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- Route signed for cyclists through park or beside canal or river. Usually shared with pedestrians. Arrival with bike
- Route on quieter roads recommended by cyclists
- Route signed for cyclists separate from traffic. Usually shared with pedestrians.
- Route signed for cyclists. May be on busy roads. Departure with Bike
- Take Bike

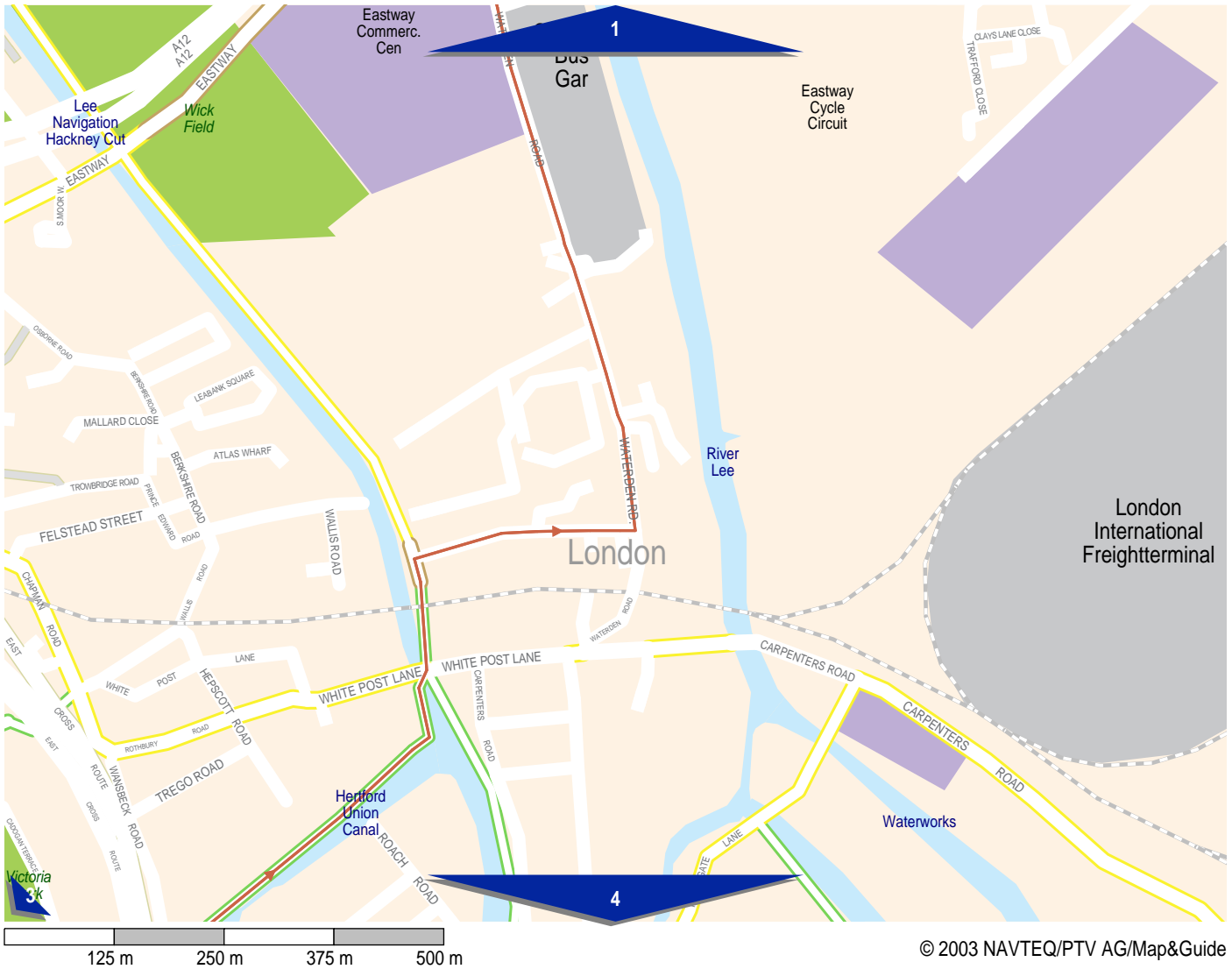


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 - Take Bike
- Arrival with bike

26.		Turn Left Into	Waterden Road	0.9 km	8.1 km
27.		Turn Right Into	Eastway	300 m	8.4 km
28.		Turn Right Into		20 m	8.4 km
29.		Turn Left Into	Quarter Mile Lane	140 m	8.5 km
30.		Straight Up		110 m	8.6 km
31.		Straight Up		80 m	8.7 km
32.		Turn Left Into		260 m	9.0 km
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23.	↑ Straight Up		0.6 km 6.9 km
24.	↑ Straight Up		30 m 7.0 km
25.	↘ Turn Right Into		250 m 7.2 km
26.	↙ Turn Left Into	Waterden Road	0.9 km 8.1 km

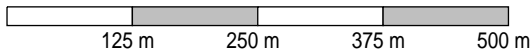
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21.	↑ Straight Up		2.4 km	6.2 km
22.	↑ Straight Up	Wick Lane	50 m	6.3 km

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21.	↑	Straight Up		2.4 km	6.2 km
22.	↑	Straight Up	Wick Lane	50 m	6.3 km
23.	↑	Straight Up		0.6 km	6.9 km

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20.	↑ Straight Up	Solebay Street	170 m 3.8 km
21.	↑ Straight Up		2.4 km 6.2 km

