








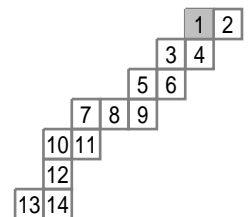
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-  Route signed for cyclists through park or beside canal or river. Usually shared with pedestrians.
 -  Route on quieter roads recommended by cyclists
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 -  Route signed for cyclists. May be on busy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



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- Take Bike

26.		Turn Left Into	Forest Road	0.8 km	11.2 km
27.		Turn Right Into		170 m	11.4 km
28.		Turn Left Into		0.8 km	12.2 km
29.		Turn Left Into		10 m	12.2 km
30.		Turn Right Into	Forest Road	0.7 km	12.9 km

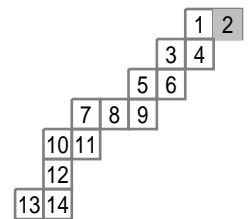




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- Take Bike

Arrival with bike

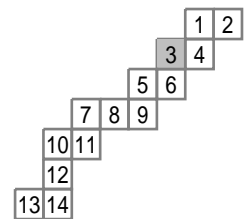
28.	Turn Left Into		0.8 km	12.2 km
29.	Turn Left Into		10 m	12.2 km
30.	Turn Right Into	Forest Road	0.7 km	12.9 km
31.				

