This library of routes is primarily for the use of Cycle Seahaven ride leaders for planning rides, in particular touring rides, that are to be advertised on the club calendar. Other members may use these routes for their own rides at their own risk.

Information about the categories used in this library is given in the key on page 4.

Route Name	Miles	Grade	Max	Elev	Outward Leg	Return Leg	View
			incline	(ft)	via	via	
ARLINGTON E11	15	В	6.9%	810	Milton St, Arlington	Bayley's Ln, Chapel Hll	<u>View</u>
ARLINGTON E12	16	В	7.0%	757	Milton St, Arlington	Bayley's Ln, Milton St	<u>View</u>
BEXHILL E9	41	В	6.4%	1440	Hailsham, Rickney	Pev Castle, Polegate	<u>View</u>
BEXHILL E91	43	В	6.4%	1512	Arlington, Hailsham	Pev Castle, Polegate	<u>View</u>
BLACKBOYS E1	38	С	8.9%	1862	Ripe, Chiddingly	Lions Gn, Chalvington	<u>View</u>
BLACKBOYS E2	37	С	9.1%	1763	Chalv-tn, Chiddingly	Moat Ln, Chalvington	<u>View</u>
BLACKBOYS E3	38	С	9.3%	1792	Ripe, Chiddingly	Moat Ln, Chiddingly	<u>View</u>
BLACKBOYS E5	39	С	9.0%	1796	Ripe, Chiddingly	Foxhunt Gn, Chalv-tn	View
BLACKBOYS E6	39	С	9.0%	1781	Ripe, Chiddingly	Waldron, Chalvington	<u>View</u>
BROAD OAK E5	40	С	8.6%	2242	Horam, Vines Cross	Maynards Gn , Horam	<u>View</u>
BROAD OAK E6	39	С	9.1%	2344	Hailsham, Vines Cross	Maynards Gn, Horam	<u>View</u>
FIRLE E1	25	В	6.4%	985	Golden X, Ripe	Firle Rd, Milton St	<u>View</u>
FIRLE E2	23	В	6.4%	896	Ripe, Mark Cross Ln	Firle Rd, Milton St	View
HAMPDEN-PK E2	28	В	6.5%	1107	Hailsham, Polegate	Polegate, Milton St	View
HAMPDEN-PK E3	27	В	6.6%	1162	Hailsham, Polegate	Polegate, Chapel Hill	View
HAMPDEN-PK E7	30	В	6.6%	1255	Hailsham, Stone Cross	Polegate, Chapel Hill	View
HAMPDEN-PK H1	13	Α	4.5%	387	Cuckoo Trail	Cuckoo Trail	View
HASTINGS E3	50	В	6.5%	1711	Hailsham, Bexhill	Pevensey, Polegate	View
HEATHFIELD E3	38	В	7.4%	1771	Ripe, Horam	Lions Green, Chalv-tn	View
HEATHFIELD E4	38	В	7.7%	1761	Chalvington, Horam	Lions Green, Ripe	View
HEATHFIELD E10	38	С	9.0%	2148	Hailsham, Horam	Lions Green, Chalv-tn	View
HEATHFIELD E11	38	С	8.7%	2084	Hailsham, Horam	Lions Green, Chalv-tn	View
HEATHFIELD E12	39	С	8.8%	2112	Hailsham, Horam	Lions Green, Ripe	View
HEATHFIELD E13	38	В	7.5%	1767	Ripe, Horam	Lions Green, Chalv-tn	<u>View</u>
HEATHFIELD H1	16	Α	4.3%	687	Cuckoo Trail	Cuckoo Trail	<u>View</u>
HERSTMONCEUX E1	31	С	9.1%	1571	Hailsham, Stunts Gn	Rickney, Polegate	<u>View</u>
HERSTMONCEUX E7	32	С	9.1%	1522	Hailsham, Stunts Gn	Rickney, Polegate	View
HERSTMONCEUX E17	31	С	9.2%	1503	Hailsham, Stunts Gn	Rickney, Polegate	<u>View</u>
HORAM E1	32	В	6.4%	1569	Hailsham, Grove Hill	Gun Hill, Chalvington	<u>View</u>
HORAM E2	33	В	6.3%	1630	Hailsham, Vines Cross	Gun Hill, Chalvington	<u>View</u>
HORAM E3	32	В	6.5%	1502	Ripe, Scraper's Hill	Gun Hill, Chalvington	<u>View</u>
HORAM E4	32	В	6.2%	1431	Hailsham, Cuckoo Trl	Gun Hill, Chalvington	<u>View</u>
HORAM E6	33	С	9.0%	1643	Hailsham, Cuckoo Trl	Gun Hill, Chalvington	<u>View</u>
HORAM E9	32	В	5.9%	1347	Chalv-tn, Scrapers Hill	Cuckoo Trl, Polegate	<u>View</u>
HORAM E19	31	В	6.2%	1427	Chalv-tn. Scrapers Hill	Cuckoo Trl, Polegate	<u>View</u>
HORAM E23	33	В	5.1%	1495	Chalv-tn, Scrapers Hill	Gun Hill, Firle	<u>View</u>
HORAM E31	33	В	6.8%	1528	Chalvington, Gun Hill	Scraper's Hill, Ripe	<u>View</u>
HORAM E32	33	В	6.8%	1514	Chalv-tn, Scrapers Hill	Gun Hill, Ripe	<u>View</u>
HORAM E33	33	В	6.5%	1523	Ripe, Scraper's Hill	Gun Hill, Chalvington	<u>View</u>
HORAM E35	34	С	8.9%	1697	Hailsham, Grove Hill	Gun Hill, Chalvington	<u>View</u>
HORAM E36	32	В	6.6%	1502	Chalvington, Gun Hill	Scrapers Hill, Chalv-tn	<u>View</u>
HORAM E38	32	В	6.5%	1501	Chalv-tn, Scrapers Hill	Gun Hill, Chalvington	<u>View</u>
