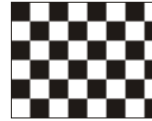


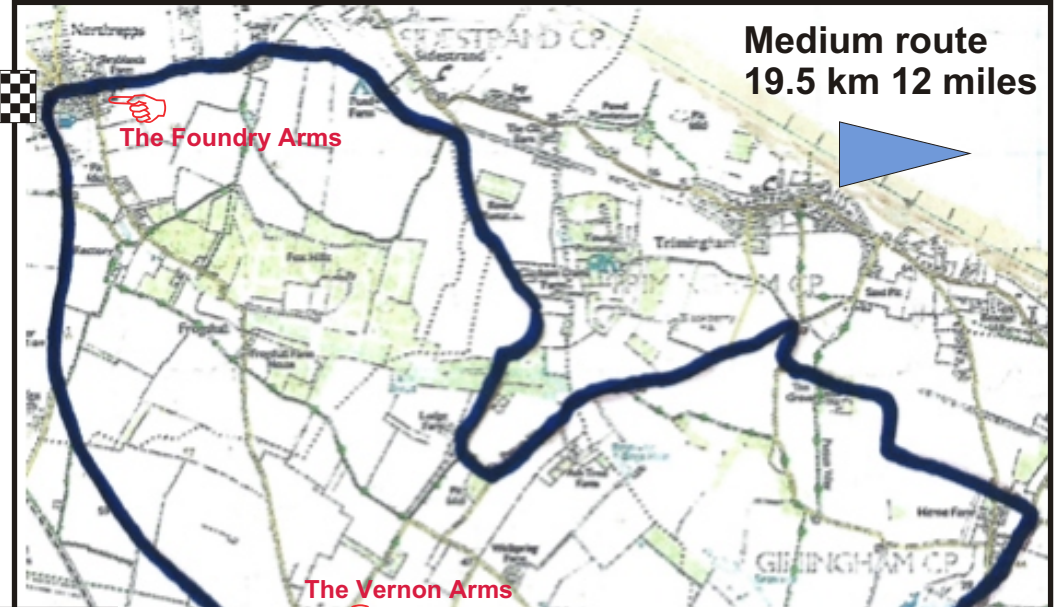
Short Route, fun ride
3.2 km, 2 miles
 Follow the
RED way markers



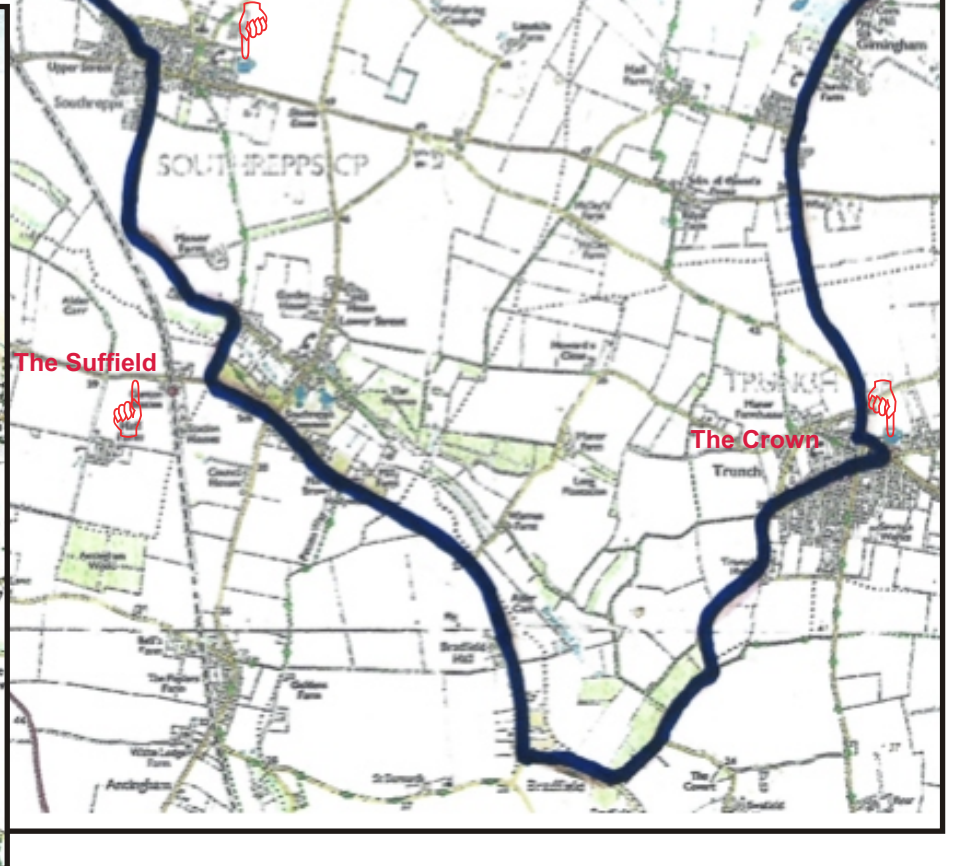
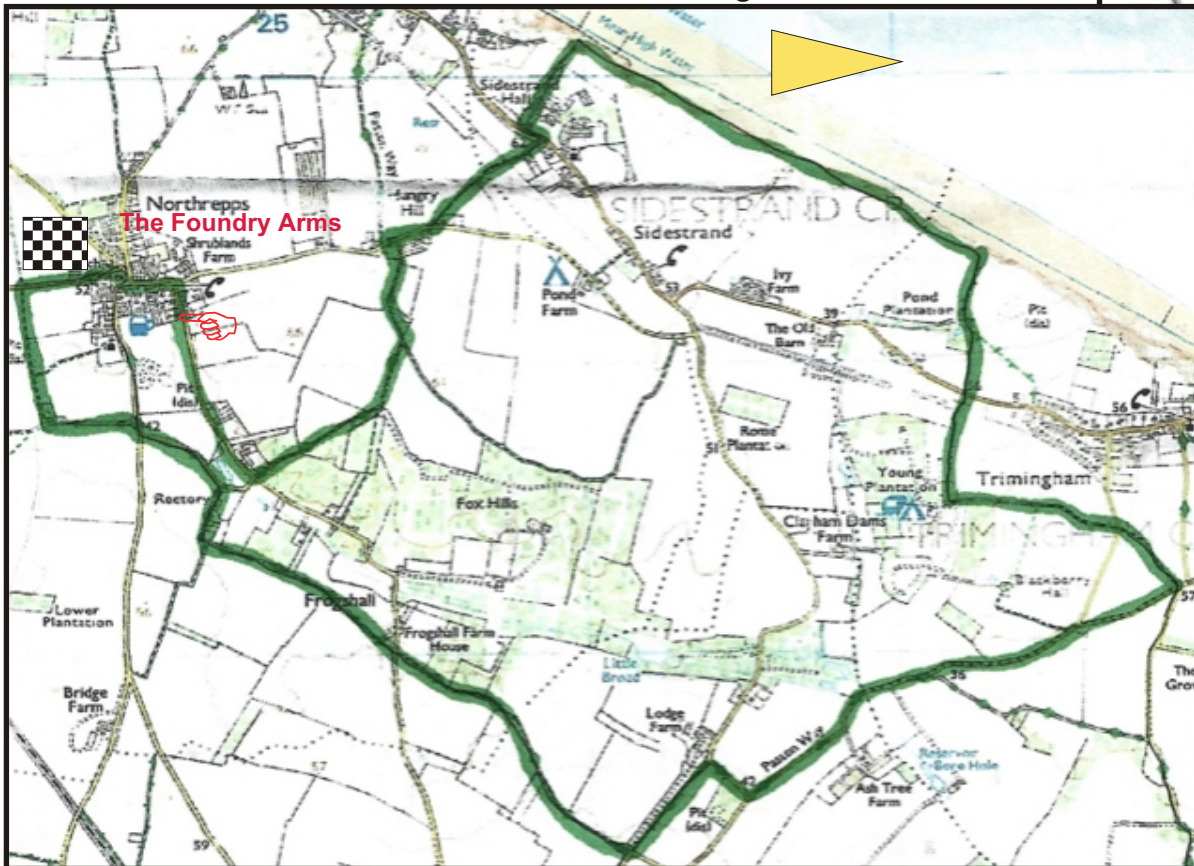
Start & Finish
Village Hall

