

LONG ROUTE - 163km - 1123m

MEDIUM ROUTE - 116km - 800m

SHORT ROUTE - 67km - 448m



1.6 km - 3.2 %



101

100

110



LANDFORD

90

1.0 km - 4.2 %



122

120

1.2 km - 3.8 %



130

81

80

MINSTEAD

LYNDHURST



RINGWOOD

90

140

1.0 km - 5.4 %



**START
FINISH**

70

100

50

150

60

BEAULIEU

10

EXBURY

50

45

20

SOPLEY

60

40

NEW MILTON

37

37

37

DOWNTON