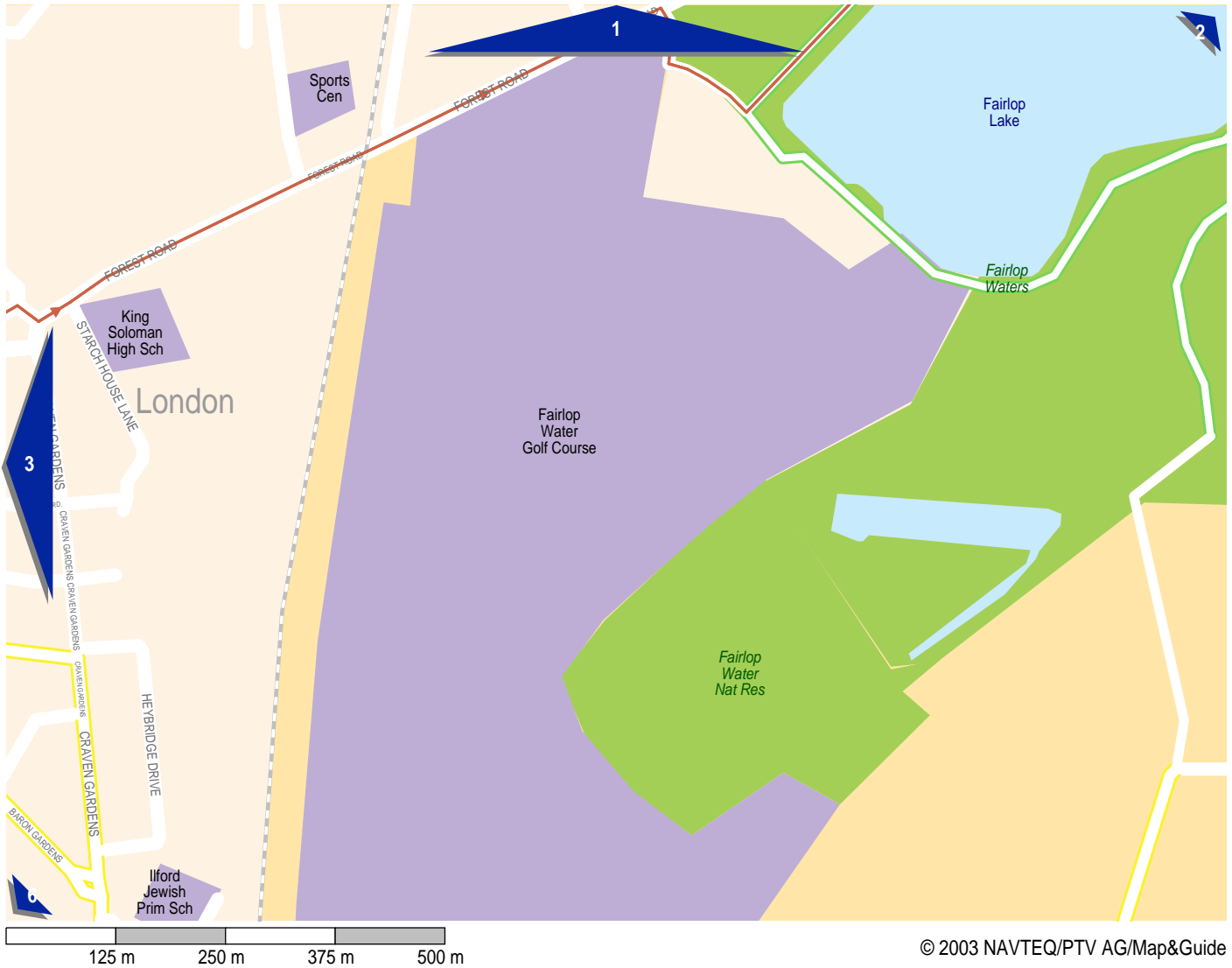



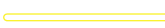





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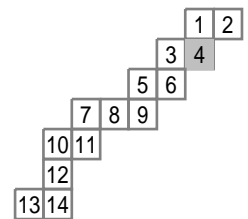
18.	↑ Straight Up	Longwood Gardens	0.8 km	9.4 km
19.	↑ Straight Up	Looe Gardens	110 m	9.5 km
20.	↙ Turn Left Into		20 m	9.6 km
21.	↘ Turn Right Into		40 m	9.6 km
22.	↘ Turn Right Into		10 m	9.6 km
23.	↙ Turn Left Into	Fremantle Road	300 m	9.9 km
24.	↙ Turn Left Into	High Street	430 m	10.3 km
25.	↙ Turn Left Into	Fullwell Cross Roundabout	100 m	10.4 km
26.	↙ Turn Left Into	Forest Road	0.8 km	11.2 km





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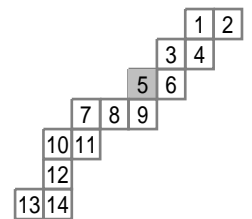
25.	↶ Turn Left Into	Fullwell Cross Roundabout	100 m	10.4 km
26.	↶ Turn Left Into	Forest Road	0.8 km	11.2 km
27.	↷ Turn Right Into		170 m	11.4 km
28.	↶ Turn Left Into		0.8 km	12.2 km





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13.	↑	Straight Up	Redbridge Lane East	0.9 km	7.6 km
14.	↑	Straight Up	Redbridge Lane East	220 m	7.8 km
15.	↙	Turn Left Into		50 m	7.9 km
16.	↙	Turn Left Into	Longwood Gardens	0.7 km	8.6 km
17.	↑	Straight Up	Longwood Gardens	20 m	8.6 km
18.	↑	Straight Up	Longwood Gardens	0.8 km	9.4 km

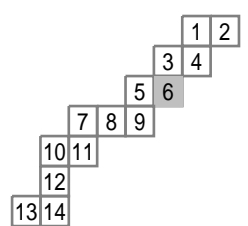




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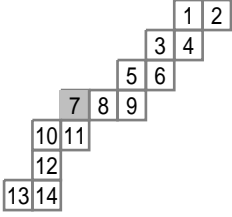
16.		Turn Left Into	Longwood Gardens	0.7 km	8.6 km
17.		Straight Up	Longwood Gardens	20 m	8.6 km
18.		Straight Up	Longwood Gardens	0.8 km	9.4 km





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7.		Turn Left Into		3.9 km	4.6 km
8.		Turn Left Into	Cambridge Park Road	0.8 km	5.4 km
9.		Straight Up	Eastern Avenue	0.6 km	6.0 km