HORAM E39	34	В	6.7%	1567	Ripe, Scraper's Hill	Gun Hill, Chalvington	<u>View</u>
HORAM E40	38	С	8.9%	1938	Ripe, Foxhunt Green	Gun Hill, Chalvington	<u>View</u>

	Route Name	Miles	Grade	Max	Elev	Outward Leg	Return Leg	View
HORAM E85				incline	(ft)	via	-	
HORAM E85	HORAM E41	35	С	8.9%	1757	Chalv-tn, Foxhunt Grn	Gun Hill, Chalvington	<u>View</u>
HORAM E86	HORAM E42		С	8.9%		• •	Lions Green, Chalv-tn	<u>View</u>
HORAM E87	HORAM E85	33		6.4%	1575	Hailsham, Grove Hill	Gun Hill, Chalvington	<u>View</u>
HORAM E92   32			С	8.7%	1761	Hailsham, Cowbeech	Gun Hill, Chalvington	<u>View</u>
ISFIELD E2	HORAM E87	35	В	8.8%	1771	Hailsham, Cowbeech	Gun Hill, Chalvington	<u>View</u>
ISFIELD E12	HORAM E92	32	В	6.4%	1550	Hailsham, Grove Hill	Gun Hill, Chalvington	<u>View</u>
LAUGHTON A1	ISFIELD E2	40	В	7.6%	1737	Laughton, Halland	Glynde, Milton St	<u>View</u>
LAUGHTON E1	ISFIELD E12	42	В	7.6%	1760	Laughton, Halland		<u>View</u>
LAUGHTON E2	LAUGHTON A1	11	Α	3.6%	305	Ripe, Mark Cross Ln	Darp Lane, Langtye Ln	<u>View</u>
LAUGHTON E3	LAUGHTON E1	28	В	6.8%	1113	Arlington, Ripe	Langtye Ln, Milton St	<u>View</u>
LITTLEHAMPTON 51	LAUGHTON E2	31	В	6.6%	1217	Arlington, Golden X	Langtye Ln, Milton St	<u>View</u>
MUDDLES-GRN A1         13         B         4.5%         408         Chalv-tn, Golden X         Golden X, Ripe         View           MUDDLES-GRN A2         12         B         4.5%         363         Chalv-tn, Golden X         Golden X, Ripe         View           MUDDLES-GRN E1         26         B         6.2%         1050         Milton St, Chalv-tn         Ripe, Arlington         View           MUDDLES-GRN E2         28         B         5.6%         1154         Milton St, Chalv-tn         Ripe, Arlington         View           MUDDLES-GRN E3         31         B         6.3%         1305         Ripe, Chiddingly         Chal-ton, Milton St         View           MUDDLES-GRN E4         26         B         6.1%         1044         Milton St, Chalv-tn         Ripe, Milton St         View           MUDDLES-GRN E4         26         B         6.1%         1044         Milton St, Chalv-tn         Ripe, Milton St         View           MUDDLES-GRN E3         31         A         2.2%         223         McKinlay Wy, West Beach         Denton, Bishopstone         View           MUDDLES-GRN E4         26         B         6.1%         104         Milton St, Chalv-tn         Ripe, Milton St, Chalv-tn         Denton, Bishopstone	LAUGHTON E3	29	В	6.6%	1121	Milton St, Golden X	Langtye Ln, Milton St	<u>View</u>
MUDDLES-GRN A2         12         B         4.5%         363         Chalv-tn, Golden X         Golden X, Ripe         View           MUDDLES-GRN E1         26         B         6.2%         1050         Milton St, Ripe         Chalv-tn, Milton St         View           MUDDLES-GRN E2         28         B         5.6%         1154         Milton St, Chalv-tn         Ripe, Arlington         View           MUDDLES-GRN E4         26         B         6.1%         1044         Milton St, Chalv-tn         Ripe, Milton St         View           MEWHAVEN S1         10         A         2.3%         233         Denton, West Beach         Denton, Bishopstone         View           NEWHAVEN S2         10         A         2.2%         223         McKinlay Wy, West Bh         Denton, Bishopstone         View           NEWHAVEN S3         12         C         8.9%         402         Valley Rd, Gibbon Rd         Denton, Bishopstone         View           PEACEHAVEN S4         12         C         8.9%         402         Valley Rd, Gibbon Rd         Denton, Bishopstone         View           PEVENSEY E9         35         C         8.9%         1601         Hailsham, Gilynleigh         Viley, Denton, Bishopstone         View	LITTLEHAMPTON S1	71	В	6.5%	1842	Brighton, Worthing	Worthing, Brighton	<u>View</u>
