

## TOTTENHAM TO BARNET



**Straight Up** Bill Nicholson Way 20 m 20 m  
**Turn Right Into** High Road 100 m 120 m  
**Turn Left Into** Whitehall Street 160 m 280 m  
**Turn Right Into** Love Lane 180 m 460 m  
**Turn Left Into** White Hart Lane 40 m 500 m  
**Turn Left Into** White Hart Lane Cycle path 370 m 0.9 km  
**Turn Right Into** Queen Street Cycle path 240 m 1.1 km  
**Straight Up** Cycle path 20 m 1.1 km  
**Straight Up** Bull Lane Cycle path 390 m 1.5 km  
**Turn Left Into** Wilbury Way Cycle path 0.8 km 2.3 km  
**Straight Up** Cycle path 10 m 2.3 km  
**Straight Up** Pasteur Gardens Cycle path 0.7 km 3.0 km  
**Turn Left Into** Tottenham Road Cycle path 0.9 km 3.9 km  
**Turn Right Into** Green Lanes 130 m 4.0 km  
**Turn Left Into** North Circular Road/Bowes Road 1.8 km 5.8 km  
**Straight Up** Bowes Road Cycle path 70 m 5.9 km  
**Straight Up** Bowes Road 430 m 6.3 km  
**Turn Left Into** Betstyle Circle 70 m 6.4 km  
**Turn Left Into** Oakleigh Road South 0.9 km 7.3 km  
**Straight Up** Oakleigh Road North 1.1 km 8.4 km  
**Straight Up** Oakleigh Road North Cycle path 80 m 8.5 km  
**Straight Up** Oakleigh Road North/Purbeck Court 130 m 8.6 km  
**Straight Up** Oakleigh Road North/Highlands 110 m 8.7 km  
**Straight Up** Oakleigh Road North/Chelwood 0.5 km 9.2 km



## TOTTENHAM TO BARNET



**Straight Up** High Road/Great North Road 260 m 9.8 km  
**Straight Up** Pricklers Hill 500 m 11.2 km  
**Straight Up** Great North Road 220 m 11.4 km  
**Straight Up** Barnet Hill/Homestead Court 180 m 11.6 km  
**Turn Left Into** Fairfield Way Cycle path 90 m 11.7 km  
**Turn Right Into** Westcombe Drive 150 m 11.8 km  
**Turn Left Into** Barnet Lane 140 m 12.0 km



## BARNET to WATFORD



**Straight Up** Barnet Lane 140 m 140 m  
**Straight Up** Barnet Lane/The Potteries 100 m 240 m  
**Turn Left Into** Mays Lane/Marston Court Cycle path 90 m 330 m  
**Turn Right Into** Vale Drive Cycle path 300 m 0.6 km  
**Turn Right Into** Milton Avenue Cycle path 80 m 0.7 km  
**Turn Left Into** Barnet Hill 170 m 0.9 km  
**Straight Up** High Street 330 m 1.2 km  
**Turn Left Into** Wood Street 280 m 1.5 km  
**Straight Up** Wood Street/Gillings Court Cycle path 230 m 1.7 km  
**Straight Up** Wood Street 0.8 km 2.5 km  
**Straight Up** Barnet Road 60 m 2.5 km  
**Turn Right Into** Kings Road 20 m 2.6 km  
**Turn Right Into** Barnet Road 20 m 2.6 km  
At Stirling Corner Roundabout take the 2nd exit onto the A411  
At "The Victoria" public house turn left (one-way) onto Aldenham Road  
At "The Railway Arms" public house, traffic signals turn right onto Pinner Road  
At roundabout take the 1st exit onto the A4125  
At traffic signals turn right onto the A4178  
Turn left (one-way)  
Continue forward onto the A4145  
Take left hand lane and bear left  
Arrive on Vicarage Road



## WATFORD TO HAYES AND YEADING



From Vicarage Road Stadium (Watford Football Club).  
**Straight Up** walk your bicycle 90 m 90 m  
**Turn Right Into** Vicarage Road 280 m 370 m  
**Turn Left Into** Fearnley Street 50 m 420 m  
**Turn Right Into** Wigenhall Road 0.9 km 1.4 km  
**Turn Left Into** Deacons Hill 300 m 1.7 km  
**Straight Up** Oxhey Road 0.6 km 2.3 km  
**Turn Right Into** Yeading Lane 280 m 17.1 km  
**Turn Right Into** Maple Road 10 m 17.3 km  
**Turn Right Into** Shakespeare Av. Cycle path 200 m 18.0 km  
**Turn Left Into** Watford Heath 320 m 2.6 km  
**Straight Up** Church Road 70 m 15.9 km  
**Turn Left Into** White Hart Roundabout 30 m 16.5 km  
**Straight Up** Mandeville Road Cycle path 430 m 14.5 km  
**Turn Left Into** Church Road 40 m 15.2 km  
**Straight Up** Target Roundabout 10 m 15.3 km  
**Straight Up** Church Road 120 m 15.4 km  
**Turn Right Into** Rowlands Avenue 0.6 km 6.2 km  
**Turn Left Into** Headstone Lane 2.3 km 8.9 km  
**Straight Up** Pinner Road 460 m 9.4 km  
**Turn Right Into** Station Road 140 m 9.6 km  
**Straight Up** Imperial Drive 360 m 10.8 km  
**Straight Up** Alexandra Avenue 1.4 km 12.2 km  
**Straight Up** Church Road 70 m 15.9 km  
**Turn Left Into** White Hart Roundabout 30 m 16.5 km  
**Turn Right Into** Central Avenue 10 m 19.1 km  
**Straight Up** Central Avenue 0.6 km 19.7 km  
**Turn Left Into** Longmead Road Cycle path 400 m 20.2 km  
**Turn Right Into** Church Road 30 m 20.3 km



