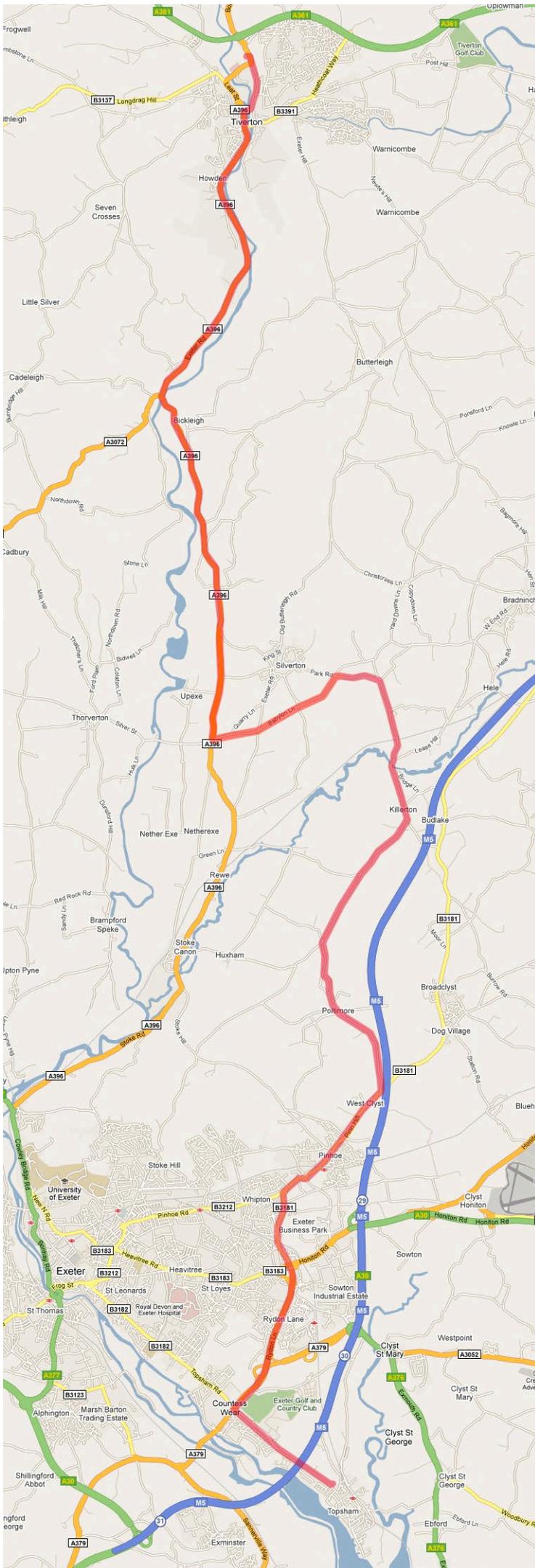


Stage 1 Topsham Rugby Club to Tiverton Rugby Club (20.6 Miles)

Depart Rugby Club; **TnRt** for Countess Wear **rbt**. ♦ **TnRt** at Countess Wear rbt (sp *Pinhoe, Broadclyst, Honiton*). [1.2] ♦ Straight over Middlemoor **rbt**, continue towards **Broadclyst**. ♦ Go straight over at Sainsbury's **t/lts** ♦ After 500 metres **TnLt** at traffic lights (sp *Pinhoe Broadclyst B3181*) [4.1] ♦ Straight over **2 mini rbts** in **Pinhoe**, head for **Broadclyst**. [4.5] Continue until the turning for **Poltimore** and turn **left** [5.4] ♦ Go through & out of the village, winding around, and at the crossroads (Bowls Cross) turn **right** [7.2] ♦ Cycle past Killerton and at the junction turn **left** [8.8] ♦ Turn left at Red Cross [10.9] ♦ Go straight over at Poundsland [11.4] and again straight over at Stumpy Cross [11.9] ♦ **PLEASE SLOW DOWN AS MAJOR JUNCTION APPROACHING** - and **TnRt** onto **A396** towards **Tiverton**. [12.4] ♦ In **Bickleigh**, cross bridge and **BrRt** towards **Tiverton**, stay on **A396** [16.3] ♦ As you approach **Tiverton** [19.6], go over 2 mini rbts, sp *Witheridge*. ♦ **TnRt** at third mini rbt (by Gerry's Newsagents) to town centre [19.9] ♦ Continue over bridge and follow road around to the left. ♦ **TnLt** at the junction (Church & Castle are on your left). ♦ At the bottom of the hill, go straight over the **rbt** by the Leisure Centre. ♦ Tiverton Rugby Club can be found on your immediate left. [20.6]

