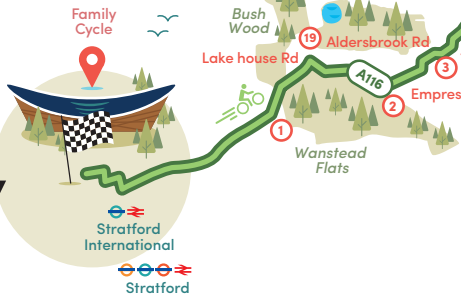


SAINSBURY'S SPORT RELIEF CYCLE IN LONDON



Start & Finish
Lee Valley VeloPark



1 MILE
1 K

Please note that this route is subject to change until the day of the event.





STEP BY STEP INSTRUCTIONS

- 25/50 1** Once out of Queen Elizabeth Olympic Park, you'll head out towards Wanstead Flats
- 25/50 2** Half way along Aldersbrook Road, look out for the left turn into Empress Avenue
- 25/50 3** Where the route narrows to a footpath (in Wanstead Park), you may be asked to dismount
- 25/50 4** In Cranbrook, look out for the left turn into Valentines Park
- 25/50 5** On Ley Street, look out for the first right turn into Wards Road
- C** Check Point 1 is located at Redbridge Cycling Centre
- 25/50 6** After turning right out of Check Point 1, 25 milers turn left and then go straight on the Romford Road (A112); 50 milers loop back down the A112 (towards Collier Row Road)
- 50mile 7** On Coxtie Green Road, look out for the left turn onto Wheelers lane (just after Brentwood Golf Club)
- 50mile 8** On Wheelers Lane, look out for the right turn onto Dudbrook Rd
- C** Check Point 2 is located at Kelvedon Hatch Community Primary School
- 50mile 9** On London Road (A113), look out for the left turn onto Shonks Mill Road (one mile after the Woodman Pub)
- 50mile 10** On Shonks Mill Road, look out for the right turn onto Church Road
- 50mile 11** On Tysea Hill, look out for the right turn onto B175 Stapleford Road
- 50mile 12** On Stapleford Road, look out for the left turn into Hook Lane B175
- 50mile 13** At Abridge, turn left onto the A113

C Check Point 3 is located at Beis Shammai Grammar School, Chigwell

- 25/50 14** On the High Road at Chigwell, look out for the left turn onto Forest Lane (just after Chigwell Golf Club)
- 25/50 15** On Tomswood Hill, look out for Craven Gardens at the roundabout
- 25/50 16** On Ley Street, look out for the right turn onto Dunedin Road
- 25/50 17** On Wellesley Road, look out for the right turn onto Cranbrook Road
- 25/50 18** On The Drive, look out for the left turn onto Highlands Gardens
- 25/50 19** On Aldersbrook Road, turn left onto Lake House Road at the mini roundabout



The cycle village will close at 16:00 and the main Event Village (with lots of games and entertainment) at 16:30 – hurry back and join in the fun!

- Check Point
- 20/50 Mile route
- 50 Mile route only

CYCLE YOURSELF PROUD

Sainsbury's

SPORT RELIEF GAMES