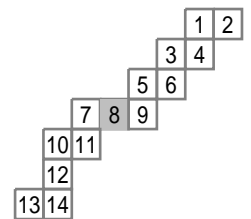


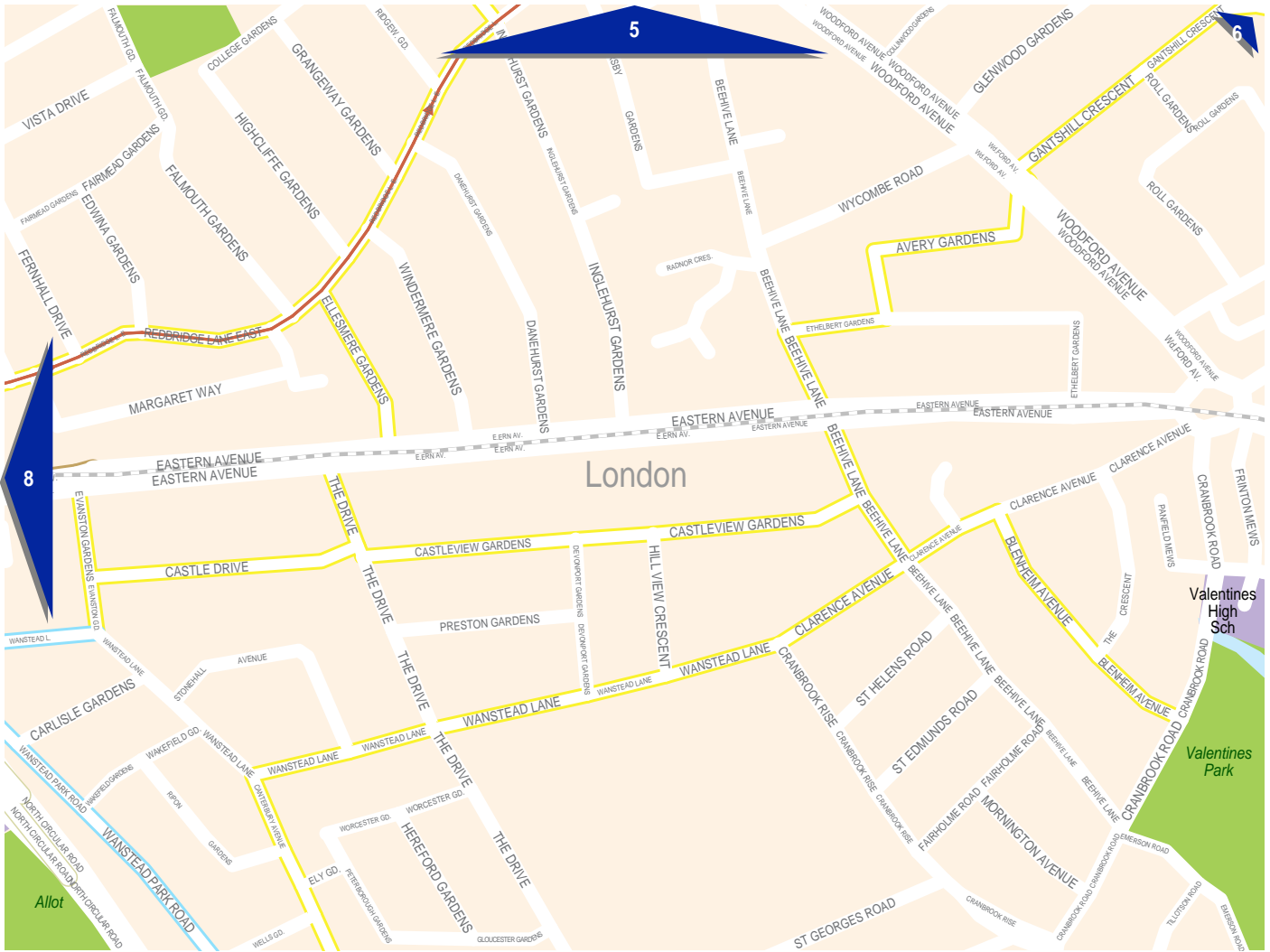


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9.	↑	Straight Up	Eastern Avenue	0.6 km	6.0 km
10.	↑	Straight Up	Eastern Avenue	0.5 km	6.5 km
11.	↙	Turn Left Into		180 m	6.7 km
12.	↙	Turn Left Into	Redbridge Lane East	60 m	6.8 km
13.	↑	Straight Up	Redbridge Lane East	0.9 km	7.6 km

