
+970m**

- ▶ Return to main-road where R @ T to Brampton
- ▶ L @ T \$ Hexham
- ▶ in 800m R \$ HALLBANKGATE, ALSTON

▶ SO (R+L) @ STGX to cross A69
\$ HALLBANKGATE, ALSTON A689 2.4

Thru Milton, Hallbankgate, Midgeholme, Halton Lea Gate, Burnstones, Knarsdale, Slaggygate

L @ T \$ ALSTON and over River Tyne 30.7

*i Services on LHS**i Optional sleep control in Alston – watch for signs and volunteers*

R in Alston \$ Town Centre, Nenthead, C2C cycle route B6277

Climb past market cross !CARE cobble stones!

Bear R (SO) \$ BARNARD CASTLE B6277 31.6

Climb up and over Yad Moss (598m) and

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descend to ...

R in Middleton-in-Teesdale \$ ROMALDKIRK B6277 66.4

Thru Mickleton, Romalldkirk, Cotherstone, Lartington

▶ In Barnard Castle — *C11th castle clearly visible on LHS* — L @ TL to cross bridge \$ BARNARD CASTLE 82.0

▶ R @ RBT/Market Cross \$ WHORLTON [Newgate]

▶ L into control 83.4

CONTROL 13/20 Barnard Castle 948km 83.5

14-S3 Barnard Castle – Thirsk 67km +380m

▶ L from Control towards Whorlton	
▶ R @ T in Whorlton	5.1
▶ Descend and cross bridge !CARE hairpin bend and wooden bridge!	
▶ L @ T \$ Ovington, Wycliffe	
R @ T \$ Hutton Magna, NCN52	
Soon L on sharp RHB \$ CALDWELL, NCN52	
R @ T in Caldwell \$ Forcett B6274	12.4
In 5.7km L on sharp RHB \$ MELSONBY, 7.5T	18.1
R @ T then SO (2E) @ RBT under A1M \$ BARTON	22.2

Note: diversion from original route

▶ In 2km, R in Barton by <i>The Half Moon</i> PH no \$ [Marygate]	24.1
!CARE thru ford / water-crossing!	
▶ In Middleton Tyas, L <u>before</u> RHB \$ MOULTON (1-way)	28.1

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Soon L @ T \$ MOULTON	
L @ T in Moulton then IMM L \$ N COWTON	30.8
In 3.7km R \$ N COWTON	34.6
R @ X \$ SCORTON B1263	36.9
1st L on RHB \$ YAFFORTH	38.2
L @ T \$ YAFFORTH B6271	44.8
In Yafforth, R on LHB \$ WARLABY	48.9
SO @ X to cross A684 \$ WARLABY	51.5
Thru Warlabby, Newby Wiske	
▶ R @ T in S Otterington \$ Topcliffe A167 — 1000km!	57.2
▶ In 3.7km L \$ THIRSK [<i>Newsham Rd</i>]	60.9
▶ L @ T in Thirsk	66.3
▶ IMM R @ mrbt \$ Wetherby	
▶ In 800m L into control	67.2
CONTROL 14/20 Thirsk 1015km	

15-S4 Thirsk – Pocklington 67km +535m

▶ L from control soon 1st L into Gravel Hole Ln \$ SOWERBY	
▶ R @ T no \$	1.2
▶ In 3km L \$ Bagby, Balk	4.1
▶ R @ T \$ York A19 !CARE Busy!	
▶ Soon L then IMM L \$ COXWOLD	5.8
<i>i</i> Optional sleep control in Coxwold – watch for signs and volunteers	
After Newburgh Priory, L on RHB \$ YEARLSLEY	16.5
R @ T \$ YEARSLEY	
In 500m, L @ [x] \$ Gilling, Helmsley	20.6
SO @ X \$ Coulton	22.3
R @ T in Hovingham \$ Slingsby B1257	29.1
In 3.4km R @ [x] \$ CASTLE HOWARD	32.5
SO @ RBT with monument	37.4