Tracks and Lanes route
9.5 km 6 miles

Follow the **YELLOW**
 way markers
 This route has
 long sections off road



Medium route
19.5 km 12 miles



Highway Code notes for Horse Riders

Safety equipment. For this event you must wear a helmet which complies with the Regulations. It MUST be fastened securely. Before riding off or turning, look behind you to make sure it is safe, then give a clear arm signal.

When riding on the road you should

- * keep to the left
- * keep both hands on the reins unless you are signalling
- * keep both feet in the stirrups
- * not carry another person
- * not carry anything which might affect your balance or get tangled up with the reins
- * keep a horse you are leading to your left
- * move in the direction of the traffic flow in a one_way street
- * never ride more than two abreast, and ride in single file on narrow or busy roads and when riding round bends.

Highway Code notes for Cyclists

Helmets must be worn for this event. It should conform to the current regulations, be the correct size for your head and be securely fastened.

You should:

- * Keep both hands on the handlebars except when signalling or changing gear.
 - * Keep both feet on the pedals.
 - * Be considerate of other road users, taking extra care around blind and partially sighted pedestrians.
- Use your bell when necessary to signal you are nearby.
- * Ride single file on narrow or busy roads and when riding round bends

You should not:

- * Ride more than two abreast.
- * Ride close behind another vehicle.
- * Carry anything that will affect your balance or get tangled up in your wheels or chain.

Follow the steps below to promote safety on the roads:

- * Look all around to ensure it is safe to move away from the kerb, turn corners or manoeuvre your bicycle.
- * Always use a clear signal to indicate your intentions to other road users.
- * Keep an eye out for obstructions in the road to prevent you from having to swerve to avoid them.
- * Leave plenty of room when passing parked vehicles and watch out for pedestrians stepping into your path.
- * Be aware of traffic coming up behind you.
- * Take extra care near road humps, narrowings and other traffic calming features.
- * Take care when overtaking other road users.

Highway Code notes for Mobility Scooters

You should take care when travelling on the road as you may be travelling more slowly than other traffic (your machine is restricted to 8 mph (12 km/h) and may be less visible).

When on the road, Class 3 vehicles should travel in the direction of the traffic. Class 2 users should always use the pavement when it is available. When there is no pavement, you should use caution when on the road. Class 2 users should, where possible, travel in the direction of the traffic. If you are travelling at night when lights MUST be used, you should travel in the direction of the traffic to avoid confusing other road users.

Be aware that this event is open to horse riders.

Horses may be startled or frightened by approaching cyclists, particularly from behind. When passing animals, ride slowly. Give them plenty of room and be ready to stop. Be sure the rider is aware of you approaching. Do not scare animals by sounding your horn, revving your engine or accelerating rapidly once you have passed them. Look out for animals being led, driven or ridden on the road and take extra care. Keep your speed down at bends and on narrow country roads. If a road is blocked by a herd of animals, stop and switch off your engine until they have left the road. Watch out for animals on unfenced roads.