MUDDLES-GRN E1         26         B         6.2%         1050         Milton St, Ripe         Chalv-tn, Milton St         View           MUDDLES-GRN E2         28         B         5.6%         1154         Milton St, Chalv-tn         Ripe, Arlington         View           MUDDLES-GRN E3         31         B         6.3%         1305         Ripe, Chiddingly         Chal-von, Milton St         View           NEWHAVEN S2         10         A         2.3%         233         Denton, West Beach         Denton, Bishopstone         View           NEWHAVEN S2         10         A         2.2%         223         McKinlay Wy, West Bb         Denton, Bishopstone         View           NEWHAVEN S3         12         C         8.9%         409         Valley Rd, Gibbon Rd         Denton, Bishopstone         View           PEACEHAVEN S1         14         B         6.9%         518         Denton, Valley Rd         Valley Rd, Denton         View           PEVENSEY E9         35         C         8.9%         1601         Hailsham, Stunts Grn         Glynleigh, Polegate         View           PEVENSEY E19         35         C         9.2%         1677         Hailsham, Glynleigh         Glynleigh, Polegate         View <t< td=""><td>MUDDLES-GRN A1</td><td>13</td><td>В</td><td>4.5%</td><td>408</td><td>Chalv-tn, Golden X</td><td>Golden X, Ripe</td><td><u>View</u></td></t<>	MUDDLES-GRN A1	13	В	4.5%	408	Chalv-tn, Golden X	Golden X, Ripe	<u>View</u>
MUDDLES-GRN E2         28         B         5.6%         1154         Milton St, Chalv-tn         Ripe, Arlington         View           MUDDLES-GRN E3         31         B         6.3%         1305         Ripe, Chiddingly         Chal-ton, Milton St         View           MUDDLES-GRN E4         26         B         6.1%         1044         Milton St, Chalv-tn         Ripe, Milton St         View           NEWHAVEN S1         10         A         2.2%         223         Denton, West Beach         Denton, Bishopstone         View           NEWHAVEN S2         10         A         2.2%         223         McKinlay Wy, West Bh         Denton, Bishopstone         View           NEWHAVEN S3         12         C         8.9%         409         Valley Rd, Gibbon Rd         Denton, Bishopstone         View           PEACEHAVEN S1         14         B         6.9%         518         Denton, Valley Rd         Denton Bishopstone         View           PEVENSEY E9         35         C         8.9%         1601         Hailsham, Stunts Grn         Glynleigh, Dolegate         View           PEVENSEY E19         35         C         9.2%         1677         Hailsham, Stunts Grn         Glynleigh, Polegate         View	MUDDLES-GRN A2	12	В	4.5%	363	Chalv-tn, Golden X	Golden X, Ripe	<u>View</u>
MUDDLES-GRN E3         31         B         6.3%         1305         Ripe, Chiddingly         Chal-ton, Milton St         View           MUDDLES-GRN E4         26         B         6.1%         1044         Milton St, Chalv-tn         Ripe, Milton St         View           NEWHAVEN S1         10         A         2.3%         233         Denton, West Beach         Denton, Bishopstone         View           NEWHAVEN S2         10         A         2.2%         223         McKinlay Wy, West Bh         Denton, Bishopstone         View           NEWHAVEN S3         12         C         8.9%         409         Valley Rd, Gibbon Rd         Denton, Bishopstone         View           PEACEHAVEN S2         14         B         6.9%         518         Denton, Valley Rd         Valley Rd, Denton         View           PEVENSEY E9         35         C         8.9%         1601         Hailsham, Stunts Grn         Glynleigh, Polegate         View           PEVENSEY E19         35         C         9.2%         1677         Hailsham, Stunts Grn         Glynleigh, Polegate         View           PEVENSEY E14         29         B         6.4%         1283         Hailsham, Rickney         Glynleigh, Polegate         View      <	MUDDLES-GRN E1	26	В	6.2%	1050	Milton St, Ripe	Chalv-tn, Milton St	<u>View</u>