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SO @ X to cross A64 !CARE BUSY DUAL! \$ BARTON-le-WILLOWS	43.1
In 3.6km R \$ Harton	46.7
Soon 1st L \$ Claxton, Bossall	
L \$ Buttercrambe <u>before</u> Bossall	49.1
L @ T in Buttercrambe	52.3
Cross Riv. Derwent IMM R \$ POCKLINGTON	53.1
1st L \$ SKIRPENBECK	55.0
1st R \$ Stamford Bridge	56.0
R @ T A166	
Soon 1st L \$ POCKLINGTON	57.0
L @ T \$ POCKLINGTON	58.0
<i>Thru Fangfoss, Spittal, Bolton, Yapham Mill</i>	
▶ In Pocklington R @ mrbt [<i>Railway St</i>]	67.1
▶ R into control	
CONTROL 15/20 Pocklington 1082km	

16-S5 Pocklington – Louth 97km +820m

▶ L from control IMM R @ mrbt	
▶ Soon L @ RBT [South Parade]	
▶ In 300m R \$ BURNBY	0.7
▶ R on sharp LHB by church in Burnby \$ Londesborough, NCN66	5.0
▶ In 2km 1st R \$ MKT WEIGHTON	6.9
▶ R @ X IMM L \$ MKT WEIGHTON	8.6
▶ SO @ RBT \$ MKT WEIGHTON	
▶ L @ T in Market Weighton	12.8
Soon R @ mrbt	
SO @ RBT to cross A1079 \$ NEWBALD	13.8

Thru Sancton

L @ [x] \$ NORTH NEWBALD, Village Centre [Westgate] 19.0

Bear R then L thru village to ...

R opp Tiger Inn PH \$ Hull [Burgate]	19.7
SO @ X over B1230 \$ RIPLINGHAM	23.8

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Soon 1st R \$ RIPLINGHAM, Welton	
L @ X in Ripplingham \$ Lt Weighton	27.6
R @ T \$ SWANLAND	32.2
Soon 1st L [Occupation Ln]	33.1
R @ T eff SO	
L @ T \$ Anlaby [Tranby Ln]	35.2
SO (2E) @ RBT !CARE BUSY! \$ SWANLAND B1231 [Tranby Ln]	
Soon 1st R \$ Hesse [Jenny Brough Rd]	35.9
SO @ big TL [Heads Ln]	
R @ X \$ Country Park [Ferriby Rd]	38.8

▶ Under A15 then L into country park

i In bad weather the bridge is closed; see alternative route.

▶ L onto cycle ramp \$ NCN1 Humber Bridge — depending on the weather, one or both of the ramps might be closed

Cross Humber Bridge

▶ Descend to R [Far Ings Rd]	42.8
R @ T \$ Waters Edge [Waterside]	
R @ X no \$	
Bear L @ mrbt then IMM SO @ X \$ Baysgarth Mus. [Whitecross St]	45.2
SO @ X \$ Thornton Curtis, Wootton	49.0
!CARE odd JCN! — SO @ "X" \$ KIRMINGTON, Caistor	53.3
R @ T \$ CROXTON, KIRMINGTON	55.3
L on RHB in Croxton \$ KIRMINGTON	57.1
SO @ X to cross A18 \$ Caistor	59.0
R @ T (GT)	
Soon R @ T eff SO \$ Caistor A1173	
SO (L+R) @ STGX to cross A46 !CARE! \$ LOUTH B1225	69.2
In 1.3km L @ [x] \$ ROTHWELL, Cuxwold	70.5
R in Rothwell opp Blacksmiths Arms PH \$ THORESWAY [Beckside]	73.0