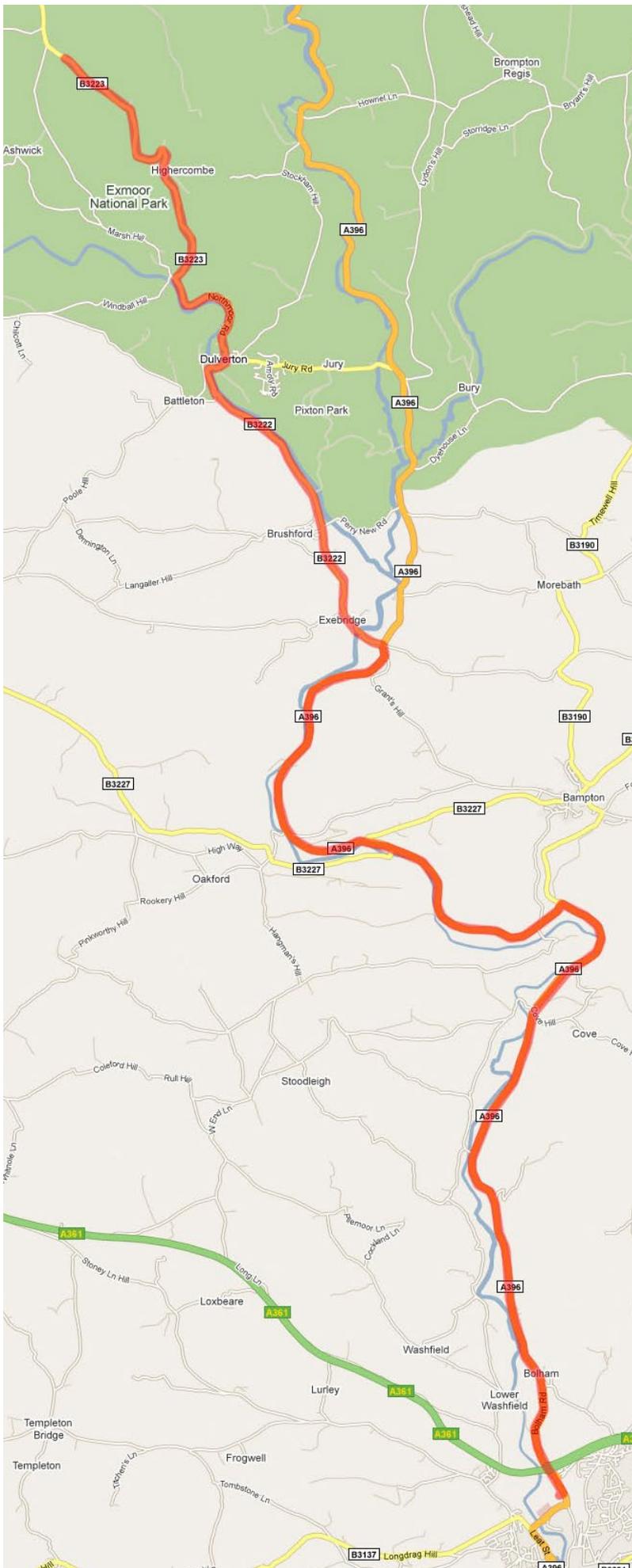
Riders' notes: A gentle ride up the Exe Valley, but be alert for early motorists and don't ride abreast in narrow lanes. Water and fruit available at the refreshment stop, after which the 100 and 55-mile routes diverge.