## HAYES AND YEADING to STAINES



**Straight Up** Church Road 30 m 30 m  
**Turn Left Into** Townfield Road 260 m 390 m  
**Turn Right Into** East Avenue 90 m 0.7 km  
**Turn Left Into** East Way 80 m 0.8 km  
**Straight Up** Minet Drive 0.7 km 1.4 km  
**Straight Up** Cycle path (alongside the parkway A312) 10 m 1.5 km  
**Straight Up** 20 m 2.5 km (still on A312)  
**Turn Right Into** 10 m 3.5 km (still follow the A312)  
**Turn Left Into** Mornington Crescent 10 m 5.1 km  
**Turn Left Into** Bath Road 110 m 5.2 km  
**Turn Left Into** Waggoners Roundabout 5.2 km  
**Straight Up** Waggoners Roundabout 40 m 5.3 km  
**Turn Right Into** Waggoners Roundabout 10 m 5.3 km  
**Straight Up** Bath Road 0.6 km 5.9 km  
**Turn Left Into** Henlys Roundabout 60 m 5.9 km  
**Straight Up** Great South West Road 450 m 10.7 km  
**Turn Right Into** Clockhouse Roundabout 110 m 10.8 km  
**Turn Left Into** London Road/Staines Road 0.8 km 11.6 km  
**Straight Up** London Road 3.1 km 14.7 km  
**Straight Up** Crooked Billet 80 m 14.8 km  
**Straight Up** High Street 190 m 15.4 km  
**Turn Left Into** South Street 0.6 km 16.0 km  
**Straight Up** Laleham Road 1.3 km 17.3 km  
**Turn Right Into** Wheatsheaf Lane 130 m 17.4 km 17.4 km



## STAINES TO HAMPTON



**Straight Up** Wheatsheaf Lane 130 m 130 m  
**Turn Right Into** Laleham Road 190 m 320 m  
**Straight Up** Staines Road 320 m 0.6 km  
**Turn Left Into** Worples Road 500 m 1.1 km  
**Turn Right Into** Pavilion Gardens 410 m 1.6 km  
**Straight Up** Berryscroft Road 80 m 1.6 km  
**Turn Left Into** Thickthorne Lane 80 m 1.7 km  
**Turn Right Into** Arnold Road 370 m 2.1 km  
**Turn Right Into** Elizabeth Avenue 350 m 2.4 km  
**Turn Right Into** Charles Road 80 m 2.5 km  
**Turn Left Into** Ashford Road 400 m 2.9 km  
**Turn Left Into** Kingston Road 1.2 km 4.4 km  
**Straight Up** Staines Road West 2.5 km 6.9 km  
**Straight Up** Upper Sunbury Road 50 m 9.9 km  
**Turn Left Into** Kent's Passage 190 m 10.1 km  
**Turn Right Into** Oldfield Road Cycle path 0.6 km 10.7 km  
**Turn Left Into** Percy Road Cycle path 40 m 10.7 km  
**Turn Right Into** Station Road/Blenholme Court Cycle path 420 m 11.1 km 11.4 km



## HAMPTON TO WIMBLEDON



**Straight Up** Station Road Cycle path 130 m 130 m  
**Turn Right Into** High Street Cycle path 40 m 170 m  
**Turn Left Into** Thames Street 210 m 380 m  
**Straight Up** Hampton Court Road 1.0 km 1.4 km  
**Straight Up** Horse Fair 230 m 4.3 km  
**Turn Right Into** Clarence Street 30 m 4.4 km  
**Turn Left Into** Wood Street 70 m 4.5 km  
**Turn around** Richmond Road 180 m 5.3 km  
**Turn Left Into** Cromwell Road 280 m 5.6 km  
**Straight Up** Queen Elizabeth Road 100 m 5.7 km  
**Straight Up** London Road 160 m 5.9 km  
**Turn Right Into** Albert Road 50 m 5.9 km  
**Straight Up** Cambridge Road 370 m 7.0 km  
**Turn Right Into** Boundary Close 20 m 7.1 km 7.1 km



