






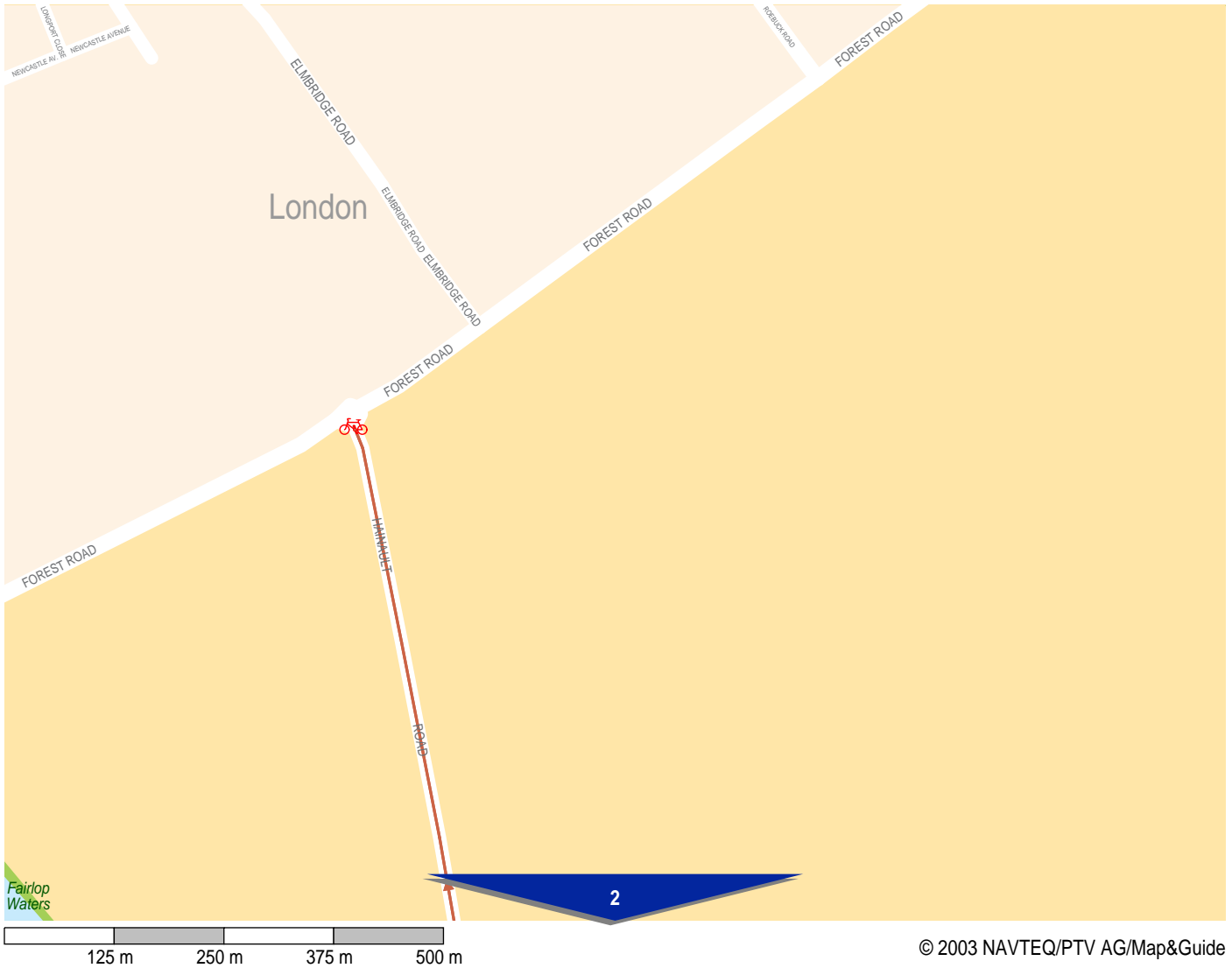


2.5 km      5 km      7.5 km      10 km

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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

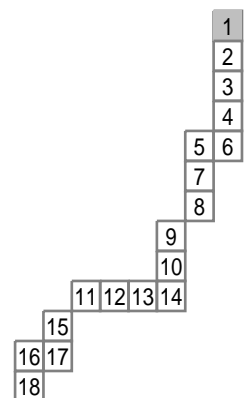


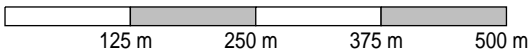
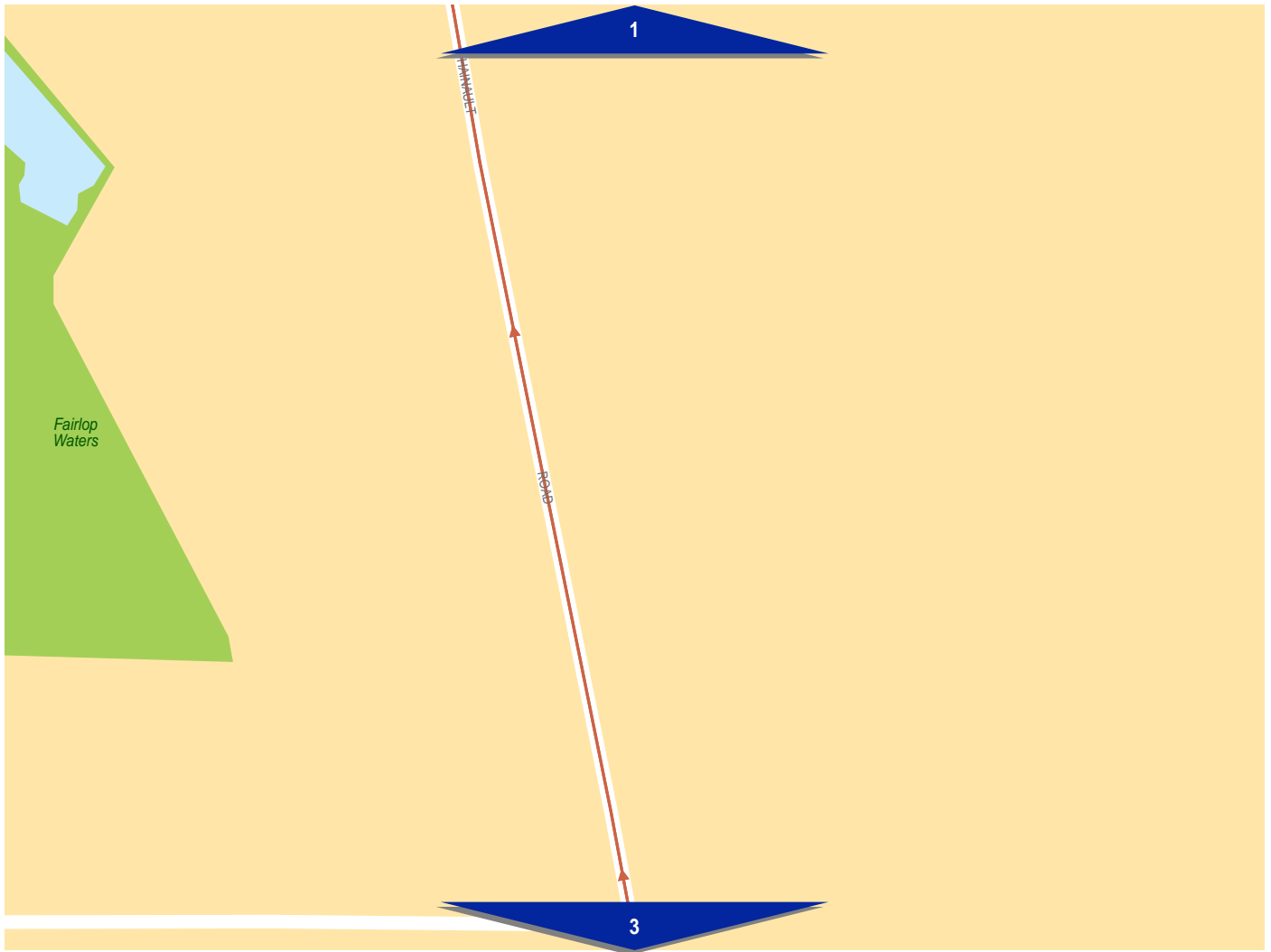
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- Take Bike

Arrival with bike

70.	↑ Straight Up	Hainault Road	1.9 km 19.2 km
71.			