Stage 2 Tiverton to Comer's Gate (19.6 Miles)

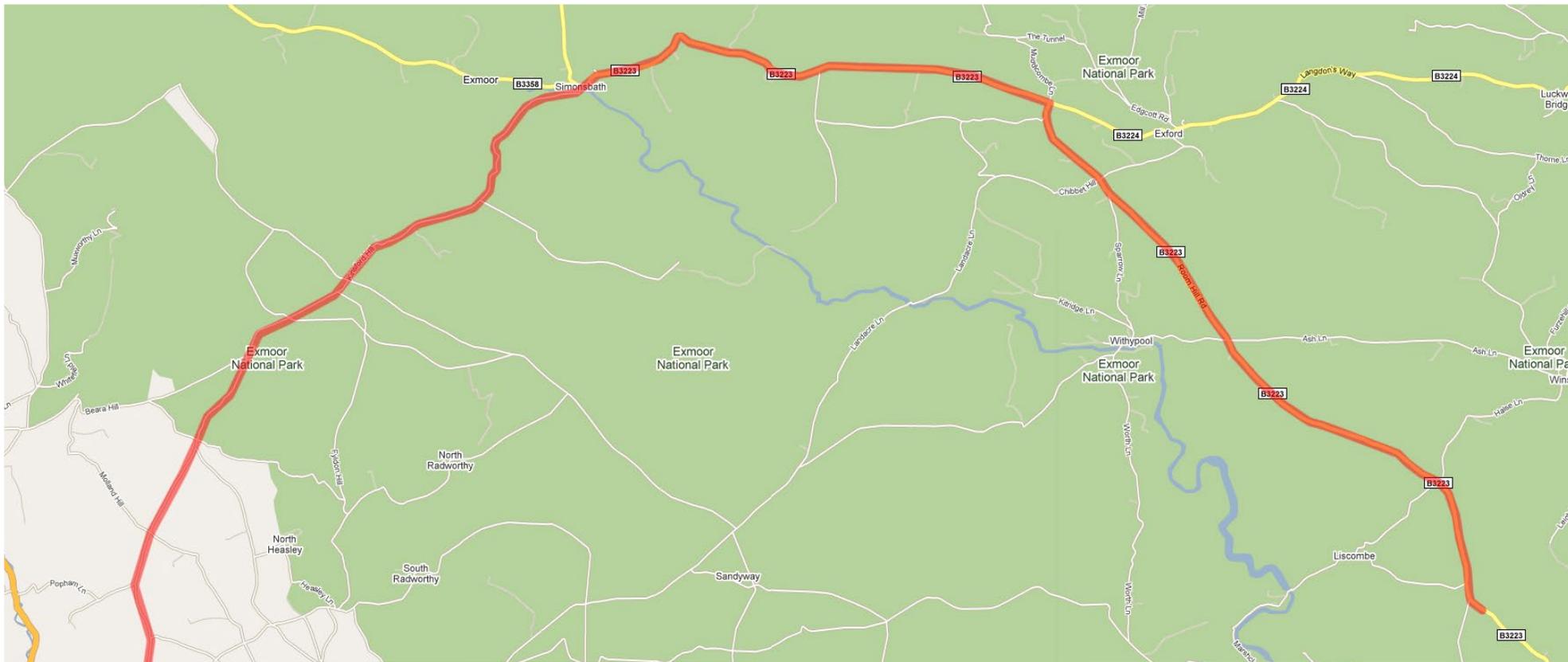
TnLt out of car park. **Straight** over next **2 rfts** (sp *Dulverton, Bampton A396*). [0.2] ♦ Continue through **Bolham** and **Cove** and **TnLt (A396)** at mini rbt by **Exeter Inn** (sp *Dulverton*). [5.3] ♦ At the Blackcat garage [7.1] take **A396** (sp *Dulverton, Minehead*). ♦ At Exebridge [9.9] road **BrLt** and then **TnLt** on **B3222** (sp *Dulverton*). ♦ In **Dulverton TnLt** at Post Office (sp *Tarr Steps B3223*) WC available at town car park (20p). [12.8] ♦ After approx **1 mile** along the main road **BrRt**, **steady wooded climb** for 2 miles onto Exmoor. Cross **2nd** cattle grid [16.5] and continue over moor to refreshment stop on LHS [19.6]. WC available

Be careful at Blackcat junction, follow directions (many people go wrong). Keep in single file on Dulverton Hill, especially on bends, to let traffic pass.



