

M&N 19Km Ride Talkround

Turn right from venue. Go SO through gates. Go past estate offices to **A**. At **A** Turn left into forest before barrier. Turn right onto smaller track. Stay on till staggered x roads. **4K**

Go SO . Keep left at T junction up hill. Turn left down hill , take next right. Follow to end, keep straight on and go right at next junction. Follow track past stone heaps to **CP1**. **9K**

Go left to second track on right. Go up hill following winding track to T junction. Go left then quickly right up small track. 10k After steep rise go left , SO at next track . Leave trees to electricity poles. Go right down track.

Turn left onto main track and take right turn before gate down smaller track.

Keep right at next track following to T junction. Go left then SO down small grassy track to **B**. Turn right away from Conicavel sawmill. Keep left at Y junction then take next left.

Stay left at X roads. Go right at bottom of hill . **15k** Follow through beech trees, turning right through trees and up steep hill.

Turn left down small track , follow to T junction. Turn left then first right. Ignore all track till T junction.
Turn left then go round barrier to **A**. Follow road back to venue.
19km

Emergency number - Louisa 0778884418