## WIMBLEDON TO BRENTFORD



From KT1 3PB.  
**Straight Up** Boundary Close 20 m 20 m  
**Turn Left Into** Cambridge Road 370 m 390 m  
**Turn Left Into** Church Road 200 m 1.1 km  
**Turn Right Into** Albert Road 50 m 1.2 km  
**Turn Left Into** London Road 150 m 1.3 km  
**Straight Up** Old London Road 40 m 1.4 km  
**Straight Up** Clarence Street 50 m 1.7 km  
**Turn Left Into** Eden Street 420 m 2.1 km  
**Turn Right Into** High Street 90 m 2.2 km  
**Straight Up** Thames Street 150 m 2.3 km  
**Turn Left Into** Horse Fair 240 m 2.6 km  
**Turn Right Into** Lower Teddington Road 0.7 km 3.5 km  
**Straight Up** Broom Road 1.5 km 5.0 km  
**Turn Left Into** Ferry Road 70 m 5.1 km  
**Turn Right Into** Manor Road 270 m 5.4 km  
**Straight Up** Twickenham Road 330 m 5.7 km  
**Straight Up** Strawberry Vale 0.8 km 6.5 km  
**Straight Up** Cross Deep 0.7 km 7.2 km  
**Turn Right Into** King Street 180 m 7.4 km  
**Straight Up** London Road 0.5 km 7.9 km  
**Turn Right Into** Cole Park Road 0.8 km 8.7 km  
**Straight Up** London Road 0.5 km 7.9 km  
**Turn Right Into** Cole Park Road 0.8 km 8.7 km  
**Turn Right Into** Chertsey Road 30 m 8.7 km  
**Turn Left Into** Cole Park Road 220 m 9.0 km  
**Turn Right Into** Twickenham Road 150 m 9.1 km  
**Turn Right Into** South Street 310 m 10.6 km  
**Turn Left Into** North Street 160 m 10.8 km



## WIMBLEDON TO BRENTFORD



- Turn Right Into Manor House Way 140 m 10.9 km
- Turn Left Into Church Street 390 m 11.3 km
- Straight Up London Road 160 m 12.7 km
- Turn Right Into High Street 270 m 12.9 km
- Turn Left Into Market Place Cycle path 190 m 13.1 km
- Turn Right Into The Butts Cycle path 40 m 13.2 km
- Turn Left Into Market Place Cycle path 190 m 13.1 km
- Turn Right Into The Butts Cycle path 40 m 13.2 km
- Turn Left Into Upper Butts Cycle path 100 m 13.3 km
- Turn Right Into Somerset Road Cycle path 180 m 13.4 km
- Turn Left Into Boston Manor Road Cycle path 40 m 13.5 km
- Turn Right Into Windmill Road Cycle path 50 m 13.5 km
- Turn Right Into Clifden Road Cycle path 280 m 13.8 km
- Turn Right Into Brook Road South Cycle path 100 m 13.9 km
- Turn Left Into Braemar Road Cycle path 80 m 14.0 km



## BRENTFORD TO QPR



- Straight Up Braemar Road Cycle path 130 m 130 m
- Turn Right Into Ealing Road Cycle path 20 m 150 m
- Turn Left Into Netley Road Cycle path 170 m 320 m
- Turn Left Into Clayponds Lane Cycle path 130 m 450 m
- Turn Right Into Lionel Road South 40 m 1.2 km
- Turn Left Into Chiswick Roundabout 110 m 2.0 km
- Turn Left Into Chiswick High Road 60 m 2.1 km
- Turn Left Into Goldhawk Road 0.6 km 5.1 km
- Straight Up Goldhawk Road/Seven Stars Corner 240 m 5.8 km
- Turn Left Into Coningham Road 0.6 km 6.5 km
- Turn Left Into Uxbridge Road 10 m 6.5 km
- Turn Right Into Ormiston Grove 190 m 6.7 km
- Turn Right Into Halsbury Road 90 m 6.8 km
- Straight Up Bloemfontein Road 130 m 7.0 km
- Turn Right Into South Africa Road 180 m 7.2 km



## QPR TO FULHAM



- Straight Up South Africa Road 180 m 180 m
- Turn Left Into Bloemfontein Road 130 m 310 m
- Turn Right Into Halsbury Road 90 m 450 m
- Turn Left Into Ormiston Grove 190 m 0.6 km
- Turn Left Into Uxbridge Road 10 m 0.7 km
- Turn Right Into Coningham Road 0.6 km 1.3 km
- Turn Left Into Goldhawk Road 50 m 1.3 km
- Turn Right Into Brackenbury Road 470 m 1.8 km
- Turn Right Into Aldensley Road 70 m 1.9 km
- Turn Left Into Bradmore Park Road 170 m 2.0 km
- Turn Right Into Atwood Road 20 m 2.1 km
- Turn Left Into Lamington Street 80 m 2.1 km
- Turn Right Into Redmore Road 100 m 2.2 km
- Turn Left Into Studland Street 60 m 2.3 km
- Turn Left Into Glenthorne Road 60 m 2.4 km
- Turn Right Into Galena Road 140 m 2.5 km
- Turn Right Into King Street 20 m 2.6 km
- Turn Left Into Holcombe Street 50 m 2.7 km
- Turn Left Into Down Place 70 m 2.8 km
- Straight Up Crisp Road 70 m 3.8 km
- Turn Left Into Chancellors Road 120 m 3.9 km
- Turn Right Into Distillery Road 170 m 4.0 km
- Turn Right Into Winslow Road 60 m 4.1 km
- Turn Left Into Manbre Road 110 m 4.2 km
- Straight Up Rannoch Road 420 m 4.7 km
- Turn Right Into Crabtree Lane 90 m 4.8 km
- Turn Left Into Woodlawn Road 260 m 5.0 km
- Turn Right Into Queensmill Road 120 m 5.1 km
- Turn Left Into Stevenage Road 0.5 km 5.7 km
- Turn Right Into walk your bicycle 20 m 5.7 km