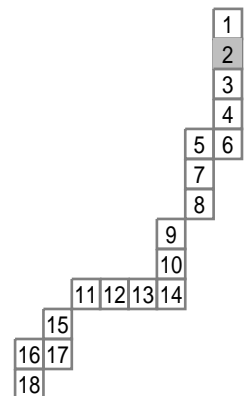


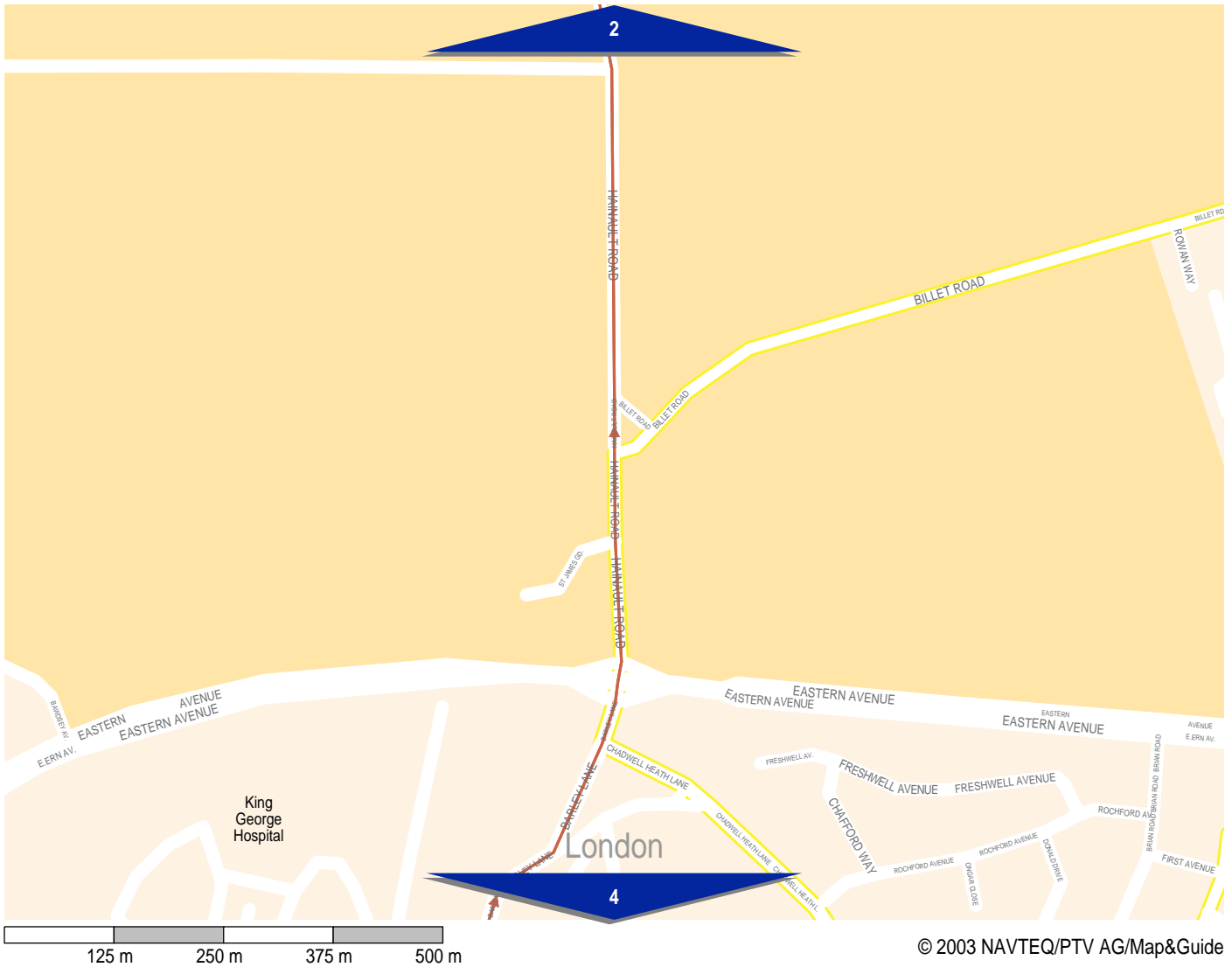


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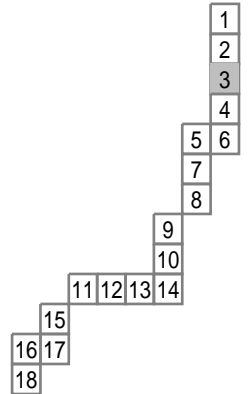
70.	↑ Straight Up	Hainault Road	1.9 km 19.2 km
71.			





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67.	↑	Straight Up	Barley Lane	1.2 km 16.9 km
68.	↑	Straight Up	Barley Lane	70 m 17.0 km
69.	↑	Straight Up	Hainault Road	260 m 17.3 km
70.	↑	Straight Up	Hainault Road	1.9 km 19.2 km
71.				

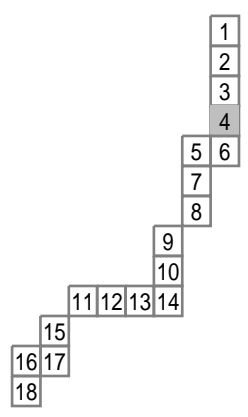




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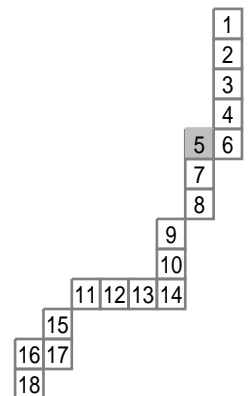
67. Straight Up    Barley Lane    1.2 km 16.9 km