MUDDLES-GRN E4         26         B         6.1%         1044         Milton St, Chalv-tn         Ripe, Milton St         View           NEWHAVEN S1         10         A         2.3%         233         Denton, West Beach         Denton, Bishopstone         View           NEWHAVEN S3         12         C         8.9%         409         Valley Rd, Gibbon Rd         Denton, Bishopstone         View           NEWHAVEN S3         12         C         8.9%         400         Valley Rd, Gibbon Rd         Denton, Bishopstone         View           NEWHAVEN S4         12         C         8.9%         402         Valley Rd, Gibbon Rd         Denton Bishopstone         View           PEACEHAVEN S1         14         B         6.9%         518         Denton, Valley Rd         Valley Rd, Denton         View           PEVENSEY E3         35         C         8.9%         1601         Hailsham, Stunts Grn         Glynleigh, Polegate         View           PEVENSEY E19         35         C         9.2%         1677         Hailsham, Glynleigh         Glynleigh, Polegate         View           PEVENSEY E74         30         B         6.4%         1302         Hailsham, Glynleigh         Glynleigh, Polegate         View      <	MUDDLES-GRN E2	28	В	5.6%	1154	Milton St, Chalv-tn	Ripe, Arlington	<u>View</u>
NEWHAVEN S1         10         A         2.3%         233         Denton, West Beach         Denton, Bishopstone         View           NEWHAVEN S2         10         A         2.2%         223         McKinlay Wy, West Bh         Denton, Bishopstone         View           NEWHAVEN S3         12         C         8.9%         409         Valley Rd, Gibbon Rd         Denton, Bishopstone         View           NEWHAVEN S4         12         C         8.9%         402         Valley Rd, Gibbon Rd         Denton, Bishopstone         View           PEACEHAVEN S1         14         B         6.9%         518         Denton, Valley Rd         Gibbon Rd, Denton         View           PEVENSEY E9         35         C         8.9%         1601         Hailsham, Stunts Grn         Glynleigh, Polegate         View           PEVENSEY E19         35         C         9.2%         1677         Hailsham, Stunts Grn         Glynleigh, Polegate         View           PEVENSEY E14         29         B         6.4%         1283         Hailsham, Glynleigh         Glynleigh, Polegate         View           PEVENSEY E72         31         B         6.5%         1361         Hailsham, Rickney         Glynleigh, Polegate         View	MUDDLES-GRN E3	31	В	6.3%	1305	Ripe, Chiddingly	Chal-ton, Milton St	<u>View</u>
NEWHAVEN S2	MUDDLES-GRN E4	26	В	6.1%	1044	Milton St, Chalv-tn	Ripe, Milton St	<u>View</u>
NEWHAVEN S3	NEWHAVEN S1	10	Α	2.3%	233	Denton, West Beach	Denton, Bishopstone	<u>View</u>
NEWHAVEN S4         12         C         8.9%         402         Valley Rd, Gibbon Rd         Denton Bishopstone         View PEACEHAVEN S1         14         B         6.9%         518         Denton, Valley Rd         Valley Rd, Denton         View Valley Rd, Denton         View Valley Rd         View Gibbon Rd, Denton         View Devenser         View Devenser	NEWHAVEN S2	10	Α	2.2%	223	McKinlay Wy, West Bh	Denton, Bishopstone	<u>View</u>