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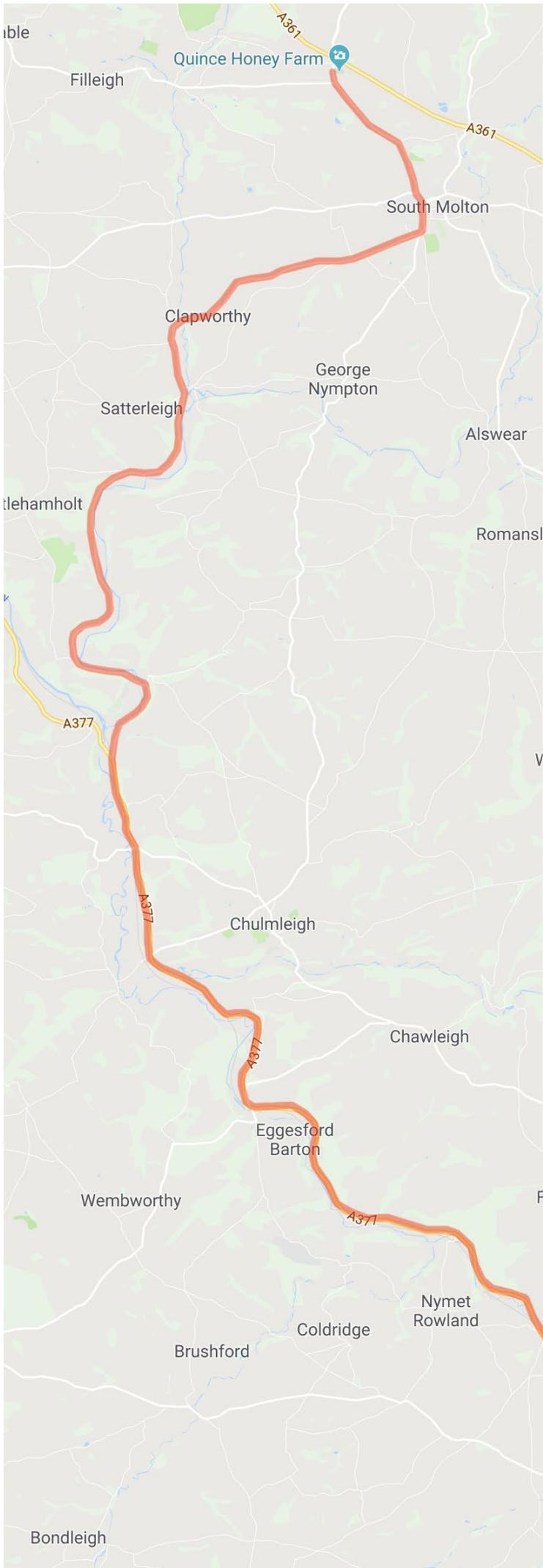


Stage 3 Comer's Gate to South Molton (16.9 Miles) opens 10:30 / closes 15:30

TnLt out of refreshment stop and continue on B3223 to a **T junction** [2.7] **TnLt** to **Simonsbath**. ♦ In Simonsbath **TnLt** over Simonsbath Bridge to **South Molton**. [7.0] Begin a **steady climb** up to summit. [10.2] **Descend this long stretch with care** off the moor. **TnLt** at **major** Junction with **A399** to **South Molton** [15.1] ♦ Cross A361 **r/bt** and follow B3226 to **South Molton**. [16.1] ♦ FOLLOW OUR SIGNS and continue to the Quince Honey Farm for your refreshment stop, which will be on your left [16.9]