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L @ T in Binbrook soon R \$ Ludford, LOUTH [Market Place]	81.5
▶ R @ T \$ LOUTH	89.8
▶ L @ X \$ LOUTH A631	91.4
▶ SO @ RBT \$ LOUTH B1200	95.2
▶ In 1km R in Louth no \$ [Irish Hill]	96.2
▶ L @ T then R into control	
CONTROL 16/20 Louth 1179km	

17-S6 Louth – Spalding 84km +405m

- ▶ R from Control then R @ T [*Edward St*]
- ▶ **Soon R @ T** \$ HORNCastle A153
- ▶ **In 1.2km R** \$ HALLINGTON [*Halfpenny Ln*] **1.5**
- ▶ **In 2km L on RHB eff SO** \$ RAITHBY **3.4**
- ▶ **R @ T** [*Goulceby Rd*]
- ▶ **SO @ X** \$ Stenigot, Donington **8.9**

Descend to **L @ T** \$ Scamblesby [*Asterby Ln*]**R @ T** \$ Goulceby [*Raynard Ln*]**L @ T** [*Horncastle Rd*]**In 1km, 1st R** \$ HEMINGBY [*Green Ln*]**In Hemingby, L** \$ HORNCastle **18.7****In 600m R @ [x]** \$ HORNCastle**SO @ STGX** \$ HORNCastle**R @ T** in Horncastle then **IMM SO @ mrbt****SO @ TL** \$ Sleaford, Boston [*South St*] **25.0****In 1.5km bear L** \$ SCRIVELSBY B1183 **26.5**

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In 4km, after Scrivelsby, R @ [x] \$ WOOD ENDERBY, MAREHAM LE FEN **30.5***Thru Wood Enderby to Mareham le Fen where ...***R @ T, soon L opp Royal Oak PH** \$ TUMBY WOODSIDE, New York [*Fen Ln*] **34.8****L @ T** \$ GISPEY BRIDGE, LANGRICK **40.6****R @ T** in GipseY Bridge \$ LANGRICK [*GipseY Drove*] **47.8****L @ T** \$ KIRTON B1192 **50.1****SO @ X** to cross A1121 **!CARE BUSY!** \$ HUBBERTS BRIDGE B1192 **55.4****Soon 1st L** \$ KIRTON END, KIRTON B1192**SO @ X** to cross A52 **!CARE BUSY!** \$ KIRTON B1192**R @ T IMM L** in Kirton End \$ KIRTON [*Willington Rd*] **60.4****R @ X** in Kirton B1397 [*London Rd*] **62.8****SO @ RBT** \$ Gosberton B1397**SO (R+L) @ STGX ! CARE BUSY!** \$ Gosberton B1397 **67.7**▶ **SO (2E) @ RBT** \$ PINCHBECK B1356 **74.9**▶ **Bear L @ mrbt** no \$ [*Spalding Rd*] **79.1**▶ **SO @ TL**▶ **L @ TL** [*W Elloe Ave*] **81.3**▶ **R (3E) @ RBT** \$ Chain Bridge Forge [*Holbeach Rd*]▶ **R @ TL** to cross first bridge then **IMM L** into Bridge St **83.4**▶ **In 300m R** into Haverfield Rd▶ **L** into control? *might be here or around the corner — watch for signs and volunteers!*▶ **L @ X** [*St Thomas's Rd*]▶ **L** into control?**CONTROL 17/20 Spalding 1263km** **84.2****Key to symbols and abbreviations**

Distances in kilometres from start of each stage

▶ There is an LEL direction sign at this junction

R, L, RHS, LHB—Right, Left, Right/left-hand side/bend**SO**—Straight on @—At

thru—Through cont—Continue

opp—opposite **IMM**—Immediately**T**—T-junction **GT**—Green Triangle gn—Green**X**—Crossroads (give way) **STGX**—Staggered X**[x]**—Crossroads (in your favour, easy to miss)**RBT (3E)**—Roundabout, third exit **mrbt**—Mini RBT**TL**—Traffic lights **JCN**—Junction