PEACEHAVEN S1         14         B         6.9%         518         Denton, Valley Rd         Valley Rd, Denton         View           PEACEHAVEN S2         14         C         7.7%         521         Denton, Valley Rd         Gibbon Rd, Denton         View           PEVENSEY E9         35         C         8.9%         1601         Hailsham, Stunts Grn         Glynleigh, Polegate         View           PEVENSEY E19         35         C         9.2%         1677         Hailsham, Stunts Grn         Glynleigh, Polegate         View           PEVENSEY E14         29         B         6.4%         1283         Hailsham, Glynleigh         Glynleigh, Polegate         View           PEVENSEY E72         31         B         6.5%         1361         Hailsham, Rickney         Glynleigh, Polegate         View           PEVENSEY E74         30         B         6.4%         1302         Hailsham, Glynleigh         Glynleigh, Polegate         View           POLEGATE E1         22         B         6.7%         1040         Arlington, Hailsham         Glynleigh, Polegate         View           POLEGATE E3         24         B         6.9%         1095         Hailsham, Rickney         Polegate, Chapel Hill         View	NEWHAVEN S3	12	С	8.9%	409	Valley Rd, Gibbon Rd	Denton, Bishopstone	<u>View</u>
PEACEHAVEN S2         14         C         7.7%         521         Denton, Valley Rd         Gibbon Rd, Denton         View           PEVENSEY E9         35         C         8.9%         1601         Hailsham, Stunts Grn         Glynleigh, Polegate         View           PEVENSEY E19         35         C         9.2%         1677         Hailsham, Stunts Grn         Glynleigh, Polegate         View           PEVENSEY E14         29         B         6.4%         1283         Hailsham, Glynleigh         Glynleigh, Polegate         View           PEVENSEY E72         31         B         6.5%         1361         Hailsham, Rickney         Glynleigh, Polegate         View           PEVENSEY E74         30         B         6.4%         1302         Hailsham, Glynleigh         Glynleigh, Polegate         View           POLEGATE E7         31         B         6.4%         1302         Hailsham         Glynleigh, Polegate         View           POLEGATE E1         22         B         6.7%         1040         Arlington, Hailsham         Polegate, Chapel Hill         View           POLEGATE E3         24         B         6.9%         1095         Hailsham, Rickney         Polegate, Chapel Hill         View	NEWHAVEN S4	12	С	8.9%	402	Valley Rd, Gibbon Rd	Denton Bishopstone	<u>View</u>
PEVENSEY E9         35         C         8.9%         1601         Hailsham, Stunts Grn         Glynleigh, Polegate         View           PEVENSEY E19         35         C         9.2%         1677         Hailsham, Stunts Grn         Glynleigh, Polegate         View           PEVENSEY E14         29         B         6.4%         1283         Hailsham, Glynleigh         Glynleigh, Polegate         View           PEVENSEY E72         31         B         6.5%         1361         Hailsham, Glynleigh         Glynleigh, Polegate         View           PEVENSEY E74         30         B         6.4%         1302         Hailsham, Glynleigh         Glynleigh, Polegate         View           PEVENSEY E75         31         B         6.4%         1373         Arlington, Hailsham         Glynleigh, Polegate         View           POLEGATE E1         22         B         6.7%         1040         Arlington, Hailsham         Polegate, Chapel Hill         View           POLEGATE E2         23         C         9.3%         1153         Hailsham, Rickney         Polegate, Chapel Hill         View           POLEGATE E3         24         B         6.9%         1095         Hailsham, Rickney         Polegate, Chapel Hill         View	PEACEHAVEN S1	14	В	6.9%	518	Denton, Valley Rd	Valley Rd, Denton	View