## FULHAM TO CHELSEA



- Straight Up walk your bicycle 20 m 20 m
- Turn Right Into Stevenage Road 80 m 100 m
- Turn Left Into Ellerby Street 180 m 280 m
- Turn Right Into Woodlawn Road 90 m 370 m
- Turn Left Into Doneraile Street 190 m 0.6 km
- Turn Right Into Fulham Palace Road 60 m 0.6 km
- Turn Left Into Edgarley Terrace 120 m 0.7 km
- Turn Right Into Kimbell Gardens 90 m 0.8 km
- Turn Left Into Colehill Lane Cycle path 260 m 1.1 km
- Turn Left Into Munster Road 10 m 1.1 km
- Turn Right Into Filmer Road/Filmer Mews 150 m 1.3 km
- Turn Right Into Bishops Road 0.5 km 1.8 km
- Turn Right Into Dawes Road 240 m 2.0 km
- Turn Left Into Jerdan Place 90 m 2.1 km
- Turn Left Into Fulham Road 20 m 2.1 km
- Turn Right Into Fulham Broadway 140 m 2.3 km
- Turn Left Into Hilary Close 70 m 2.6 km
- Turn Left Into walk your bicycle 10 m 2.7 km



## CHELSEA TO CRYSTAL PALACE



- Turn Right Into Hilary Close 70 m 110 m
- Turn Left Into Fulham Road 50 m 160 m
- Turn Right Into Maxwell Road 250 m 410 m
- Turn Right Into Kings Road 40 m 450 m
- Turn Left Into Edith Row 80 m 0.5 km
- Turn Right Into Michael Road 20 m 0.6 km
- Straight Up Harwood Terrace 160 m 0.7 km
- Turn Left Into Bagleys Lane 240 m 1.0 km
- Turn Right Into Elswick Street 110 m 1.3 km
- Turn Left Into Stephendale Road 0.6 km 1.9 km
- Turn Left Into Wandsworth Bridge Road/Cairns House 190 m 2.1 km
- Straight Up Cycle path 60 m 3.0 km
- turn around Bramford Road 120 m 3.1 km
- Turn Left Into Dighton Road 30 m 3.2 km
- Turn Right Into Birdhurst Road 200 m 3.4 km
- Turn Right Into South Circular Road/Huguenot Place 120 m 3.6 km
- Turn Left Into Melody Road Cycle path 250 m 3.8 km
- Turn Right Into Cicada Road Cycle path 30 m 3.9 km
- Turn Left Into Heathfield Road 0.9 km 4.9 km
- Straight Up Lyford Road 0.6 km 5.4 km
- Straight Up Sandgate Lane 160 m 5.7 km
- Turn Right Into Burntwood Lane 30 m 5.7 km
- Turn Left Into Beechcroft Road 1.1 km 6.8 km
- Turn Right Into Upper Tooting Road 30 m 6.8 km
- Turn Left Into Brudenell Road 0.6 km 7.4 km
- Straight Up Moring Road 380 m 7.8 km
- Turn Left Into Church Lane 60 m 7.8 km



## CHELSEA TO CRYSTAL PALACE



- Straight Up Rectory Lane 60 m 8.0 km
- Turn Right Into Chillerton Road 80 m 8.1 km
- Straight Up Rectory Lane 60 m 8.0 km
- Turn Right Into Chillerton Road 80 m 8.1 km
- Turn Left Into Crowborough Road 160 m 8.2 km
- Turn Right Into Moyser Road 0.6 km 8.8 km
- Turn Left Into Mitcham Lane 20 m 8.9 km
- Turn Right Into Fernthorpe Road 310 m 9.2 km
- Turn Left Into Levenson Street 110 m 9.3 km
- Straight Up Potters Lane 30 m 9.4 km
- Straight Up Estreham Road 430 m 10.1 km
- Turn Left Into Greyhound Lane 80 m 10.2 km
- Turn Left Into Ellison Road 390 m 10.9 km
- Turn Right Into Tankerville Road 220 m 10.4 km
- Turn Right Into Kempshott Road Cycle path 90 m 10.5 km
- Turn Left Into Ellison Road 390 m 10.9 km
- Turn Right Into Acacia Road 30 m 11.2 km
- Turn Right Into London Road 30 m 11.4 km
- Turn Left Into Norbury Avenue 2.0 km 13.4 km
- Turn Right Into Beulah Road 140 m 13.5 km
- Straight Up Belle Vue Park 130 m 13.6 km
- Turn Left Into Bulganak Road 120 m 13.8 km
- Turn Right Into Parchmore Road 160 m 13.9 km
- Turn Left Into High Street 410 m 14.3 km
- Turn Left Into Whitehorse Lane 200 m 14.6 km
- Turn Right Into Clifton Road 350 m 14.9 km
- Turn Left Into Holmesdale Road Cycle path 90 m 15.0 km
- Turn Left Into walk your bicycle 70 m 15.1 km