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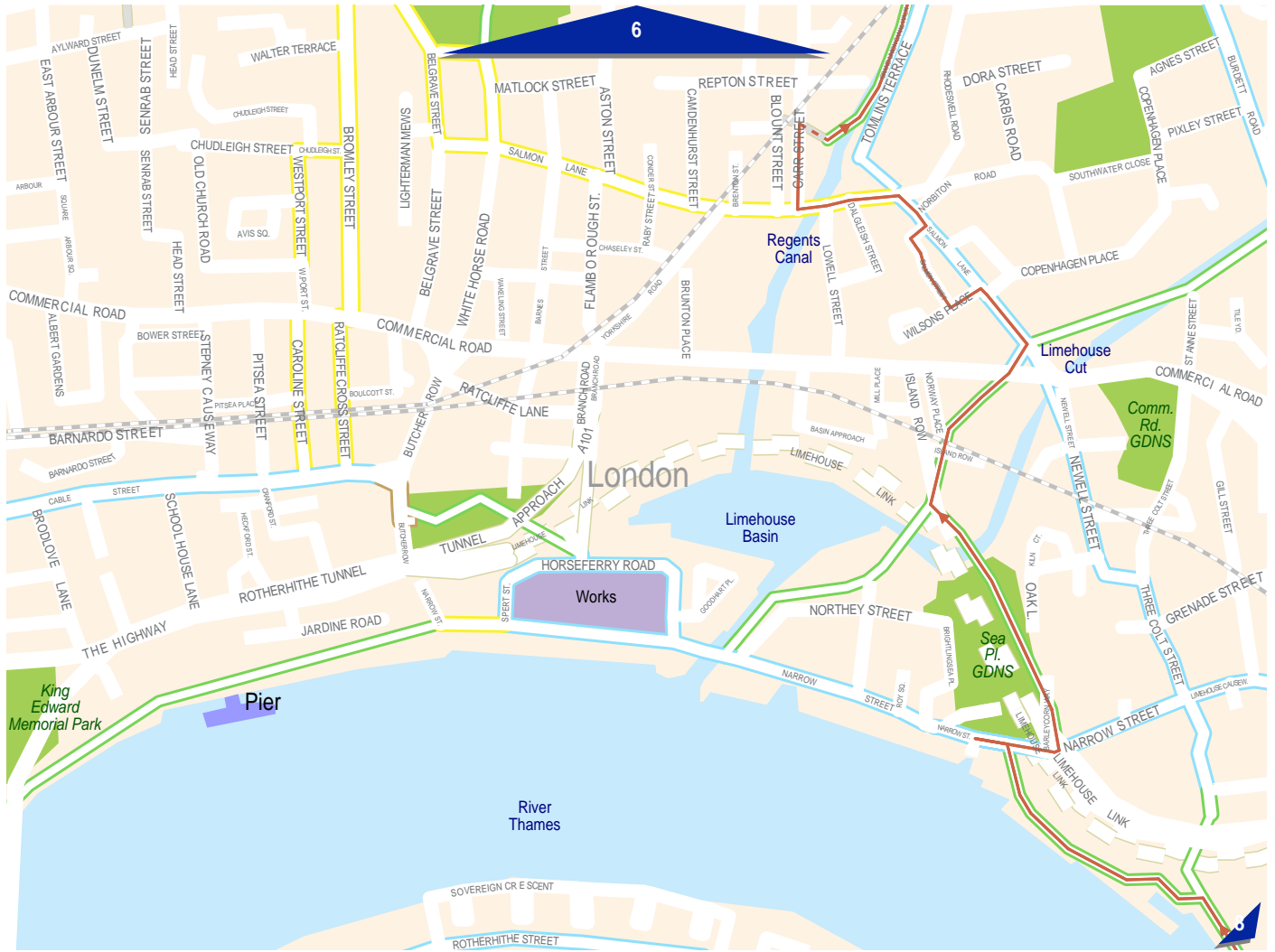


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19.		Turn Left Into	Grand Union Canal Walk	1.0 km	3.6 km
20.		Straight Up	Solebay Street	170 m	3.8 km
21.		Straight Up		2.4 km	6.2 km

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9.	↶ Turn Left Into		0.5 km	1.5 km
10.	↶ Turn Left Into	Narrow Street	130 m	1.6 km
11.	↶ Turn Left Into		480 m	2.1 km
12.	↑ Straight Up	Salmon Lane	120 m	2.2 km
13.	↶ Turn Left Into	Wilsons Place	40 m	2.3 km
14.	↷ Turn Right Into	Salmon Street	110 m	2.4 km
15.	↶ Turn Left Into	Salmon Lane	40 m	2.4 km
16.	↶ Turn Left Into	Salmon Lane	110 m	2.5 km
17.	↷ Turn Right Into	Carr Street	90 m	2.6 km
18.	↷ Turn Right Into	Parnham Street	40 m	2.7 km
19.	↶ Turn Left Into	Grand Union Canal Walk	1.0 km	3.6 km

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1.		
2.	Upper Bank Street	60 m
3.	Turn Left Into	Churchill Place 110 m 170 m
4.	Straight Up	South Colonnade 260 m 430 m
5.	Straight Up	Cabot Square 100 m 0.5 km
6.	Turn Left Into	West India Avenue 210 m 0.7 km
7.	Turn Left Into	Westferry Circus 110 m 0.9 km
8.	Turn Left Into	120 m 1.0 km
9.	Turn Left Into	0.5 km 1.5 km

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