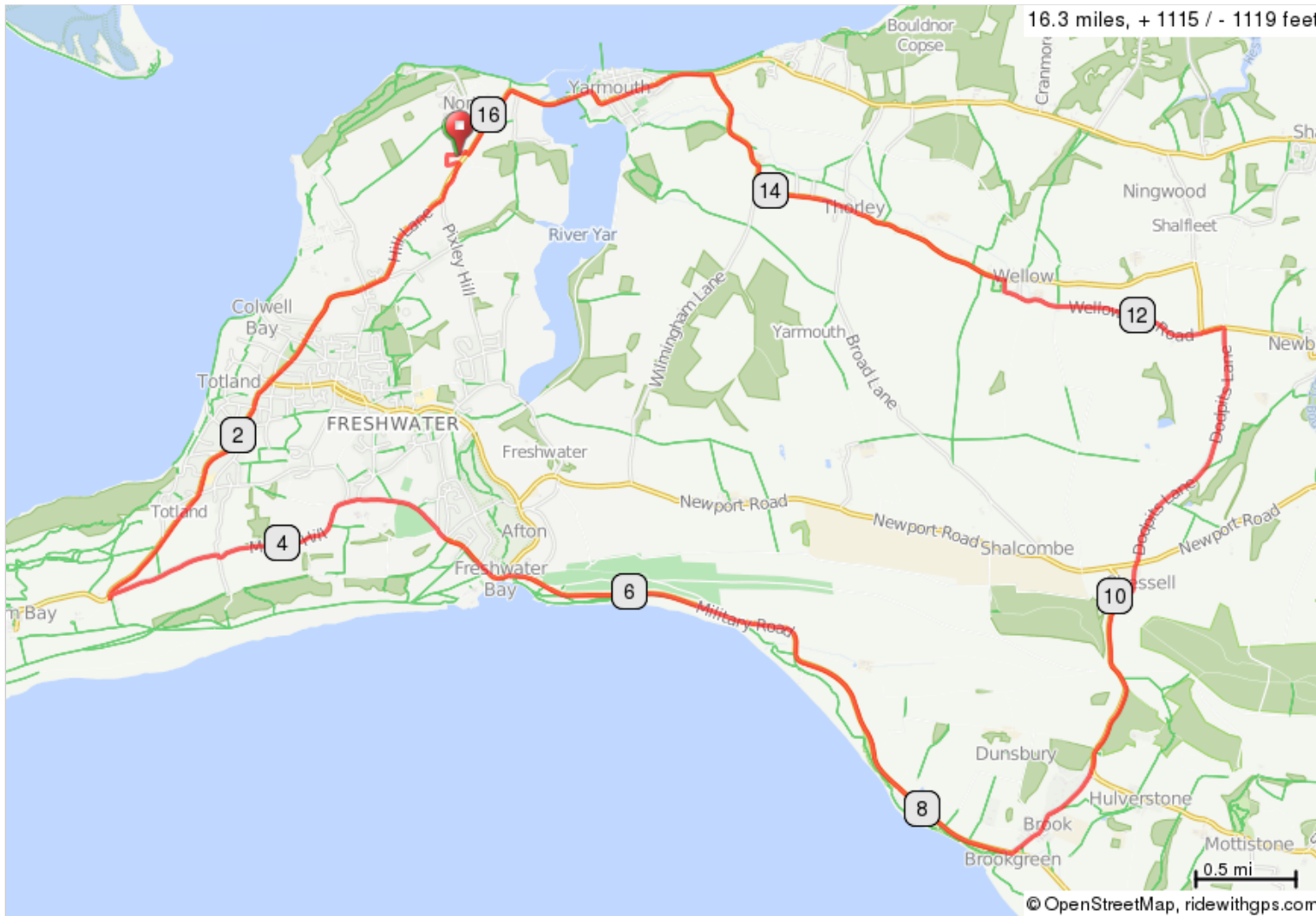
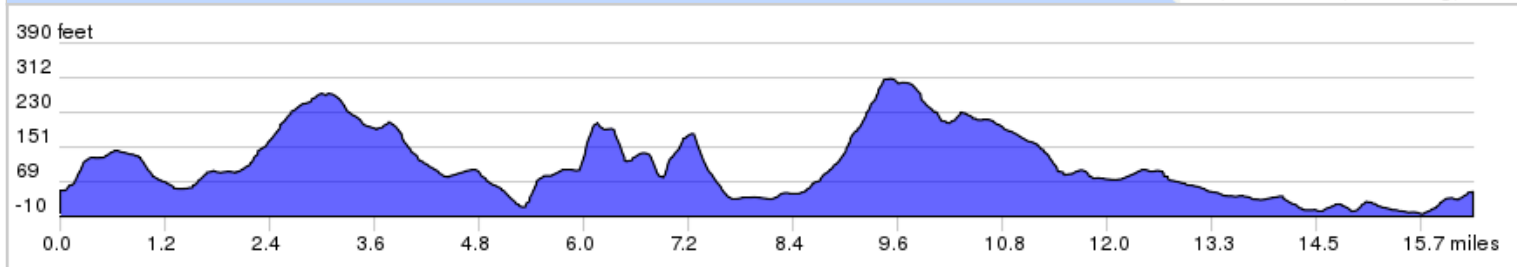