PEVENSEY E19         35         C         9.2%         1677         Hailsham, Stunts Grn         Glynleigh, Polegate         View           PEVENSEY E14         29         B         6.4%         1283         Hailsham, Glynleigh         Glynleigh, Polegate         View           PEVENSEY E72         31         B         6.5%         1361         Hailsham, Rickney         Glynleigh, Polegate         View           PEVENSEY E74         30         B         6.4%         1302         Hailsham, Glynleigh         Glynleigh, Polegate         View           PEVENSEY E75         31         B         6.4%         1373         Arlington, Hailsham         Glynleigh, Polegate         View           POLEGATE E1         22         B         6.7%         1040         Arlington, Hailsham         Polegate, Chapel Hill         View           POLEGATE E2         23         C         9.3%         1153         Hailsham, Rickney         Polegate, Chapel Hill         View           POLEGATE E3         24         B         6.9%         1095         Hailsham, Rickney         Polegate, Chapel Hill         View           RICKNEY E50         26         B         6.7%         1122         Milton St, Hailsham         Polegate, Chapel Hill         View	PEACEHAVEN S2	14	С	7.7%	521	Denton, Valley Rd	Gibbon Rd, Denton	<u>View</u>
PEVENSEY E14         29         B         6.4%         1283         Hailsham, Glynleigh         Glynleigh, Polegate         View           PEVENSEY E72         31         B         6.5%         1361         Hailsham, Rickney         Glynleigh, Polegate         View           PEVENSEY E74         30         B         6.4%         1302         Hailsham, Glynleigh         Glynleigh, Polegate         View           PEVENSEY E75         31         B         6.4%         1373         Arlington, Hailsham         Glynleigh, Polegate         View           POLEGATE E1         22         B         6.7%         1040         Arlington, Hailsham         Polegate, Chapel Hill         View           POLEGATE E2         23         C         9.3%         1153         Hailsham, Rickney         Polegate, Chapel Hill         View           POLEGATE E3         24         B         6.9%         1095         Hailsham, Rickney         Polegate, Chapel Hill         View           POLEGATE E4         26         B         6.9%         1173         Hailsham, Rickney         Polegate, Chapel Hill         View           RICKNEY E50         26         B         6.7%         1122         Milton St, Hailsham         Polegate, Chapel Hill         View     <	PEVENSEY E9	35	С	8.9%	1601	Hailsham, Stunts Grn	Glynleigh, Polegate	<u>View</u>
PEVENSEY E72         31         B         6.5%         1361         Hailsham, Rickney         Glynleigh, Polegate         View           PEVENSEY E74         30         B         6.4%         1302         Hailsham, Glynleigh         Glynleigh, Polegate         View           PEVENSEY E75         31         B         6.4%         1373         Arlington, Hailsham         Glynleigh, Polegate         View           POLEGATE E1         22         B         6.7%         1040         Arlington, Hailsham         Polegate, Chapel Hill         View           POLEGATE E2         23         C         9.3%         1153         Hailsham, Rickney         Polegate, Chapel Hill         