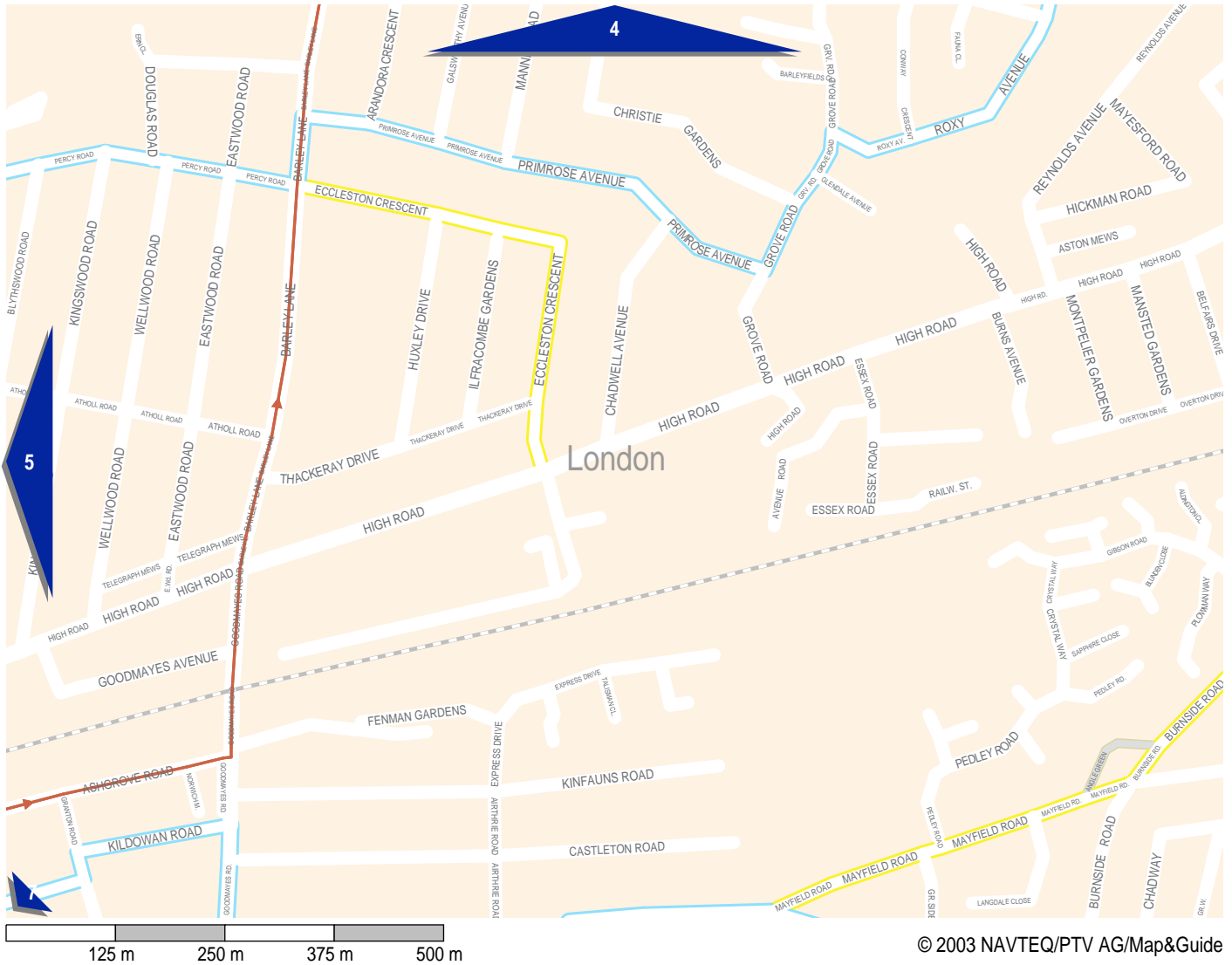




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- Take Bike

62.		Turn Left Into	Gartmore Road	230 m	14.5 km
63.		Turn Right Into	Ashgrove Road	480 m	15.0 km

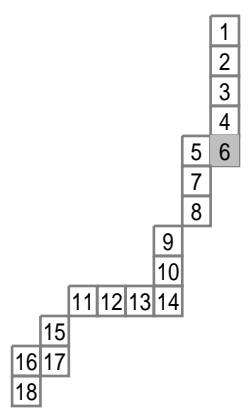




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63.	↻ Turn Right Into	Ashgrove Road	480 m	15.0 km
64.	↶ Turn Left Into	Goodmayes Road	210 m	15.2 km
65.	↑ Straight Up	Barley Lane	440 m	15.6 km
66.	↑ Straight Up	Barley Lane	80 m	15.7 km
67.	↑ Straight Up	Barley Lane	1.2 km	16.9 km