\$ Epping—Sign to Epping

\$ ROYDON—Sign to and go to/through Roydon

[*Piercing Hill*]—Signed street name

NCN52—National Cycle Network route 52 (blue signs)

PH—Public house pedx—Pedestrian crossing

i — information or noteMore here: www.camaudax.uk/audax/routesheet

18-S7 Spalding – St Ives 61km +210m

▶ L from control to St Thomas's Road		
▶ L @ T IMM R @ T [<i>London Rd</i>]		
▶ SO @ X \$ Deeping High Bank, CROWLAND [<i>Cradge Bank</i>]	1.1	
▶ In 7km L \$ CROWLAND and climb up to river- bank	8.1	
L @ [x] \$ CROWLAND B1166	14.1	
L on sharp RHB \$ CROWLAND B1166 [<i>West Bank</i>]		
In 200m R \$ Peterborough [<i>North St</i>]		
SO (R+L) @ STGX around three-way bridge		
SO (R+L) @ STGX [<i>Thorney Rd South</i>]		
Soon SO @ X to cross A16 !CARE BUSY! \$ NENE TERRACE, THORNEY B1040	16.5	
SO @ RBT to cross A47 !CARE BUSY! \$ THORNEY B1040	22.9	
Soon SO @ TL in Thorney \$ WHITTLESEY B1040		
SO @ TL in Whittlesey	1	3
	▼	▼
	2	4
<hr/>		
R (3E) @ RBT then IMM L \$ Ramsey B1040 [<i>Church St</i>]	31.0	
<i>Thru Pondersbridge, Ramsey St Mary's, Ramsey Heights</i>		
R @ T in Upwood \$ GT RAVELEY	46.5	
<i>Thru Great then Little Raveley</i>		
▶ R @ X \$ KINGS RIPTON	51.7	
<i>Thru Kings Ripton to ...</i>		
▶ L @ T \$ Huntingdon B1090	54.3	
▶ SO @ RBT \$ ST IVES B1090	56.3	
▶ SO @ RBT by RAF Wyton		
▶ L @ T \$ ST IVES A1123	59.5	
▶ Soon SO @ TL		
▶ SO @ TL IMM R @ TL into High Leys	60.7	
▶ L @ RBT in St Ivo School CONTROL, to R to bike park		
CONTROL 18/20 St Ives 1324km	61.0	

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19-S8 St Ives – Gt Easton 71km +415m

- ▶ Exit school then **1st R** [*High Leys*]
- ▶ **R @ T** then **soon R @ T**
- ▶ **Bear L** by river then **SO @ RBT** with monument
- ▶ **IMM SO** thru bollards and **SO** thru town centre
- ▶ **Keep L @ TL** after Waitrose to pavement and cross on lights
- ▶ Cont into bus station then **R** to cross both lanes where **L \$ Cambridge** (blue \$)
- ▶ Follow cycleway for 14km: **SO @ 3x TL**, changing sides each time \$ **CAMBRIDGE, NCN51**
- ▶ **At 4th TL, R \$ GIRTON** (blue \$) **16.6**
- L @ T \$ GIRTON**

Thru Girton to ...

- SO @ mrbt** no \$
- Soon L @ T \$ CITY CENTRE** (blue \$) **20.6**

i Excellent, new cycle lane on LHS

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- SO @ 2x TL** by *Travellers Rest* PH
- SO @ double-TL** and descend Castle Hill
- SO @ TL** and over *Magdalene Bridge* **23.1**

i !CARE PEDESTRIANS! Please take your time thru the city centre — shoppers and tourists are not expecting quick, tired cyclists!

- ▶ **SO @ mrbt** thru bus restriction **IMM R @ X** into St Johns Street

i Enjoy the sights of Cambridge City!