16.3 Mile, Road Cycling Loop with over 1100 ft of climbing (Red Grading)



This 16.3 mile Road Cycling loop offers a number of challenging climbs, with a total ascent of over 1100ft, which can all be completed in around an hour. So if you are stuck for time but want a challenge, then this is the route for you.

This route runs Anti-clockwise, starting at the West Bay Club, heading up towards Alum Bay before cycling down to the gorgeous Freshwater Bay. From here, the route follows Military Road, which offers beautiful coastal views and hills, before heading up over Brook, down past Chessell Pottery, before heading back to Yarmouth and home, to the West Bay Club.



16.3 Mile, Road Cycling Loop with over 1100 ft of climbing (Red Grading)

1.	0.0	0.0	▀	Start of route
2.	0.1	0.1	▀	Starting at the West Bay Club, follow one way system to site exit.
3.	0.2	0.1	→	R onto Halletts Shute/A3054, please take care on exiting the site from traffic coming down the hill.
4.	0.5	0.3	↑	Continue along Hill Lane
5.	1.5	1.0	▀	First slow climb, 215ft over 1.5 Miles.
6.	1.7	0.2	↑	At the roundabout, 2nd exit onto The Broadway/B3322
7.	2.0	0.3	↑	At Roundabout take 2nd exit onto Church Hill
8.	3.1	1.1	←	L towards Alum Bay Old Rd
9.	3.1	0.0	←	L onto Alum Bay Old Rd
10.	3.6	0.6	→	R onto Weston Ln
11.	3.7	0.0	←	Slight L onto Moons Hill

3.7 miles. +320/-177 feet

22.	11.6	1.3	←	L onto Main Rd/B3401
23.	11.7	0.1	←	L onto Wellow Top Rd
24.	12.8	1.1	←	L onto B3401
25.	14.1	1.3	→	R onto Thorley Rd/B3401
26.	14.8	0.7	←	L onto Tennyson Rd/A3054
27.	15.4	0.7	↑	At the roundabout, 1st exit and stay on A3054
28.	16.2	0.8	→	R in to the West Bay Club to finish. Please take care on turning R from oncoming traffic.
29.	16.3	0.1	▀	End of route

6.0 miles. +132/-173 feet

12.	4.5	0.8	↑	Continue onto Bedbury Ln
13.	4.9	0.4	↑	Continue onto Gate Ln
14.	5.3	0.4	↑	Challenging climb up out of Freshwater Bay, this one is steeper than the first climb - 198ft over 0.9 miles
15.	5.4	0.0	↑	Continue straight onto A3055
16.	6.9	1.6	↑	Continue along Military Road.
17.	8.5	1.5	←	L onto Brook Village Road. This is the start of the most demanding climb on the route - 266ft over 1 Mile
18.	9.1	0.6	↑	Continue onto B3399
19.	9.6	0.5	□	You have reached the highest point of the route, it's down hill all the way back to Yarmouth
20.	10.1	0.6	☕	Chessell Pottery - Light refreshments
21.	10.2	0.1	↑	Continue onto Dodpits Ln

6.6 miles. +606/-482 feet