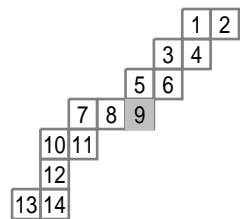


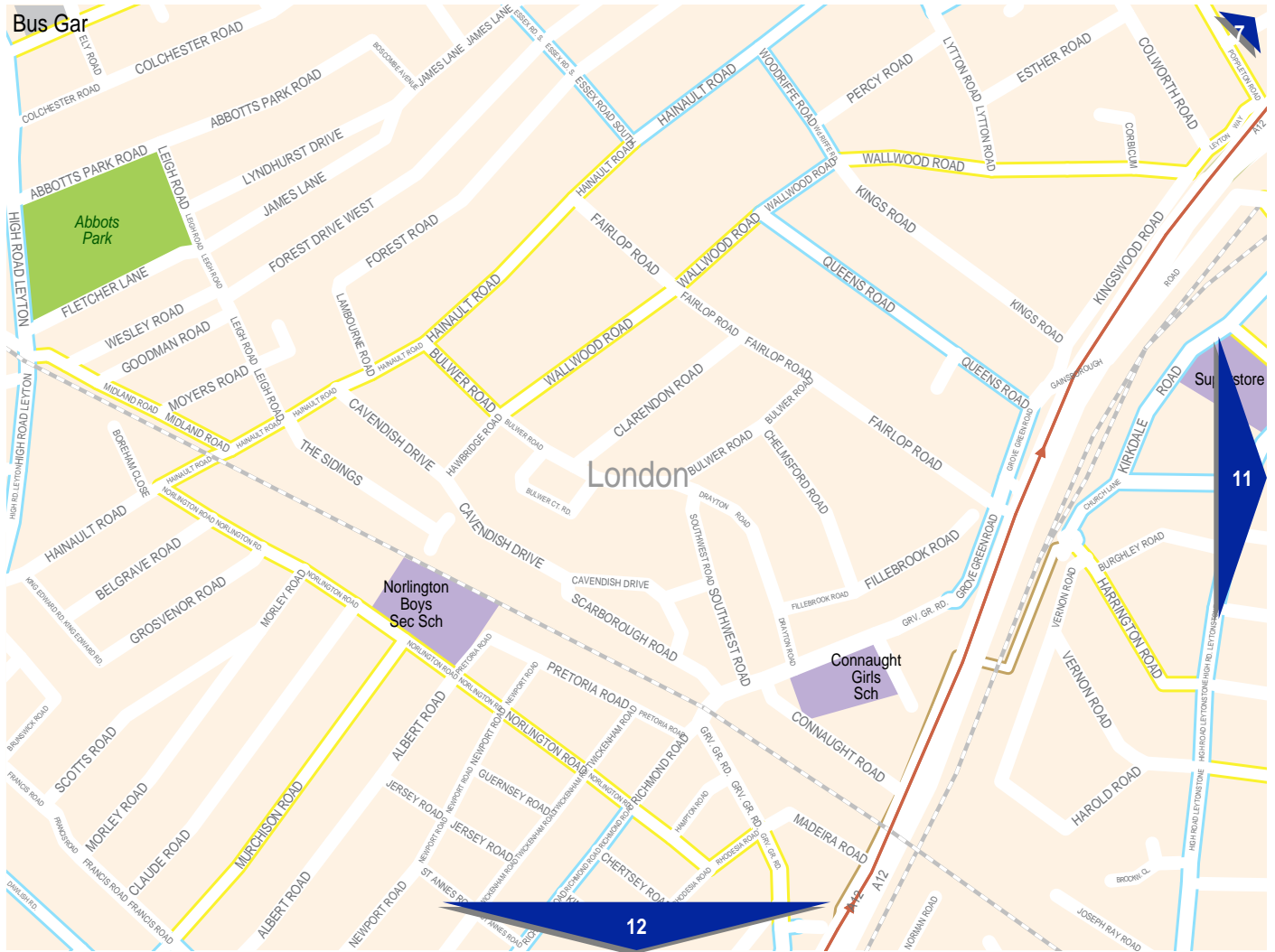



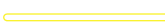



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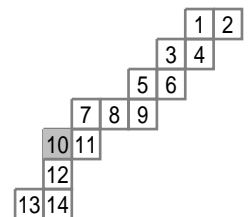
13.	↑ Straight Up	Redbridge Lane East	0.9 km	7.6 km
14.	↑ Straight Up	Redbridge Lane East	220 m	7.8 km





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7.  Turn Left Into 3.9 km 4.6 km