- ▶ **Bear R** to go **SO** past Gt St Mary's Church — *King's College Chapel* on RHS
- ▶ **L @ T eff SO** **24.7**

- ▶ **SO @ double-mrbt** \$ Ring Road

i Excellent, new cycle lane on LHS

- ▶ **SO @ TL** \$ Ring Road

i Bus+cycle lane on LHS

- ▶ **SO @ TL** \$ TRUMPINGTON
- ▶ **SO @ TL** in Trumpington

Pass Shell Garage in Trumpington then ... **27.9****L @ TL** \$ S'FORDS, Sawston A1301**SO @ TL** \$ THE SHELFORDS A1301**R** by monument in Gt Shelford \$ WHITTLESFORD **30.8***Thru Whittlesford to ...***SO (R+L) @ STGX !CARE BUSY!** \$ DUXFORD **37.7***Thru Duxford, Ickleton***R @ T** \$ NEWPORT B1383 **44.0***i In 5km Audley End house on LHS: C17th classic Jacobean-style country residence with a lot of royal history; gardens by Capability Brown; River Cam flows across front lawn***SO @ RBT** \$ NEWPORT B1383 **51.6***Thru Newport*After Newport, **L on RHB** before bridge over M11 \$ Elsenham [*N Hall Rd*] **56.1****In 3.3km L** \$ HENHAM [*Hall Rd*] **59.4****In Henham, R** by monument \$ Elsenham **60.7**▶ **L @ T** \$ BROXTED **62.2**▶ **In 3.2km R** \$ BROXTED **65.4**▶ **In 1.3km L** \$ TILTY **66.7**▶ **L @ T soon R** into Duton Hill \$ Lindsell▶ **R @ T** \$ Dunmow▶ **In 800m, at top of hill, R** into control **71.3****CONTROL 19/20 Gt Easton 1395km**

20-S8 Gt Easton – Loughton 48km +375m

- ▶ R from control
- ▶ In 500m R \$ GT EASTON VILL [*The Endway*]
- ▶ SO @ X \$ BROXTED 1.5
- ▶ In 1km L on RHB \$ Broxted Hill [*Water Ln*]
- ▶ L after *Prince of Wales* PH \$ MOLEHILL GN, TAKELEY 5.6
- ▶ L @ T \$ TAKELEY 7.4

i Stansted Airport on RHS

- ▶ Bear L (1E) @ mrbt \$ TAKELEY
- ▶ SO @ TL in Takeley \$ HATFIELD HEATH 11.4
- ▶ L @ T IMM R to cross green in Hatfield Heath \$ Down Hall Hotel [*Chelmsford Rd*] 19.9
- ▶ IMM L @ T \$ ARDLEY END
- ▶ R @ T eff SO \$ MORETON, Ongar 26.5
- ▶ L @ T \$ MORETON, Fyfield, Ongar 28.2
- ▶ In 800m bear L then turn R \$ Ongar 29.0
- ▶ Cross bridge and IMM R no \$ [*Pedlars End*] 1

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- ▶ In 1km L [*Stony Lane*] 30.8
 - ▶ In 300m, 1st R (GT) no \$
 - ▶ SO @ X to cross A414 !CARE BUSY! \$ Greensted, TOOT HILL [*Blake Hill Rd*] 32.0
 - ▶ In 1.8km, 1st R by pond \$ TOOT HILL 33.8
 - ▶ R @ T \$ Coopersale, Epping [*Mount Rd*]
 - ▶ L before bridge \$ Abridge, HOBBS CROSS 40.1
 - ▶ In Hobbs Cross, R \$ 7.5T [*Coopersale Ln*] 42.1
 - ▶ R @ T \$ THEYDON BOIS B172 43.8
 - ▶ In 900m L on green to Loughton Ln
 - ▶ L @ mrbt [*Pyrles Ln*] 47.1
 - ▶ L @ X [*Chester Road*]
 - ▶ SO @ X to arrivée 48.2

ARRIVÉE 20/20 Loughton 1443km +11,185m

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