## CRYSTAL PALACE TO BROMLEY



- Turn Left Into Holmesdale Road Cycle path 150 m
- Turn Right Into Park Road 180 m
- Turn Left Into Selhurst Road 380 m
- Straight Up High Street 210 m
- Turn Right Into South Norwood Hill Cycle path 120 m
- Turn Left Into Albert Road 0.6 km
- Turn Left Into Harrington Road Cycle path 440 m
- Turn Right Into Elmers End Road 120 m
- Turn Right Into Croydon Road 50 m
- Turn Left Into Goddard Road 0.5 km
- Straight Up Upper Elmers End Road 250 m
- Turn Left Into Hawksbrook Lane 1.0 km
- Turn Left Into Barnfield Wood Road 0.9 km
- Straight Up Westmoreland Road 110 m
- Turn Right Into Woodlea Drive 390 m
- Turn Right Into Pickhurst Park 50 m
- Straight Up Barnhill Avenue 120 m
- Turn Left Into Cameron Road 170 m
- Straight Up Letchworth Drive 120 m
- Turn Right Into Hayes Lane 10 m 9.3 km



## BROMLEY TO MILLWALL



- Straight Up Hayes Lane 110 m 110 m
- Turn Right Into Westmoreland Road 180 m 1.1 km
- Turn Left Into Masons Hill Cycle path 70 m 1.1 km
- Straight Up High Street Cycle path 60 m 1.2 km
- Turn Right Into Elmfield Road 70 m 1.7 km
- Turn Left Into Kentish Way 390 m 2.1 km
- Straight Up Tweedy Road 50 m 2.5 km
- Turn Right Into College Road 380 m 2.9 km
- Turn Left Into Morgan Road 230 m 3.1 km
- Turn Right Into Gilbert Road 190 m 3.3 km
- Turn Left Into London Lane 70 m 3.4 km
- Turn Right Into Kinnaird Avenue 490 m 3.8 km
- Straight Up Alexandra Crescent 290 m 4.3 km
- Turn Left Into Farmfield Road 330 m 4.6 km
- Turn Right Into Glenbow Road 450 m 5.0 km
- Straight Up Shroffold Road 70 m 5.1 km
- Turn Left Into Oakridge Road 130 m 5.2 km
- Turn Right Into Downderry Road 0.6 km 5.8 km
- Turn Left Into 10 m 5.8 km
- Turn Right Into Whitefoot Lane 50 m 5.9 km
- Turn Left Into Longhill Road 0.6 km 6.5 km
- Straight Up Penderry Rise 390 m 6.8 km
- Turn Right Into Thornsbeach Road 0.7 km 7.5 km
- Turn Left Into Culverley Road 0.5 km 8.0 km
- Turn Right Into Bromley Road 140 m 8.1 km
- Turn Right Into Ravensbourne Park 10 m 8.6 km
- Turn Left Into Culverley Road 0.5 km 8.0 km
- Turn Right Into Bromley Road 140 m 8.1 km



## BROMLEY TO MILLWALL



**Straight Up** Rushey Green/Catford Gyratory 20 m 8.2 km  
**Turn Left Into** Catford Road 170 m 8.3 km  
**Straight Up** South Circular Road/Catford Road 120 m 8.5 km  
**Turn Right Into** Ravensbourne Park 10 m 8.6 km  
**Straight Up** Manwood Road 250 m 9.4 km  
**Turn Left Into** Ewhurst Road 270 m 9.7 km  
**Straight Up** Sevenoaks Road 350 m 10.1 km  
**Turn Left Into** Brockley Road 40 m 10.1 km  
**Turn Right Into** Bartram Road 130 m 10.3 km  
**Turn Right Into** Buckthorne Road 140 m 10.4 km  
**Turn Left Into** Eddystone Road 70 m 10.5 km  
**Straight Up** Brockley Way 270 m 10.8 km  
**Turn Right Into** St Norbert Road 290 m 11.1 km  
**Straight Up** Friendsbury Road 280 m 11.4 km  
**Straight Up** Avignon Road 350 m 11.8 km  
**Straight Up** Pepys Road Cycle path 230 m 12.1 km  
**Turn Left Into** Jerningham Road 0.8 km 13.0 km  
**Turn Left Into** New Cross Road 80 m 13.0 km  
**Turn Right Into** Harts Lane 20 m 13.1 km  
**Straight Up** Harts Lane 140 m 13.2 km  
**Turn Left Into** Hatcham Park Road 40 m 13.2 km  
**Turn Right Into** Brocklehurst Street 460 m 13.7 km  
**Turn Right Into** Cold Blow Lane 200 m 13.9 km  
**Turn Left Into** Mercury Way 380 m 14.3 km  
**Straight Up** Surrey Canal Road 360 m 14.7 km  
**Turn Right Into** Ilderton Road 130 m 14.8 km  
**Turn Left Into** Away End Footpath/North Stan walk your bicycle 380 m 16.1 km  
16.1 km