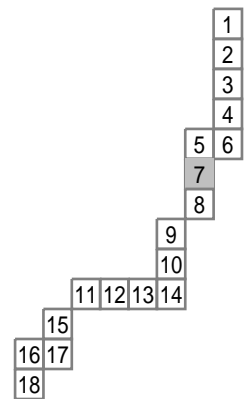




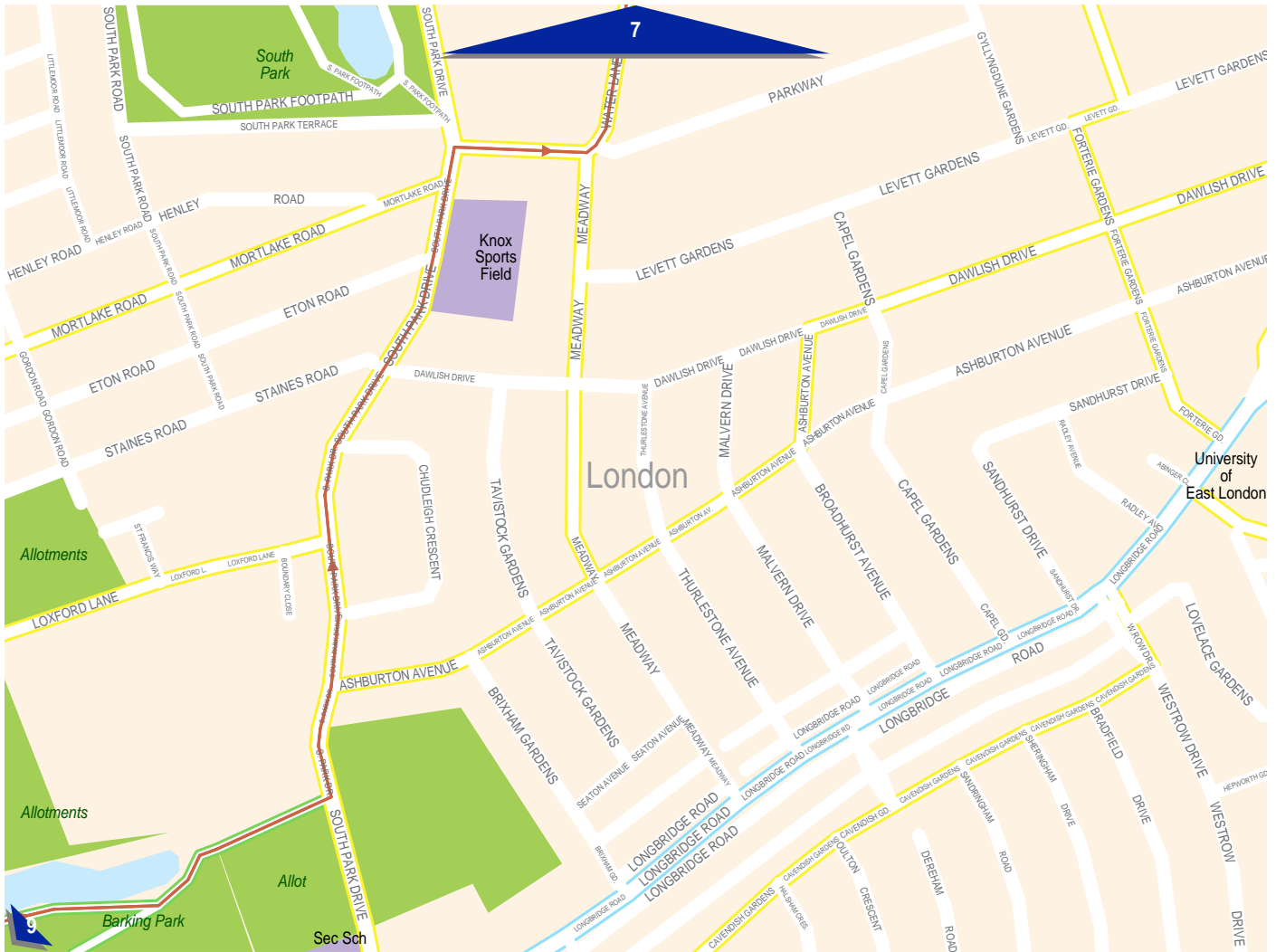


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- Take Bike

58.	↗ Turn Right Into	Water Lane	0.6 km	13.6 km
59.	↑ Straight Up	Water Lane	30 m	13.7 km
60.	↑ Straight Up	Water Lane	270 m	13.9 km
61.	↘ Turn Right Into	Green Lane	320 m	14.3 km
62.	↖ Turn Left Into	Gartmore Road	230 m	14.5 km
63.	↗ Turn Right Into	Ashgrove Road	480 m	15.0 km

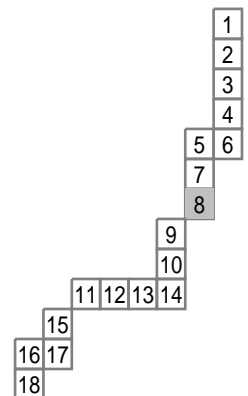






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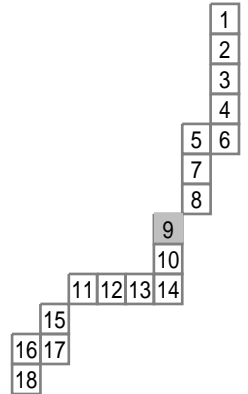
56.	Turn Right Into		1.1 km	12.3 km
57.	Turn Left Into	South Park Drive	0.7 km	13.1 km
58.	Turn Right Into	Water Lane	0.6 km	13.6 km

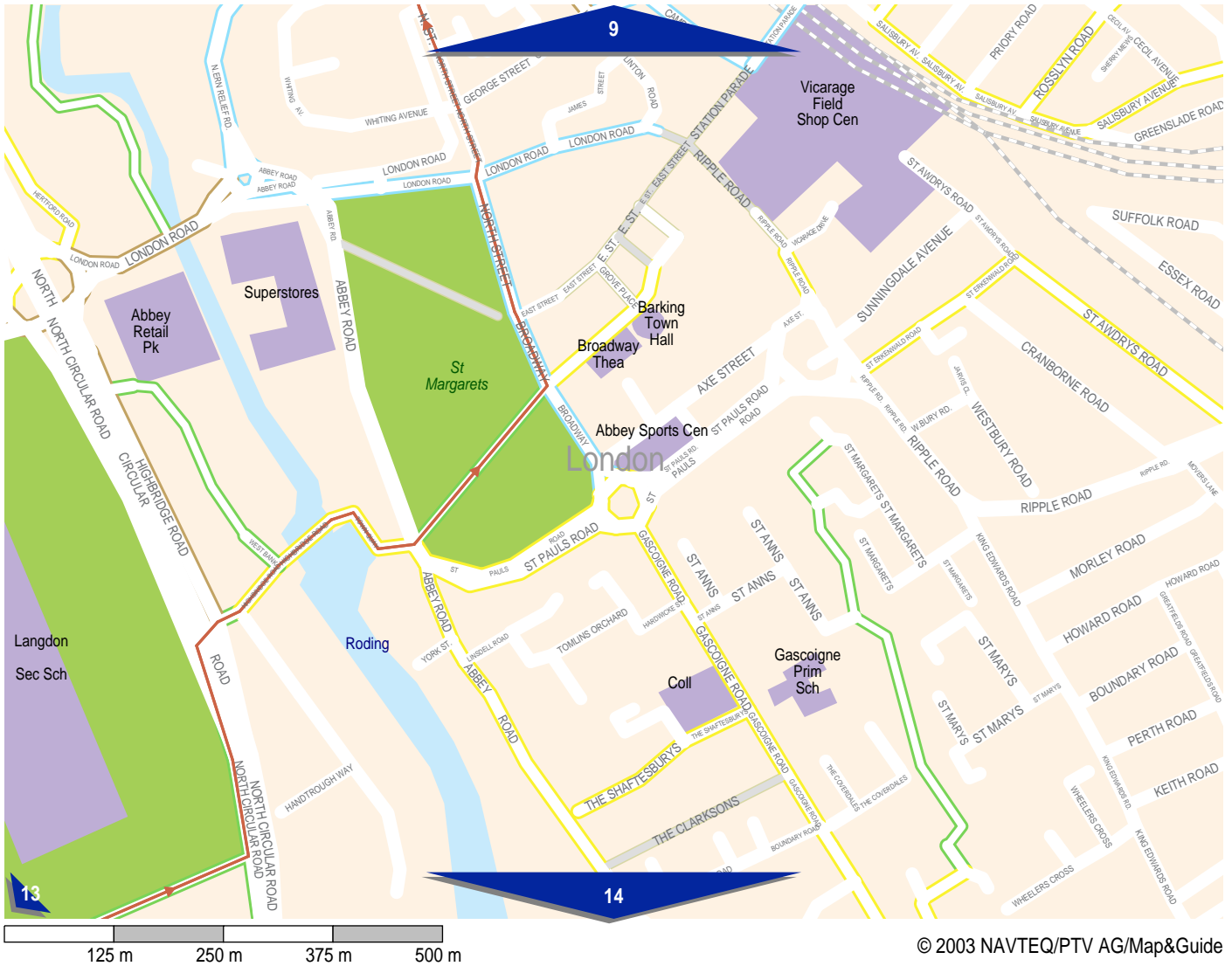




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- Take Bike

48.	Turn Right Into	North Street	310 m	10.4 km
49.	Straight Up	North Street	200 m	10.6 km
50.	Straight Up		240 m	10.8 km
51.	Turn Left Into	Queens Road	50 m	10.8 km
52.	Turn Left Into	Church Road	70 m	10.9 km
53.	Straight Up	Church Road	20 m	10.9 km
54.	Straight Up	Church Road	120 m	11.1 km
55.	Turn Right Into	Tanner Street	130 m	11.2 km
56.	Turn Right Into		1.1 km	12.3 km

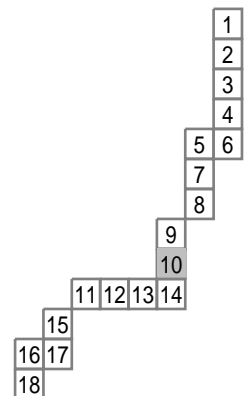




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- Take Bike

41.	↶ Turn Left Into		0.9 km	9.3 km
42.	↑ Straight Up	Highbridge Road	30 m	9.3 km
43.	↶ Turn Left Into	Highbridge Road	150 m	9.4 km
44.	↑ Straight Up	Town Quay	120 m	9.6 km
45.	↶ Turn Left Into		230 m	9.8 km
46.	↶ Turn Left Into	Broadway	90 m	9.9 km
47.	↑ Straight Up	North Street	170 m	10.0 km
48.	↷ Turn Right Into	North Street	310 m	10.4 km