View           POLEGATE E3         24         B         6.9%         1095         Hailsham, Rickney         Polegate, Chapel Hill         View           POLEGATE E4         26         B         6.9%         1173         Hailsham, Rickney         Polegate, Chapel Hill         View           RICKNEY E50         26         B         6.7%         1122         Milton St, Hailsham         Polegate, Chapel Hill         View           RICKNEY E51         28         B         6.7%         1193         Arlington, Hailsham         Polegate, Chapel Hill         View	PEVENSEY E19	35	С	9.2%	1677	Hailsham, Stunts Grn	Glynleigh, Polegate	<u>View</u>
PEVENSEY E74         30         B         6.4%         1302         Hailsham, Glynleigh         Glynleigh, Polegate         View           PEVENSEY E75         31         B         6.4%         1373         Arlington, Hailsham         Glynleigh, Polegate         View           POLEGATE E1         22         B         6.7%         1040         Arlington, Hailsham         Polegate, Chapel Hill         View           POLEGATE E2         23         C         9.3%         1153         Hailsham, Rickney         Polegate, Chapel Hill         View           POLEGATE E3         24         B         6.9%         1095         Hailsham, Rickney         Polegate, Chapel Hill         View           POLEGATE E4         26         B         6.9%         1173         Hailsham Rickney         Polegate, Chapel Hill         View           RICKNEY E50         26         B         6.7%         1122         Milton St, Hailsham         Polegate, Chapel Hill         View           RICKNEY E51         28         B         6.7%         1193         Arlington, Hailsham         Polegate, Chapel Hill         View           RICKNEY E52         26         C         9.2%         1180         Chapel Hill, Hailsham         Polegate, Chapel Hill         View	PEVENSEY E14	29	В	6.4%	1283	Hailsham, Glynleigh	Glynleigh, Polegate	<u>View</u>
PEVENSEY E75         31         B         6.4%         1373         Arlington, Hailsham         Glynleigh, Polegate         View           POLEGATE E1         22         B         6.7%         1040         Arlington, Hailsham         Polegate, Chapel Hill         View           POLEGATE E2         23         C         9.3%         1153         Hailsham, Rickney         Polegate, Chapel Hill         View           POLEGATE E3         24         B         6.9%         1095         Hailsham, Rickney         Polegate, Chapel Hill         View           POLEGATE E4         26         B         6.9%         1173         Hailsham Rickney         Polegate, Chapel Hill         View           RICKNEY E50         26         B         6.7%         1122         Milton St, Hailsham         Polegate, Chapel Hill         View           RICKNEY E51         28         B         6.7%         1193         Arlington, Hailsham         Polegate, Chapel Hill         View           RICKNEY E52         26         C         9.2%         1180         Chapel Hill, Hailsham         Polegate, Chapel Hill         View           RICKNEY E53         32         C         9.2%         1510         Hailsham, Stunts Grn         Polegate, Chapel Hill         View <td>PEVENSEY E72</td> <td>31</td> <td>В</td> <td>6.5%</td> <td>1361</td> <td>Hailsham, Rickney</td> <td>Glynleigh, Polegate</td> <td>View</td>	PEVENSEY E72	31	В	6.5%	1361	Hailsham, Rickney	Glynleigh, Polegate	View