## MILLWALL TO CHARLTON



**Straight Up** Away End Footpath/North Stan walk your bicycle 380 m 380 m  
**Straight Up** Bermondsey Trading Estate 140 m 0.5 km  
**Turn Right Into** Rotherhithe New Road 320 m 0.9 km  
**Straight Up** Rotherhithe New Road Cycle path 70 m 0.9 km  
**Left Into** Rotherhithe New Road Cycle path 310 m 1.3 km  
**Turn Left Into** Rotherhithe Old Road Cycle path 60 m 1.4 km  
**Turn Right Into** Cope Street 100 m 1.5 km  
**Turn Right Into** Lower Road Cycle path 130 m 1.6 km  
**Turn Left Into** Plough Way 0.8 km 2.4 km  
**Turn Right Into** Grove Street Cycle path 0.5 km 2.9 km  
**Turn Right Into** Sayes Court Street 60 m 3.6 km  
**Turn Left Into** Prince Street 200 m 3.8 km  
**Turn Right Into** New King Street 200 m 4.0 km  
**Turn Left Into** Evelyn Street 140 m 4.2 km  
**Straight Up** Creek Road 330 m 5.2 km  
**Turn Left Into** Greenwich Church Street Cycle path 40 m 5.2 km  
**Turn Right Into** College Approach Cycle path 100 m 5.3 km  
**Straight Up** Thames Street 170 m 5.5 km  
**Turn Right Into** Park Row 50 m 5.8 km  
**Straight Up** Trafalgar Road 70 m 6.7 km  
**Straight Up** Woolwich Road 10 m 7.3 km  
**Turn Right Into** Anchor and Hope Lane 20 m 8.4 km  
**Turn Left Into** Charlton Church Lane 180 m 8.6 km  
**Turn Left Into** Floyd Road 100 m 8.7 km  
**Turn Right Into** Valley Grove 60 m 8.8 km  
**Turn Left Into** walk your bicycle 40 m 9.0 km  
9.0 km



## CHARLTON TO WELLING



**Straight Up** walk your bicycle 40 m 90 m  
**Turn Right Into** Valley Grove 60 m 250 m  
**Turn Left Into** Floyd Road 100 m 350 m  
**Turn Left Into** Charlton Church Lane 0.6 km 1.0 km  
**Turn Left Into** Hornfair Road 140 m 1.2 km  
**Turn Left Into** Canberra Road 0.5 km 1.7 km  
**Turn Left Into** Charlton Park Lane 0.7 km 2.4 km  
**Straight Up** Ha Ha Road 260 m 2.6 km  
**Straight Up** Circular Way 310 m 3.0 km  
**Turn Right Into** South Circular Road/Academy Road 20 m 3.0 km  
**Turn Left Into** Woolwich Common 360 m 3.3 km  
**Turn Left Into** Herbert Road 360 m 3.7 km  
**Turn Right Into** Ripon Road 140 m 4.1 km  
**Turn Left Into** Eglinton Hill 20 m 4.1 km  
**Turn Right Into** Genesta Road 500 m 4.6 km  
**Straight Up** Hinstock Road 90 m 4.7 km  
**Turn Left Into** Admaston Road 70 m 4.7 km  
**Turn Right Into** Upton Road 10 m 4.8 km  
**Turn Left Into** Ennis Road 150 m 4.9 km  
**Turn Right Into** Tuam Road 340 m 5.2 km  
**Turn Left Into** Erindale 200 m 5.4 km  
**Turn Left Into** Garland Road 40 m 5.5 km  
**Turn Right Into** Timbercroft Lane 10 m 5.5 km  
**Turn Left Into** The Slade 70 m 5.6 km  
**Turn Right Into** Kirkham Street 470 m 6.0 km  
**Turn Right Into** Swingate Lane 230 m 6.3 km  
**Turn Left Into** Highmead 270 m 6.5 km  
**Turn Right Into** Glenmore Road 0.6 km 7.2 km



## CHARLTON TO WELLING



**Turn Left Into** Wickham Street 140 m 7.3 km  
**Turn Right Into** Central Avenue 0.5 km 7.8 km  
**Turn Left Into** Bellegrave Road Cycle path 90 m 7.9 km  
**Straight Up** Welling High Street 310 m 8.7 km  
**Straight Up** Park View Road 270 m 9.0 km  
**Turn Right Into** Roseacre Road 50 m 9.0 km  
9.0 km