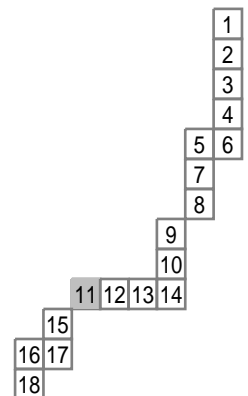




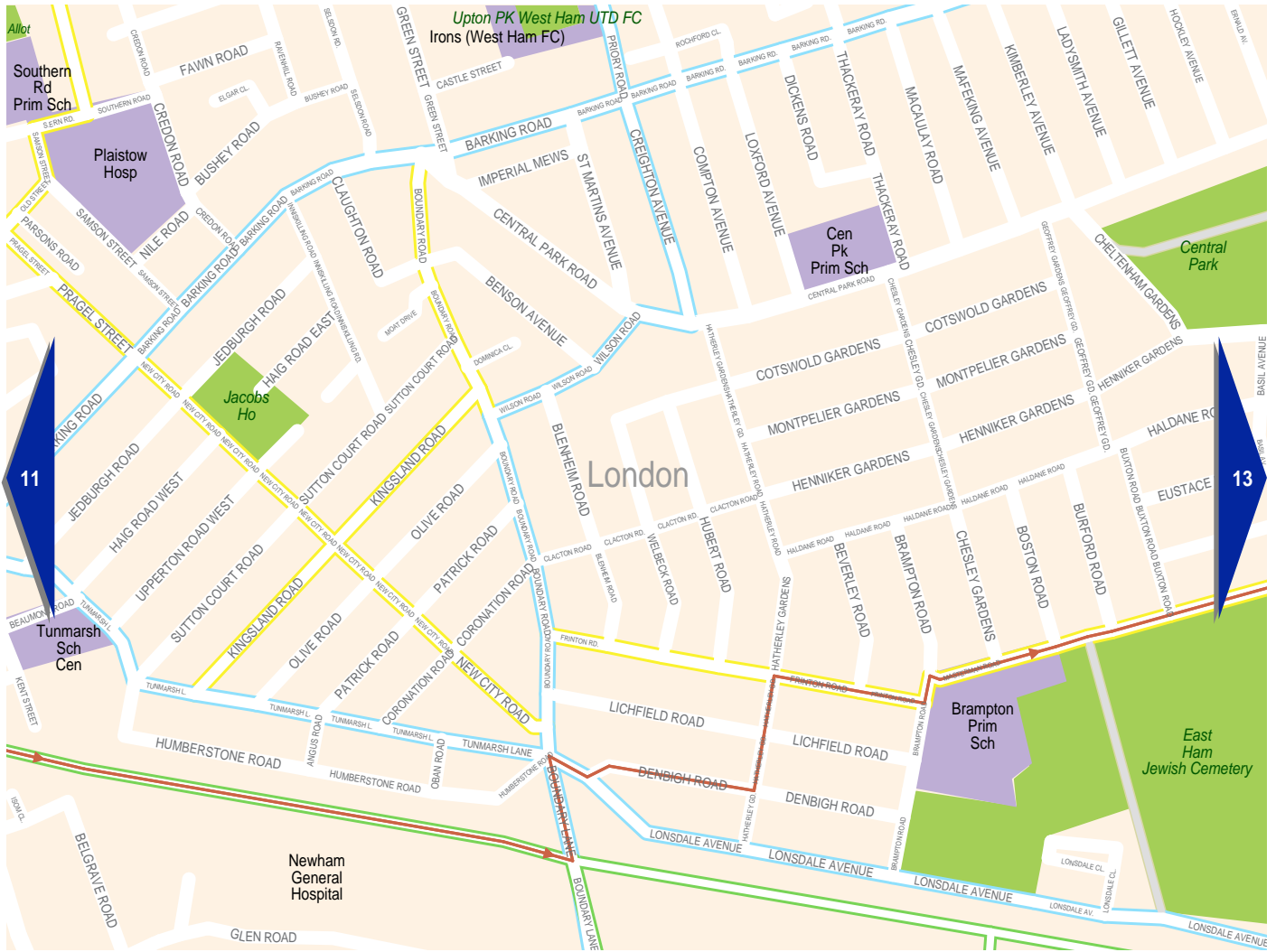
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- Take Bike

23.	Turn Right Into	Bethell Avenue	300 m	4.0 km
24.	Turn Right Into	Falcon Street	70 m	4.1 km
25.	Turn Left Into	Suffolk Road	190 m	4.2 km
26.	Turn Right Into	Grange Road	100 m	4.3 km
27.	Turn Left Into	Upper Road	190 m	4.5 km
28.	Turn Right Into		1.6 km	6.2 km



