









SAINSBURY'S SPORT RELIEF CYCLE LONDON



MAP KEY

-  ORIENTATION
-  SCALE
-  25 MILE ROUTE
-  50 MILE ROUTE
-  3 MILE FAMILY CYCLE
-  START & FINISH
-  INSTRUCTION POINTS
-  CHECK POINTS

Start & Finish

Lee Valley VeloPark



1 MILE
1K

Please note that this route is subject to change until the day of the event.





STEP BY STEP INSTRUCTIONS

25/50 1 Once out of Queen Elizabeth Olympic Park, you'll head out towards Wanstead Flats

25/50 2 Half way along Aldersbrook Road, look out for the left turn into Empress Avenue

25/50 3 Where the route narrows to a footpath (in Wanstead Park), you may be asked to dismount

25/50 4 In Cranbrook, look out for the left turn into Valentines Park

25/50 5 On Ley Street, look out for the first right turn into Wards Road

C Check Point 1 is located at Redbridge Cycling Centre

25/50 6 After turning right out of Check Point 1, 25 milers turn left and then go straight on the Romford Road (A112); 50 milers loop back down the A112 (towards Collier Row Road)

50mile 7 On Coxtie Green Road, look out for the left turn onto wheelers lane (just after Brentwood Golf Club)

50mile 8 On Wheelers Lane, look out for the right turn onto Crown Road

C Check Point 2 is located at Kelvedon Hatch Community Primary School

50mile 9 On London Road (A113), look out for the left turn onto Shonks Mill Road (one mile after the Woodman Pub)

50mile 10 On Shonks Mill Road, look out for the right turn onto Church Road

50mile 11 On Tysea Hill, look out for the right turn onto B175 Stapleford Road

50mile 12 On Stapleford Road, look out for the left turn into Hook Lane B175

50mile 13 At Abridge, turn left onto the A113

C Check Point 3 is located north of Chigwell

25/50 14 On the High Road at Chigwell, look out for the left turn onto forest lane (just after Chigwell Golf Club)

25/50 15 On Tomswood Hill, look out for Craven Gardens at the roundabout

25/50 16 On Ley Street, look out for the right turn onto Dunedin Road

25/50 17 On Wellesley Road, look out for the right turn onto Cranbrook Road

25/50 18 On The Drive, look out for the left turn onto Highlands Gardens

25/50 19 On Aldersbrook Road, turn left onto Lake House Road at the mini roundabout



The cycle village will close at 16:00 and the main Event Village (with lots of games and entertainment) at 16:30 – hurry back and join in the fun!



Check Point



20/50 Mile route



50 Mile route only

CYCLE YOURSELF PROUD

Sainsbury's

SPORT RELIEF GAMES