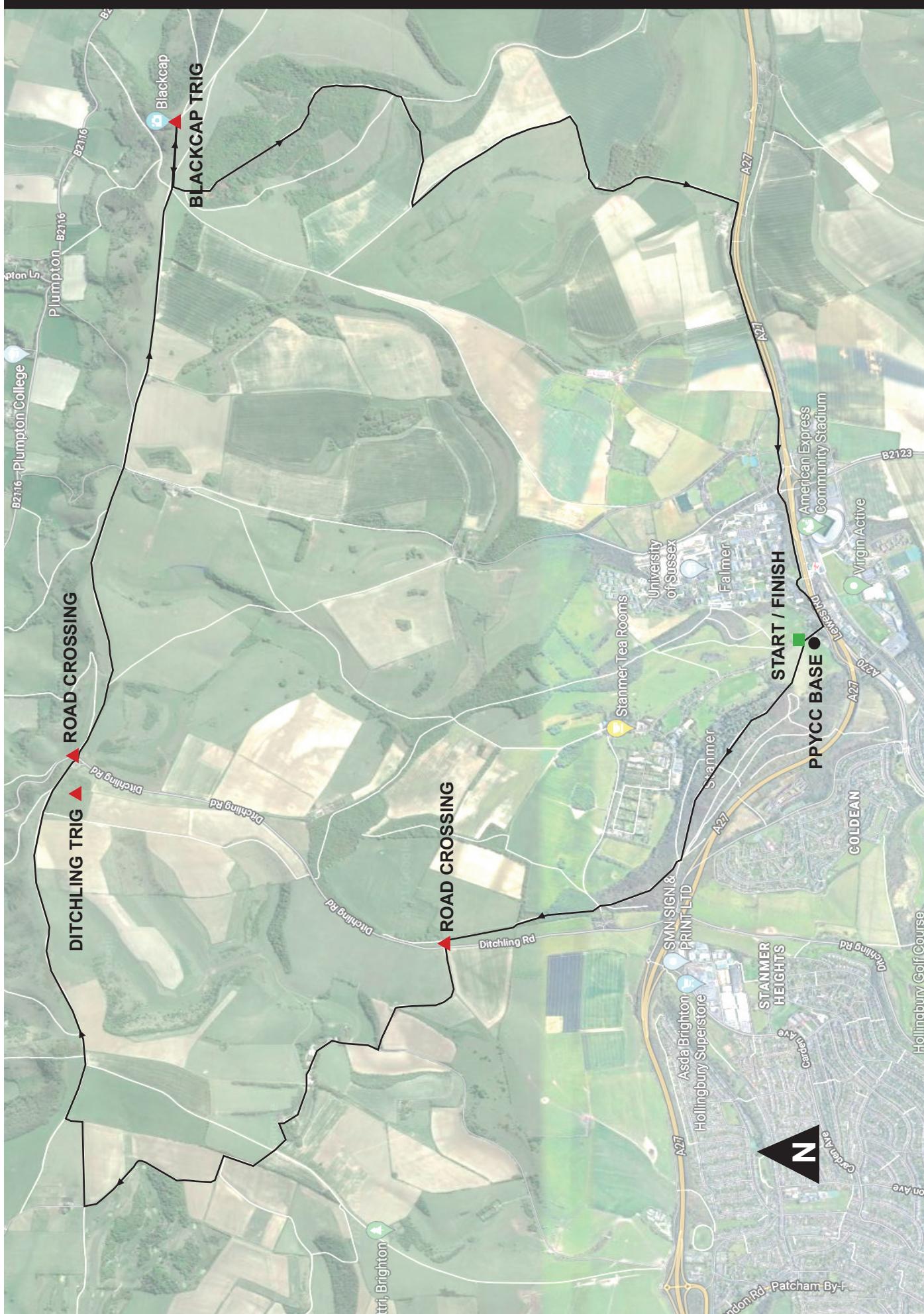


22K Course



22K Course

Name:

Start Time:

Finish Time:

Approximate time 2 hours to 3 hours.

IMPORTANT INFORMATION

- * Please be courteous to other trail users.
- * Remember to take plenty of drinking water.
- * Make sure you close gates behind you.
These gate are to protect livestock and wildlife and they are very important to the farmers.
- * In case of emergency, please call emergency services on 999.
- * Please also notify the organiser on 07391 634 879.

Type of bike: Best suited to mountain, gravel or cross bikes. Hybrid bikes with tyres of 32mm or above are okay. Road bikes are not recommended.

Terrain: This is a challenging route with a wide variation of terrains. Some paths have tree routes, loose gravel and uneven surfaces, some with deep ruts. Please take a lot of care, particularly when descending at speed. Some of the paths are overgrown and require constant navigation. The first road crossing may have a gate that is locked shut and the only way through is to lift your bike over the stile.

Much of this ride is across the top of the Downs along the South Downs Way. This route is exposed and subject to weather extremes.

The last leg of the ride is on made bike routes alongside the A23. At some points the route gets very close to the road and care should be taken not to get to close to the carriageway. There are plenty of hills to climb, some are short and steep, others are slow and long. In total there is approximately 580 meters of climbing.

Support: This is a self supported ride. Please make sure you take everything you need including a spare tube and tools. There may or may not be a coffee or ice cream van in the Ditchling Beacon car park and again at the top of Streat Bostal.

Collect 6 minute time credits for each of these items you can photograph on your phone.
72 minutes total credit available.

- * A digger
- * A beautiful view
- * A cow
- * A sheep
- * A yellow flower
- * A white flower
- * A red flower
- * A swan
- * A Land Rover
- * A horse
- * A windmill
- * A billabong

PRESTON PARK YOUTH CYCLING CLUB



*Fun, skills and competitive cycling
Qualified British Cycling coaches
For young riders aged 8 to 16
Come and try our friendly club!
membership@ppycc.org.uk
www.ppycc.org.uk*