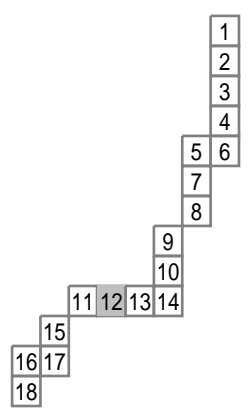


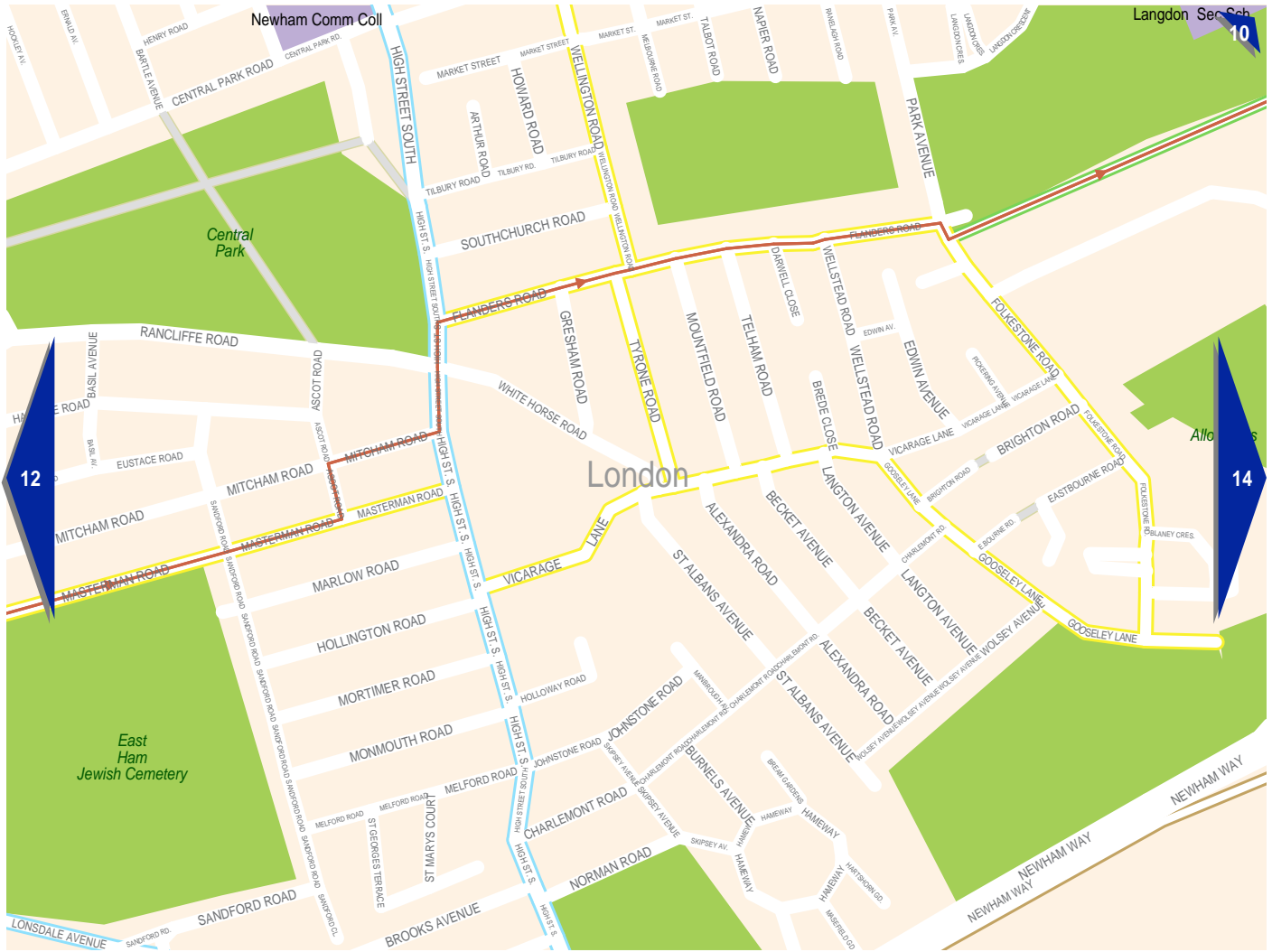


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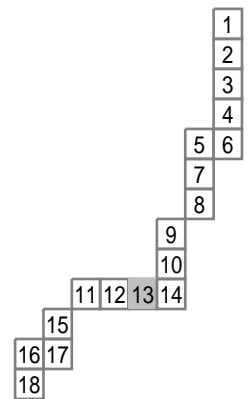
28.	Turn Right Into		1.6 km	6.2 km
29.	Turn Left Into	Boundary Lane	120 m	6.3 km
30.	Turn Right Into	Lonsdale Avenue	50 m	6.3 km
31.	Turn Left Into	Denbigh Road	190 m	6.5 km
32.	Turn Left Into	Hatherley Gardens	130 m	6.6 km
33.	Turn Right Into	Frinton Road	170 m	6.8 km
34.	Turn Left Into	Brampton Road	30 m	6.8 km
35.	Turn Right Into	Masterman Road	0.7 km	7.5 km

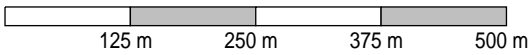









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35.	Turn Right Into	Masterman Road	0.7 km	7.5 km
36.	Turn Left Into	Ascot Road	60 m	7.6 km
37.	Turn Right Into	Mitcham Road	130 m	7.7 km
38.	Turn Left Into	High Street South	120 m	7.8 km
39.	Turn Right Into	Flanders Road	0.6 km	8.4 km
40.	Turn Right Into	Folkestone Road	20 m	8.4 km
41.	Turn Left Into		0.9 km	9.3 km

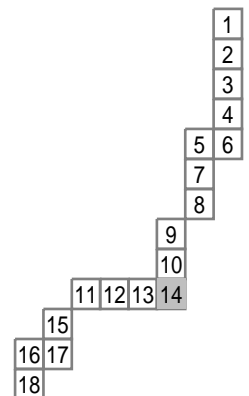




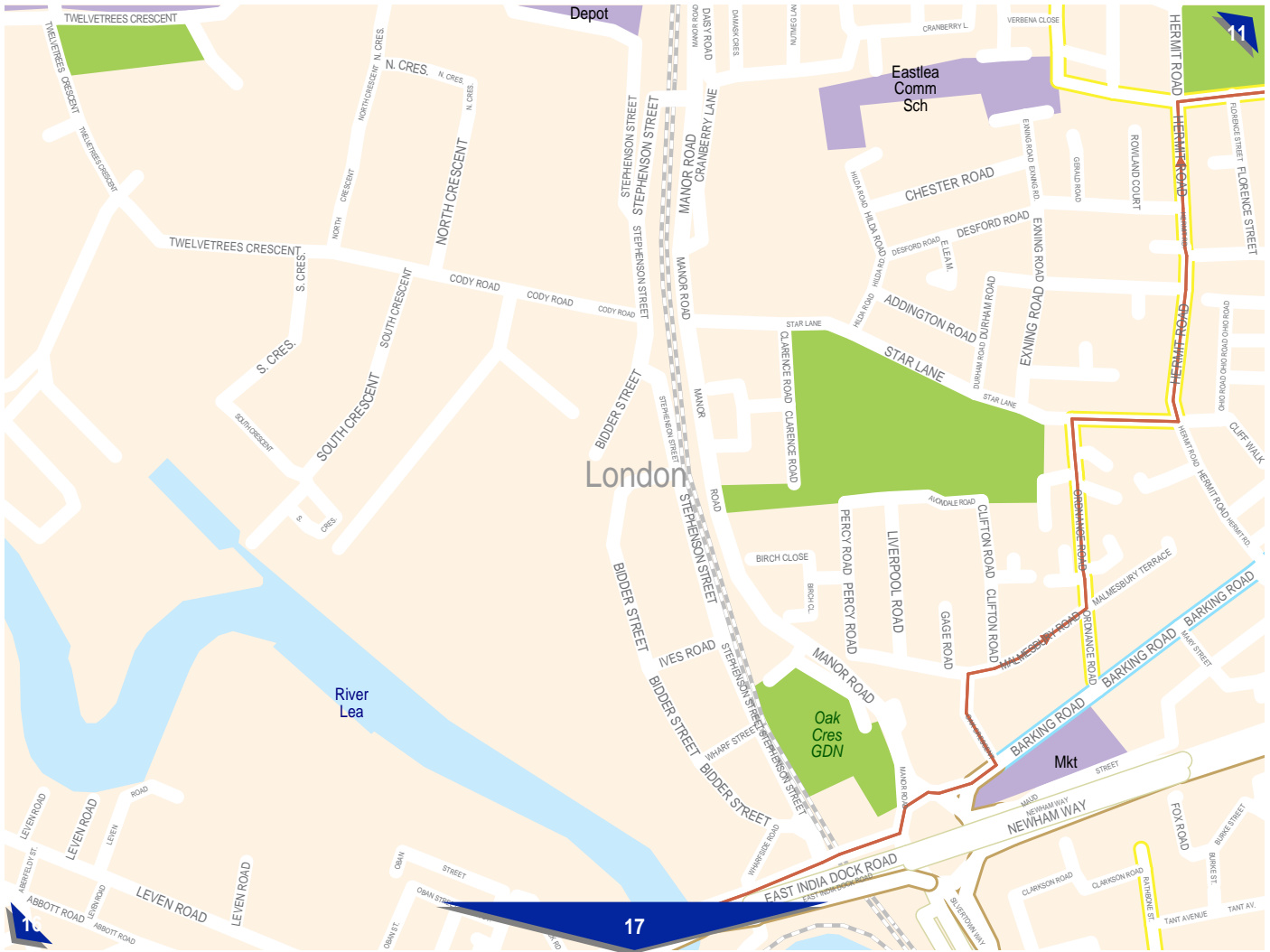
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-  Take Bike