## WELLING TO DARTFORD CROSSING

(if 4 or more in group ring the dartford crossing 20 min before arriving - 01322 221603)



**Straight Up** Roseacre Road 50 m 50 m  
**Turn Right Into** Park View Road 0.6 km 0.6 km  
**Straight Up** Crook Log 420 m 1.1 km  
**Straight Up** Broadway 300 m 1.5 km  
**Turn Left Into** Arnsberg Way 300 m 2.3 km  
**Straight Up** Watling Street 0.8 km 3.6 km  
**Straight Up** London Road 1.0 km 4.7 km  
**Turn Right Into** Crayford Way 60 m 6.1 km  
**Turn Left Into** Bob Dunn Way 1.1 km 7.8 km  
**Turn Left Into** Bob Dunn Way 0.9 km 9.5 km  
9.8 km



## DARTFORD CROSSING NORTHSIDE TO THURROCK



**Straight Up** Weston Avenue/Tunnel Estate 170 m 170 m  
**Turn Right Into** London Road West Thurrock 0.7 km 0.9 km  
**Turn Right Into** Stonehouse Lane 0.7 km 1.6 km  
**Turn Left Into** Ship Lane 280 m 2.2 km  
**Turn Right Into** Back Lane 280 m 2.5 km  
2.5 km



## THURROCK TO DAGENHAM



**Straight Up** Back Lane 280 m 280 m  
**Turn Right Into** Ship Lane 1.2 km 1.5 km  
**Turn Left Into** High Street 330 m 1.8 km  
**Turn Right Into** Mill Road 0.6 km 2.5 km  
**Turn Left Into** Sandy Lane 1.4 km 3.9 km  
**Turn Right Into** New Road 350 m 4.3 km  
**Turn Left Into** Lambs Lane South Cycle path 0.7 km 6.7 km  
**Turn Right Into** Wennington Road Cycle path 0.8 km 7.5 km  
**Turn Right Into** Broadway 190 m 7.7 km  
**Straight Up** Bridge Road 70 m 7.8 km  
**Turn Left Into** Dovers Corner 10 m 8.0 km  
**Turn Left Into** New Road 0.6 km 8.7 km  
**Straight Up** New Road 330 m 9.0 km  
**Turn Right Into** Thames Avenue 10 m 10.0 km  
**Straight Up** East Entrance Cycle path 310 m 10.3 km  
**Turn Left Into** First Avenue Cycle path 300 m 10.6 km  
**Turn Right Into** Crosby Road Cycle path 320 m 11.0 km  
**Turn Left Into** Oval Road North Cycle path 80 m 11.0 km  
**Turn Right Into** Ballards Road 0.9 km 11.9 km  
**Turn Left Into** Rainham Road South 150 m 12.1 km  
**Turn Left Into** Victoria Road 120 m 13.1 km  
13.1 km



## DAGGERS TO WHU



**Straight Up** Victoria Road 120 m 120 m  
**Turn Left Into** Rainham Road South 470 m 0.6 km  
**Turn Left Into** Oxlow Lane Cycle path 1.3 km 1.9 km  
**Straight Up** Beverley Road Cycle path 480 m 2.3 km  
**Turn Left Into** Wood Lane 1.0 km 3.3 km  
**Straight Up** Longbridge Road 2.3 km 5.6 km  
**Turn Right Into** South Park Drive 10 m 5.6 km  
**Turn Left Into** Northern Relief Road 1.0 km 7.6 km  
**Turn Left Into** London Road 160 m 7.8 km  
**Turn Left Into** Barking Road 2.0 km 10.1 km  
**Turn Right Into** Green Street 240 m 10.5 km  
10.5 km



## WHU TO LEYTON ORIENT



**Straight Up** Green Street 0.8 km 1.8 km  
**Turn Left Into** Romford Road 0.5 km 2.4 km  
**Turn Right Into** Water Lane 440 m 3.9 km  
**Turn Left Into** Forest Lane 30 m 3.9 km  
**Straight Up** Leytonstone Road 370 m 4.3 km  
**Turn Left Into** Chobham Road 0.5 km 4.9 km  
**Turn Right Into** Major Road 230 m 5.1 km  
**Straight Up** High Road Leyton 1.2 km 6.3 km  
**Turn Left Into** Osborne Road 140 m 6.4 km  
6.4 km



