

THE 'MAP' CYCLE RIDE

30 Mile

From Exeter Arena turn right go up hill turn right towards Pinhoe. At the end of the road turn right at T- Junction. At mini roundabout in Pinhoe turn left towards Broadclyst continue on & take left turn to Poltimore. Continue through village following the road around until you come to a T junction, turn Right towards Killerton. At Killerton take left hand turn up steep short hill, then down long hill to Ellerhayes. Through Ellerhayes on the Silverton road but take right turn towards Bradninch.

Cycle through Bradninch up two very steep hills then down into. Cycle through Cullompton take right hand turn towards the M5. There is a water stop here in the Tesco supermarket car park on the right.

The 30 and 50 routes will split here with changes to previous years in the 50 mile.

30 mile. Cycle over the motorway taking the A373 as far as Post Cross. Turn right signposted Plymtree 3 miles. After 2 miles take left hand turn to Plymtree. When you come to the first set of houses there is a crossroads near URC Church. Turn right and follow the road until it bends around with the parish church on your left. Opposite take right turn signposted Clyst Hydon 2 and half miles, you will arrive at a T junction with a grassy triangular island in the middle, turn left. Just before Clyst Hydon there is a right hand turn signposted Exeter 10 miles but keep straight on & cycle into the village & turn right signposted Clyst Hydon Village Hall where there will be a good food station.

Cycle back the way you came into the village & then take the left turn to Exeter which leads down to the Cullompton/Exeter Road. When you reach the main road turn left and then **immediately** turn right towards Hele.. A little further on cycle across the level crossing and then take the second left. This country road leads back to Killerton so keep cycling until you come to a T junction and turn left signposted Hele. Cycle along until you come to another T junction and then turn left and up the hill leading to Killerton. At Killerton turn right at the grassy triangle towards the entrance to the house. Continue along this road until you come to a left hand turn signposted Poltimore. Take this road, cycling through Poltimore and up to the main Exeter road where you turn right towards Pinhoe. .At the mini roundabout in Pinhoe turn right and up the hill then take the first left cycling until you arrive back at Exeter Arena.

THE 'MAP' CYCLE RIDE

50 mile

From Exeter Arena turn right go up hill turn right towards Pinhoe. At the end of the road turn right at T- Junction. At mini roundabout in Pinhoe turn left towards Broadclyst continue on & take left turn to Poltimore. Continue through village following the road around until you come to a T junction, turn Right towards Killerton. At Killerton take left hand turn up steep short hill, then down long hill to Ellerhayes. Through Ellerhayes on the Silverton road but take right turn towards Bradninch.

Cycle through Bradninch up two very steep hills then down into. Cycle through Cullompton take right hand turn towards the M5. There is a water stop here in the Tesco supermarket car park on the right. **The 30 and 50 routes will split here**

Cycle over the motorway taking the A373 but almost immediately turn left (there will be a marshal in place.) Keep following this road past Bradley Manor on the left cycling to Uffculme (approx. 5 miles), just past the visitor entrance to Coldhambour Mill you will come to a T junction, turn right here & go through the town. After the town square turn right to Craddock & on to Culmstock. Turn sharp right into Fore St from Town Hill & you will then take a right hand turn before the church towards Hemyock.

At Hemyock with the church on your right turn right taking the signposted road to Honiton (Catherine Wheel Pub on Left). Long (3 mile approx) climb out of Hemyock towards Dunkeswell along the top past the little airfield & through Dunkeswell. Then up a short sharp climb out of the village keep on this road until you come to a junction with a signpost indicating a right turn to Awliscombe (light traffic only). **(This is a change from previous years)**. Cycle to the village of Awliscombe on the A373 turn right towards Cullompton until you come to a crossroads with a sign for a Plymtree, turn left and the first right to Plymtree.. Arriving at Plymtree with the parish church on your right & as the road bends around to the right there is a left hand turn to Clyst Hydon. Follow this road and you will arrive at a T junction with a grassy triangular island in the middle, turn left here. Just before Clyst Hydon there is a right hand turn signposted Exeter 10 miles but keep straight on & cycle into the village & take right hand turn to Clyst Hydon Village Hall for good food station.

Cycle back the way you came into the village & then take the left turn to Exeter which leads down to the old Cullompton/Exeter Road. When you reach the main road turn left then **immediately** turn right towards Hele. A little further on cycle across the level crossing and then take the second left. Keep cycling until you come to a T junction and turn left signposted Hele. Continue until you come to another T junction and then turn left and cycle up the hill to Killerton. Here turn right at the grassy triangle towards the entrance to the house. Continue along this road until you come to a left hand turn signposted Poltimore. Take this road cycling through Poltimore until you come to the main Exeter road? Turn right towards Pinhoe.. At the mini roundabout in Pinhoe turn right up the hill then first left then continue until you arrive back at Exeter Arena.