41.  Turn Left Into 0.9 km 9.3 km



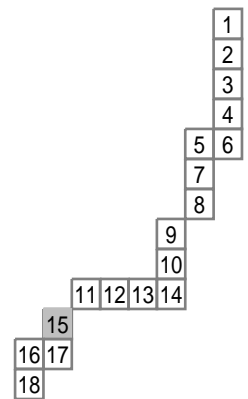


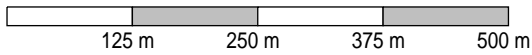
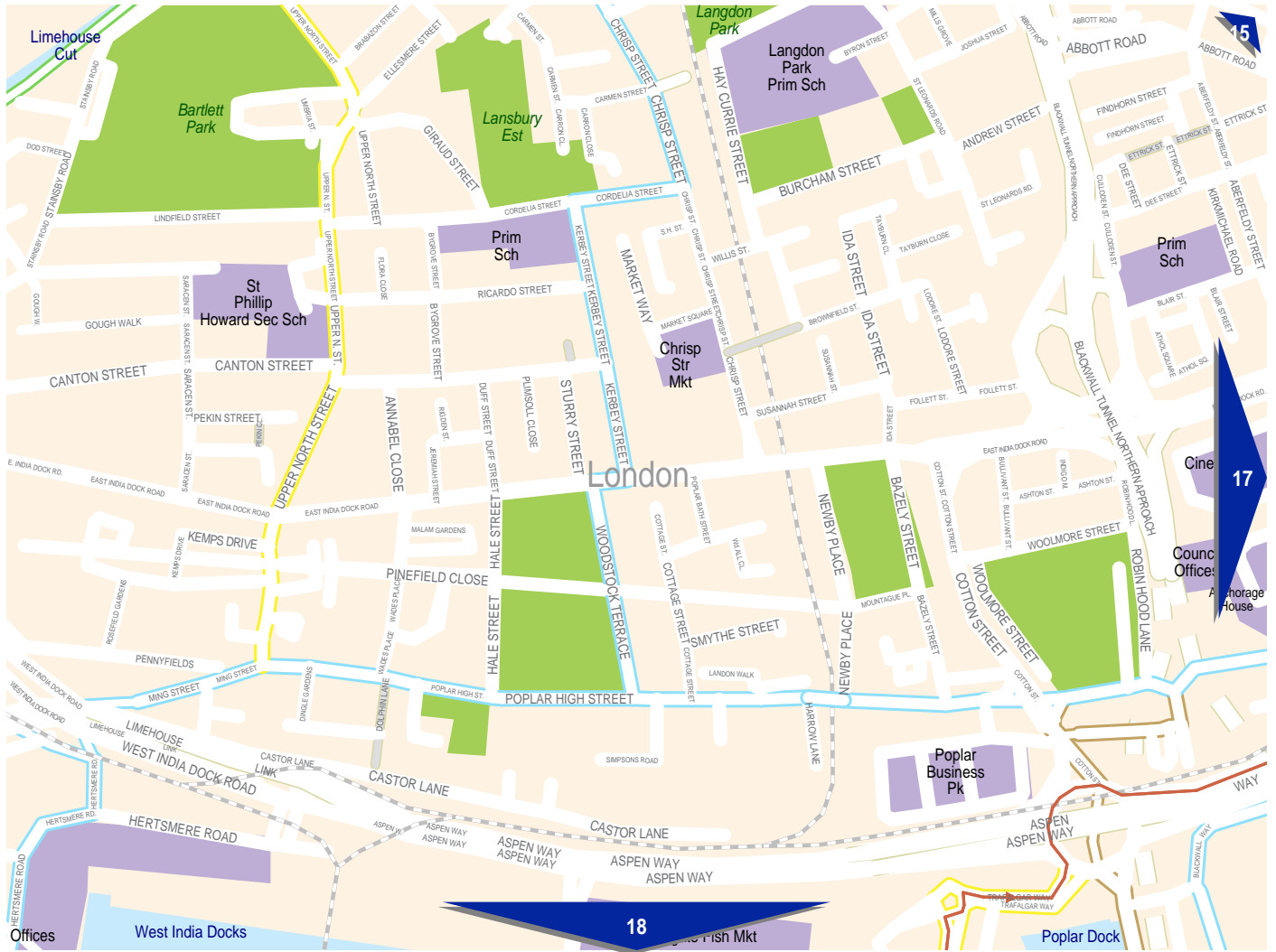


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15.	↑	Straight Up		0.6 km	2.7 km
16.	↙	Turn Left Into	Barking Road	40 m	2.7 km
17.	↑	Straight Up	Barking Road	30 m	2.7 km
18.	↙	Turn Left Into	Oak Crescent	110 m	2.9 km
19.	↘	Turn Right Into	Malmesbury Road	150 m	3.0 km
20.	↙	Turn Left Into	Ordnance Road	210 m	3.2 km
21.	↘	Turn Right Into	Star Lane	120 m	3.3 km
22.	↙	Turn Left Into	Hermit Road	350 m	3.7 km
23.	↘	Turn Right Into	Bethell Avenue	300 m	4.0 km