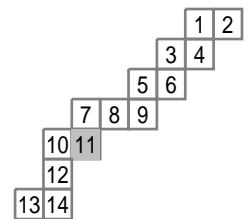


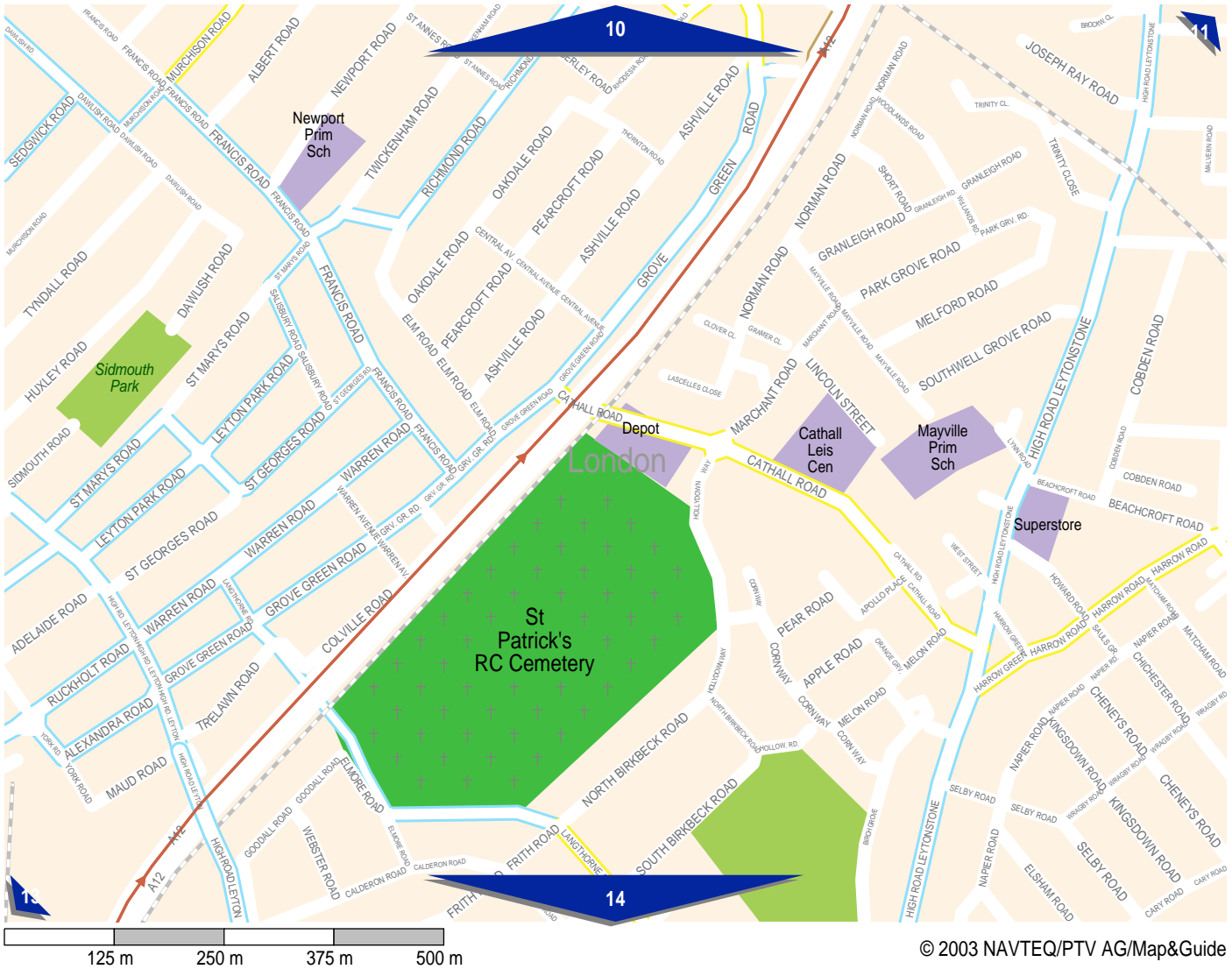


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7.	Turn Left Into	3.9 km	4.6 km
8.	Turn Left Into	Cambridge Park Road	0.8 km 5.4 km

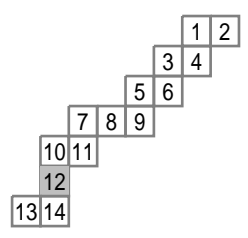




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7. Turn Left Into 3.9 km 4.6 km

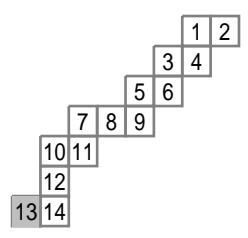




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 - Take Bike
- Departure with Bike

1.			
2.			260 m
3.	Turn Right Into		80 m 340 m
4.	Straight Up		110 m 450 m
5.	Straight Up	Quarter Mile Lane	140 m 0.6 km
6.	Turn Left Into	Eastway	170 m 0.8 km
7.	Turn Left Into		3.9 km 4.6 km





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