TAKE CARE - WE WILL BE USING THE EXIT AS YOUR ENTRANCE TO THIS REFRESHMENT STOP



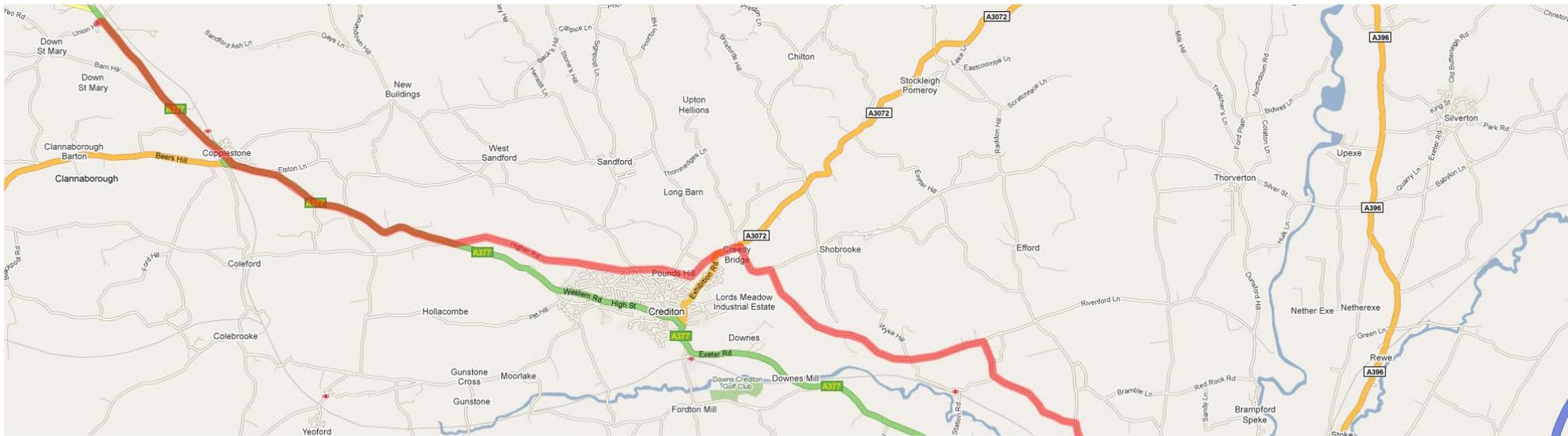


Stage 4
South Molton to Morchard Road
(21.7 Miles) opens 10:30 / closes 16:30

TnLt out of the Honey Farm and continue on B3226 to South Molton. On reaching the square [1.5] take a sharp **TnRt** on **B3226** (sp *Crediton*). ♦ Follow the River Bray some distance to the main junction at Woodvale House, and **TnLt** onto **A377** (sp *Exeter*). [10.5] ♦ Follow A377 and River Taw to the Devonshire Dumpling at **Morchard Road**. Refreshment stop is on **A377** (Rhs opposite pub) next to Public WC. [21.7]

Pleasant river landscape, but traffic heavier on A377. Water, tea and cakes until about 4.30pm. Keep off the alcohol; there are a few sharp hills ahead!



