

57 Miles in 4.5 and 5.75 Hours (St Mary and the Bishop)  
 Sunday 27th March 2011 Start at 09.00 from Kingskerswell Arch.

Abbreviates;- TL/TR= Turn Left/Right. SO= Straight On. TJ= T Junction . X= Cross Roads. SP= Signpost. DC= Dual Carriageway. FL/FR= Fork Left/Right. Rbt= Roundabout. Tlts= Traffic Lights. Names in CAPITALS on Signposts to be visited. Names in lower case to ride towards

1. Out to the big city  
 Leave start and go down main street  
 Rbt 1st Exit, X TR . TL (SP Decoy Ind Est)  
 Rbt 2nd Exit. Tlts TL Tlts SO.  
 Go to RH Lane marked 'TOWN'  
 Pass Rail Station. TR (SP Other Routes).  
 Rbt 2nd Exit. Rbt 2nd Exit. Rbt 1st Exit  
 Rbt 1st Exit (SP Swimming Pool)  
 Continue for 1 mile through village  
 TL (Strap Lane) TR (sp SANDYGATE)  
 Continue through village. TR No SP.  
 SO at Gappah X. X SO (SP EXETER)  
 TR (SP ASHCOMBE).  
 TJ TR (SP Torquay) and cross DC  
 Rbt 2nd Exit No SP and descend  
 TR (SP Dawlish) and continue for 1.9  
 miles along the valley  
 TL (SP Starcross) TJ TL (SP Starcross)  
 X SO (SP KENN) X TL (SP KENN)  
 TJ TR (SP EXETER) and cross DC.  
 Continue to CLAPHAM and through  
 SHILLINGFORD ST GEORGE.  
 At Twin Rbts TL and continue into  
 EXETER. Rbt 1st Exit (SP Taunton)

2. The Flat bit  
 Tlts TR and immediately TL (SP EXWICK)  
 Tlts TL (SP EXWICK) and continue for 2.2  
 miles. Rbt 2nd Exit No SP.  
 TJ TL (SP CREDITON A377).  
 TR (Langford Road) (SP LANGFORD)  
 TL (SP Newton St Cyres)  
 TJ TL (SP Newton St Cyres)  
 X SO (Beside Beer Engine Pub)  
 X TL (SP CREDITON). TJ TL (SP  
 CREDITON) TJ TL (SP CREDITON)  
 TJ TL (SP Exeter) TR (SP FORDTON)  
 Cross Railway lines.

3. Back up the hills  
 On LH Bend TR (SP UTON)  
 TL (SP POSBURY) and climb  
 TJ TL (SP TEDBURN)  
 TJ TL (SP TEDBURN ST MARY)  
 In Tedburn TR (SP Dunsford)  
 TJ TR No SP and cross DC.  
 TJ TL (SP Dunsford)  
 TJ TR (SP Dunsford)  
 X SO (3212) No SP  
 X TR (SP Chudleigh)  
 TJ TL (SP Chudleigh B 3193).

4. Home Run  
 Continue along the B3193 for 4 miles  
 to TJ T R (SP Chudleigh Knighton)  
 Cross over DC and continue pass  
 the clay workings.  
 The finish is at the Rbt as you come  
 Into Kingsteignton.

-----  
 To get to the Railway Inn in Newton Abbot  
 Go SO at the Rbt. TJ TR,  
 Rbt 2nd Exit Rbt 2nd Exit  
 Rbt 1st Exit Rbt 1st Exit  
 Continue along the Avenue, keep L  
 at the War Memorial and the  
 RAILWAY INN is 300 yards on the left.

Hope you have enjoyed the ride  
 Geoff Sharpe.