

Cut out & fold, mount cue sheet or profile to top tube

DIST.	INSTRUCTION
0.0	Leave Condor Cycles
0.1	LEFT onto Theobalds/Clerkenwell
0.1	LEFT A1/Goswell Road
1.8	RIGHT Upper Street
2.4	RIGHT A104 / Essex Road
4.0	RIGHT Dalston Lane / A104
5.4	LEFT Dalston Lane / A104
	LEFT Crickelfield Rd / A104
7.1	LEFT Lower Clapton Road
7.6	3 rd Exit at roundabout Lea Bridge Rd
12.0	Straight over on A104 (Epping Forest)
13.4	Straight over large junction A104
18.7	Continue on Epping New Road A104
23.6	3 rd exit – Coppice Row to Theydon Bois
27.2	L EFT Coopersele Lane
27.6	Cross M11
29.0	LEFT onto Hobbs Cross Rd
30.8	RIGHT onto Mount Rd
31.8	LEFT Banks Lane to Colliers Hatch
36.1	Toot Hill
40.0	Bobbingworth
42.0	Moneton
44.0	High Laver
47.2	Matching Green
52.6	White Roding
57.0	Aythorpe Roding
64.0	Bishops Green
65.0	Wellstye Green
66.0	Barnston
70.0	North End
72.0	Felsted
72.1	LEFT onto Braintree Rd

73.5	Garnetts Lane
79.3	Newpasture Lane
84.7	LEFT Bardfield Rd
84.7	CAFÉ STOP: Blue Egg
	Back onto road retracing ride
86.9	Merge Left on to Bardfield Rd (fork)
89.0	Great Saling
95.9	Watch House Green
97.2	Felsted
97.2	LEFT Chelmsford Rd
99.9	Priors Green
101.0	Hartford End
104.3	Howe Street
107.9	Pleshey
114.0	Good Easter
126.0	Willingate
132.0	Norton Heath
134.7	Blackmore – CAFÉ STOP
	Shortcut: RIGHT Ingestone Road
	VIPER LOOP: continue Chelmsford Rd
138.5	SHARP RIGHT Ingalestone Rd
138.5	SHARP RIGHT Ingalestone Rd
140.0	Merge to Mill Green Rd, pass Viper Pub
142.0	SHARP RIGHT Beggar Hill
143.0	SHARP LEFT
144.5	Merge RIGHT – Blackmore Road
146.0	S/O Hay Green Lane – END OF LOOP
150.7	Kelvedon Hatch
153.0	Navestock Side
156.1	Navestock
161.0	Stapleford Abbots
166.3	Chigwell Row
169.0	Grange Hill
171.2	Cross Mill

175.2	Snaresbrook
177.5	Leytonstone
180.0	Cross over River Lea (A12), Olympic Park
180.6	Continue on Eastway Rd (A12)
181.5	RIGHT to Wick Rd
181.9	LEFT Bentham Rd
182.9	RIGHT Loddiges Rd
183.0	LEFT Mare St
END	LOOK MUM NO HANDS (East) CAFÉ