## LEYTON ORIENT TO ARSENAL



**Straight Up** Osborne Road  
**Turn Left Into** Brisbane Road 70 m 70 m  
**Turn Right Into** Buckingham Road 130 m 200 m  
**Turn Left Into** Oliver Road Cycle path 160 m 360 m  
**Turn Right Into** Dunedin Road 200 m 0.6 km  
**Straight Up** Orient Way 1.5 km 2.4 km  
**Turn Left Into** Lea Bridge Road 260 m 2.7 km  
**Turn Left Into** Waterworks Lane 20 m 3.3 km  
**Straight Up** Lea Bridge Road 500 m 4.1 km  
**Turn Left Into** Lower Clapton Road 90 m 4.3 km  
**Turn Left Into** Kenninghall Road 110 m 4.4 km  
**Straight Up** Kenninghall Road Cycle path 130 m 4.5 km  
**Turn Right Into** Nightingale Road 150 m 4.7 km  
**Turn Left Into** Brooke Road Cycle path 1.0 km 5.6 km  
**Turn Right Into** Lawrence Buildings/Amhurst Road Cycle path 120 m 5.8 km  
**Turn Left Into** Sanford Lane 50 m 5.8 km  
**Turn Right Into** Stoke Newington High Street 20 m 5.8 km  
**Turn Left Into** Stoke Newington Church Street 350 m 6.2 km  
**Straight Up** Riversdale Road/Mountgrove Road Cycle path 140 m 7.3 km  
**Turn Left Into** Riversdale Road 430 m 7.7 km  
**Turn Left Into** Highbury Park 20 m 7.7 km  
**Turn Right Into** Conewood Street 230 m 8.0 km  
**Turn Right Into** Avenell Road 20 m 8.0 km  
**Turn Left Into** Gillespie Road 310 m



## ARSENAL TO WEMBLEY



**Turn Left Into** Benwell Road 330 m 440 m  
**Turn Right Into** Drayton Park 100 m 0.5 km  
**Turn Left Into** Holloway Road 20 m 0.6 km  
**Turn Right Into** Palmer Place 140 m 0.7 km  
**Straight Up** Mackenzie Road 0.6 km 1.3 km  
**Straight Up** Market Road 0.6 km 1.9 km  
**Turn Left Into** York Way 180 m 2.1 km  
**Straight Up** Agar Grove 60 m 2.8 km  
**Turn Left Into** St Pancras Way 200 m 3.0 km  
**Turn Right Into** Pratt Street 80 m 3.2 km  
**Turn Right Into** Camden High Street Cycle path 10 m 3.6 km  
**Turn Left Into** Delancey Street Cycle path 370 m 4.0 km  
**Turn Left Into** Parkway Cycle path 60 m 4.1 km  
**Turn Right Into** Prince Albert Road 400 m 4.5 km  
**Turn Right Into** Avenue Road 130 m 5.5 km  
**Turn Left Into** Allitsen Road 70 m 5.6 km  
**Turn Right Into** Townshend Road 100 m 5.7 km  
**Turn Left Into** St Johns Wood Terrace 390 m 6.1 km  
**Straight Up** Circus Road 0.5 km 6.6 km  
**Straight Up** Hall Road 270 m 6.9 km  
**Turn Right Into** Hamilton Terrace 0.7 km 7.6 km  
**Turn Right Into** Carlton Hill/Elmfield House 60 m 7.7 km  
**Turn Right Into** Kilburn High Road 1.5 km 9.7 km  
**Left Into** Christchurch Avenue 160 m 9.8 km  
**Turn Right Into** Chatsworth Road 1.2 km 11.0 km  
**Straight Up** St Pauls Avenue 430 m 11.4 km  
**Straight Up** Chapter Road 1.0 km 12.4 km  
**Turn Right Into** Dudden Hill Lane 80 m 12.5 km  
**Turn Left Into** Denzil Road 0.5 km 13.0 km



## ARSENAL TO WEMBLEY



**Turn Right Into** Neasden Lane 380 m 13.4 km  
**Turn Left Into** Lansdowne Grove 160 m 13.5 km  
**Turn Right Into** Ballogie Avenue 130 m 13.7 km  
**Turn Right Into** Ballogie Avenue 130 m 13.7 km  
**Turn Right Into** Midstrath Road 80 m 13.8 km  
**Turn Left Into** Balnacraig Avenue 150 m 13.9 km  
**Straight Up** Neasden Lane North 260 m 14.9 km  
**Straight Up** 110 m 14.6 km  
**Straight Up** Neasden Lane North 260 m 14.9 km  
**Straight Up** Blackbird Hill 70 m 14.9 km  
**Straight Up** Blackbird Hill Cycle path 50 m 15.0 km  
**Turn Left Into** Barnhill Road Cycle path 50 m 15.0 km  
**Straight Up** Cycle path 20 m 15.0 km  
**Straight Up** Barnhill Road 10 m 15.7 km  
**Straight Up** Bowater Road Cycle path 160 m 15.9 km  
**Turn Left Into** Chalkhill Road Cycle path 380 m 16.3 km  
**Turn Left Into** Bridge Road Cycle path 190 m 16.5 km  
**Straight Up** Wembley Park Drive 230 m 16.7 km  
**Straight Up** Empire Way 0.6 km 17.3 km  
**Straight Up** Wembley Hill Road 40 m 17.4 km  
**Turn Left Into** Royal Route Cycle path 120 m 17.5 km  
**Turn Left Into** walk your bicycle 170 m 17.8 km  
**Straight Up** walk your bicycle 30 m 17.9 km

**Arrive at Wembley Stadium.**  
**WOO HOO!!!!**  
**NA NAAA NA NAAA!**

