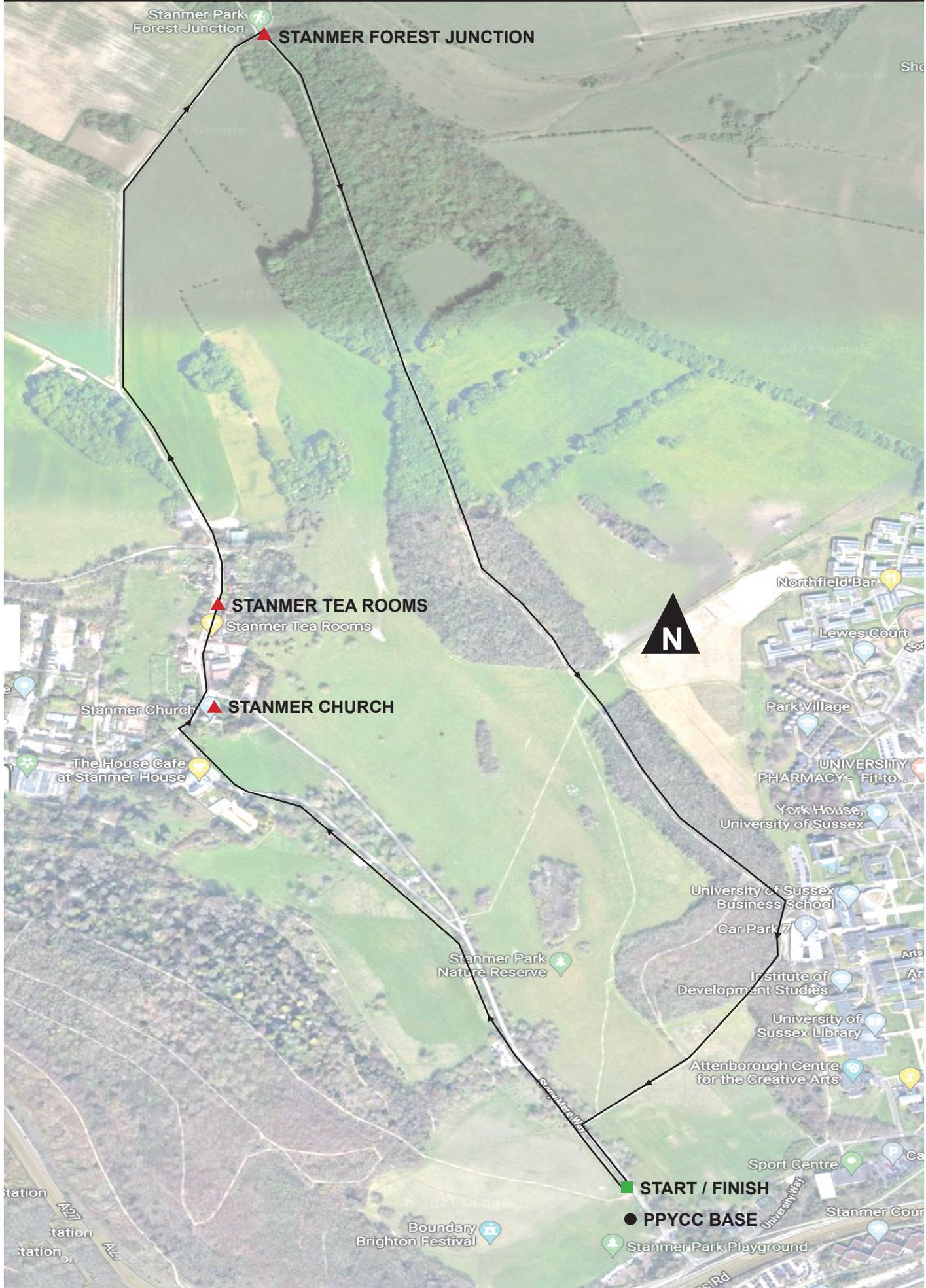


# 5K Course



# PPYCC 5K Course

Name:	Start Time:	Finish Time:
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Approximate time 30 to 60 minutes.

## 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 and road bikes with tyres of 28mm or above are okay.

**Terrain:** There is a variety terrains. After the village the track is rocky and steep. Returning to the finish is mostly through a forest and the path is reasonably smooth and easy to ride.

At the bottom of the course there is some tree routes to look out for along the path.

Please take a lot of care, particularly when descending at speed.

Some of this ride is exposed and subject to weather extremes.

There is only one main hill to climb, it is long and rocky in parts. In total there is approximately 180 meters of climbing.

**Support:** This is a self supported ride. Please make sure you take everything you need including a spare tube and tools. You will pass the tea room in the village early in this ride and then there will not be any further places to stop.

Collect 2 minute time credits for each of these items you can photograph on your phone.

22 minutes total credit available.

- \* A weather vane
- \* A grave stone
- \* A horse
- \* A red telephone box
- \* A blackberry bush
- \* A nettle bush
- \* Ivy
- \* A billabong
- \* A beautiful view
- \* A yellow flower
- \* A red flower

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