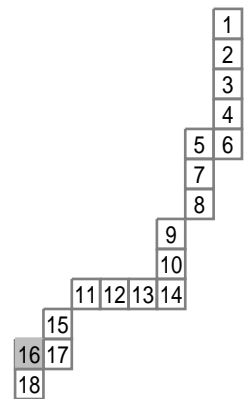


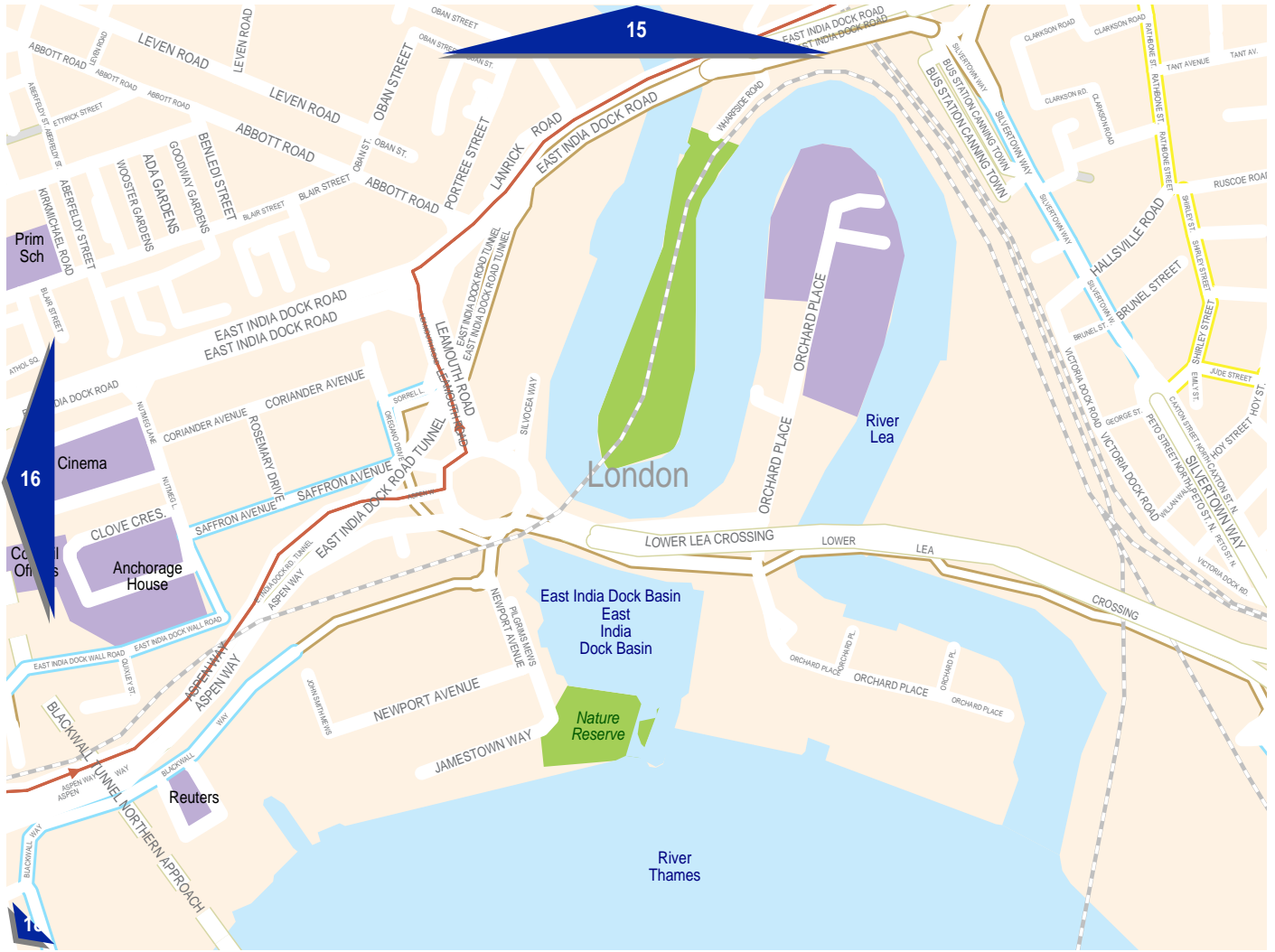


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5.	↶ Turn Left Into	Trafalgar Way	310 m	0.7 km
6.	↷ Turn Right Into	Trafalgar Way	40 m	0.7 km
7.	↷ Turn Right Into	Trafalgar Way	140 m	0.9 km
8.	↶ Turn Left Into	Trafalgar Way	360 m	1.2 km

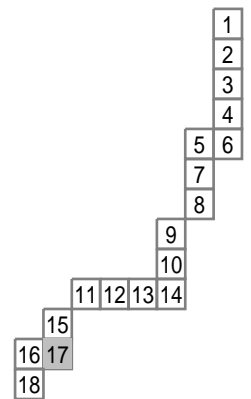


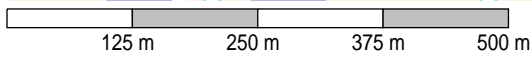
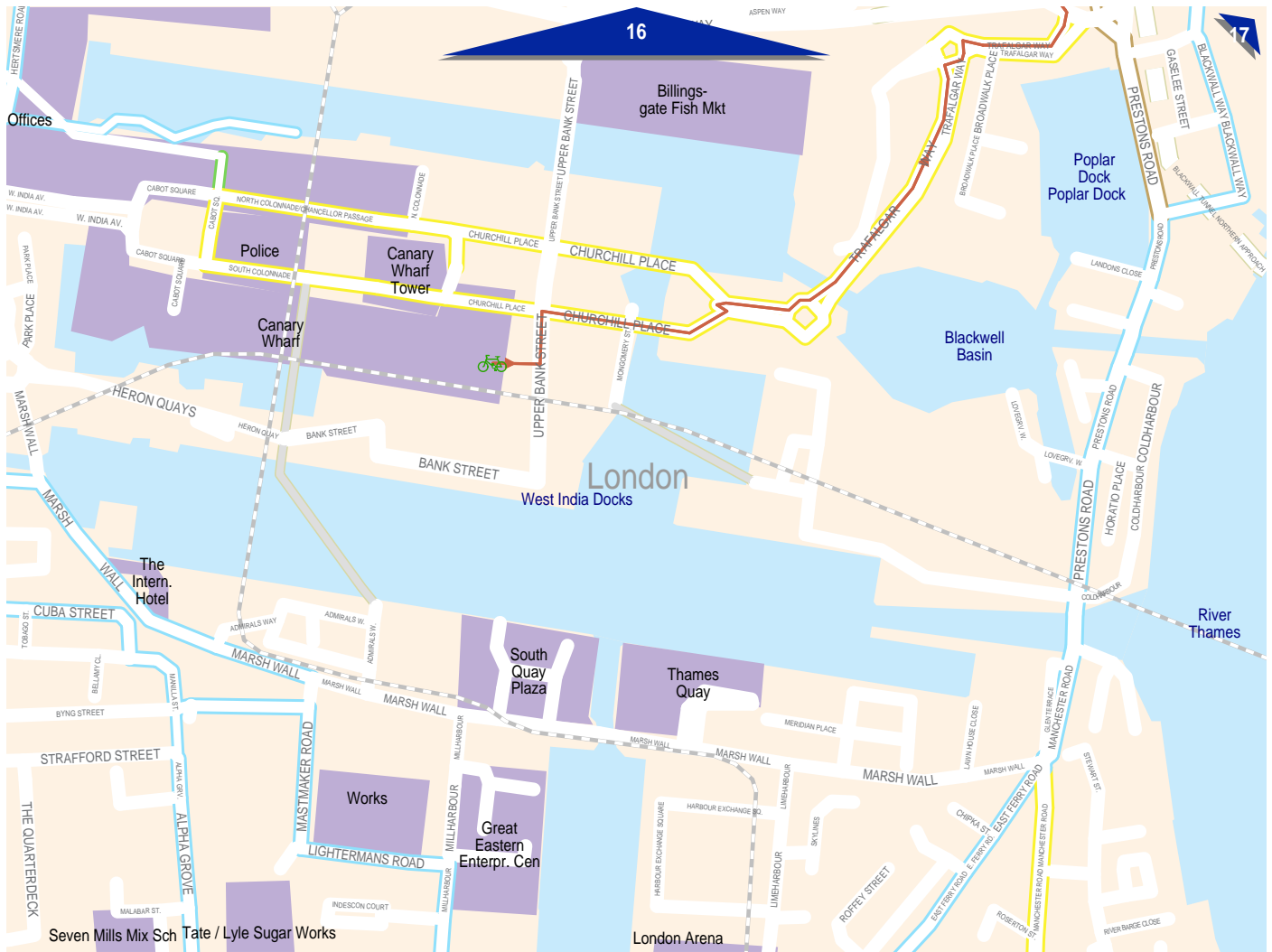


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8.	↶ Turn Left Into		360 m	1.2 km
9.	↶ Turn Left Into	Aspen Way	210 m	1.5 km
10.	↑ Straight Up		210 m	1.7 km
11.	↑ Straight Up	Aspen Way	50 m	1.7 km
12.	↶ Turn Left Into		50 m	1.8 km
13.	↶ Turn Left Into	Leamouth Road	210 m	2.0 km
14.	↷ Turn Right Into	East India Dock Road	130 m	2.1 km
15.	↑ Straight Up		0.6 km	2.7 km





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- Take Bike

1.			
2.	Upper Bank Street	60 m	
3.	Turn Right Into Churchill Place	300 m	360 m
4.	Turn Left Into Cartier Circle	30 m	390 m
5.	Turn Left Into Trafalgar Way	310 m	0.7 km
6.	Turn Right Into Trafalgar Way	40 m	0.7 km
7.	Turn Right Into Trafalgar Way	140 m	0.9 km
8.	Turn Left Into	360 m	1.2 km