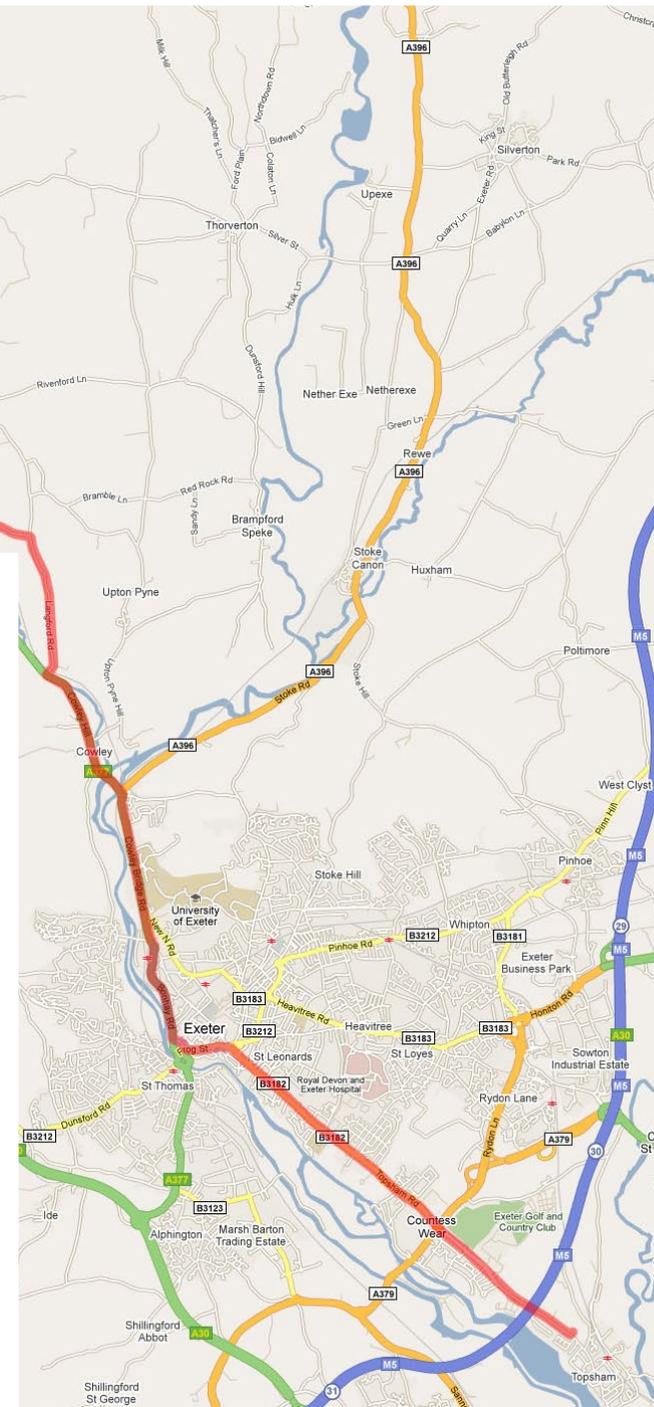


Stage 5 Morchard Road to Topsham RFC (19.4 miles)

Head off down the **A377**, follow the one way system through **Copplestone** and rejoin the **A377** (sp *Exeter, Crediton*). [1.9] ♦ At Barnstaple Cross **TnLt** [4.2]. Continue over Forches Cross intersection [5.9]. ♦ Continue until you reach jct with **A3072** and **TnLt** Sp *Tiverton*. [6.8] ♦ At the pink thatched cottage on **Creedy Bridge TnRt** Sp *Shobrooke/Thorverton*. [7] ♦ **TnRt** opposite Shobrooke gatehouse. [7.3] ♦ **TnRt** at Shute Cross xroads (on right) Sp *Exeter*. [10.3] ♦ Continue through Langford, and over the rail line. **TnLt** at Newbridge Cross, the Junction with the **A377** [12.5] ♦ Continue along the **A377** and at **Cowley Bridge TnRt** on rbt **A377** (sp *City Centre*). [13.6] ♦ Shortly after Esso Garage, **BrRt** (sp *Plymouth, Torquay, Exeter St Davids*). [14.5] ♦ At the 2 mini rbts turn right then left onto Bonhay Road (the station is on your

RIGHT). [14.8] ♦ Continue under the railway bridge and past Mill on the Exe pub. Shortly afterwards, turn left into Tudor Street, by the Fitness First gym. [15.5] ♦ Turn left to join the bypass at the end of the road. ♦ Go up the bypass and make your way into the right hand lane to the major traffic lights at the top of the hill. ♦ At these lights, bear right following the signs for the **A376 Exmouth, A30 Honiton and M5** [16.0] ♦ Continue for approximately two miles along Topsham Road passing County Hall on your left to Countess Wear rbt [18.1]. Continue straight over to **Topsham RFC** on **LHS**. [19.4]

Riders' notes: the home run – but it's a long flog and you will be getting tired. Stay alert and prepare for city riding – potholes, traffic and congestion. However a friendly team, food, drink and live music await you at the Rugby Club.



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