PEVENSEY E75         31         B         6.4%         1373         Arlington, Hailsham         Glynleigh, Polegate         View           POLEGATE E1         22         B         6.7%         1040         Arlington, Hailsham         Polegate, Chapel Hill         View           POLEGATE E2         23         C         9.3%         1153         Hailsham, Rickney         Polegate, Chapel Hill         View           POLEGATE E3         24         B         6.9%         1095         Hailsham, Rickney         Polegate, Chapel Hill         View           POLEGATE E4         26         B         6.9%         1173         Hailsham Rickney         Polegate, Chapel Hill         View           RICKNEY E50         26         B         6.7%         1122         Milton St, Hailsham         Polegate, Chapel Hill         View           RICKNEY E51         28         B         6.7%         1193         Arlington, Hailsham         Polegate, Chapel Hill         View           RICKNEY E52         26         C         9.2%         1180         Chapel Hill, Hailsham         Polegate, Chapel Hill         View           RICKNEY E53         32         C         9.2%         1510         Hailsham, Stunts Grn         Polegate, Chapel Hill         View <td>PEVENSEY E74</td> <td>30</td> <td>В</td> <td>6.4%</td> <td>1302</td> <td>Hailsham, Glynleigh</td> <td>Glynleigh, Polegate</td> <td><u>View</u></td>	PEVENSEY E74	30	В	6.4%	1302	Hailsham, Glynleigh	Glynleigh, Polegate	<u>View</u>
POLEGATE E2         23         C         9.3%         1153         Hailsham, Rickney         Polegate, Chapel Hill         View           POLEGATE E3         24         B         6.9%         1095         Hailsham, Rickney         Polegate, Chapel Hill         View           POLEGATE E4         26         B         6.9%         1173         Hailsham Rickney         Polegate, Chapel Hill         View           RICKNEY E50         26         B         6.7%         1122         Milton St, Hailsham         Polegate, Chapel Hill         View           RICKNEY E51         28         B         6.7%         1193         Arlington, Hailsham         Polegate, Chapel Hill         View           RICKNEY E52         26         C         9.2%         1180         Chapel Hill, Hailsham         Polegate, Chapel Hill         View           RICKNEY E53         32         C         9.2%         1510         Hailsham, Stunts Grn         Polegate, Chapel Hill         View           RICKNEY E54         33         C         9.2%         1486         Hailsham, Stunts Grn         Polegate, Chapel Hill         View           RICKNEY E55         28         B         6.7%         1170         Milton St, Hailsham         Stone X, Chapel Hill         View <td>PEVENSEY E75</td> <td>31</td> <td>В</td> <td>6.4%</td> <td>1373</td> <td></td> <td></td> <td><u>View</u></td>	PEVENSEY E75	31	В	6.4%	1373			<u>View</u>
POLEGATE E3  24  B 6.9% 1095 Hailsham, Rickney Polegate, Chapel Hill View POLEGATE E4  26  B 6.9% 1173 Hailsham Rickney Polegate, Chapel Hill View RICKNEY E50  26  B 6.7% 1122 Milton St, Hailsham Polegate, Chapel Hill View RICKNEY E51  28  B 6.7% 1193 Arlington, Hailsham Polegate, Chapel Hill View RICKNEY E52  26  C 9.2% 1180 Chapel Hill, Hailsham Polegate, Chapel Hill View RICKNEY E53  32  C 9.2% 1510 Hailsham, Stunts Grn Polegate, Chapel Hill View RICKNEY E54  33  C 9.2% 1486 Hailsham, Stunts Grn Polegate, Chapel Hill View RICKNEY E55  28  B 6.7% 1170 Milton St, Hailsham Stone X, Chapel Hill View RICKNEY E56  33  C 9.1% 1495 Hailsham, Stunts Grn Glynleigh, Polegate View RIPE A1  12  A 3.3% 310 Chalv-tn, Golden X Langtye Ln, Station Rd View RIPE A2  12  A 4.1% 310 Langtye Ln, Darp Ln Golden X, Chalv-tn View RIPE E1  19  B 6.7% 866 Langtye Ln, Mill Ln Church Ln, Milton St View RIPE E2  19  B 6.7% 867 Milton St, Church Ln Mill Ln, Langtye Ln View RIPE E3  26  C 9.0% 1087 Arlington, Golden X Langtye Ln, Milton St View RIPE E4  29  B 6.8% 1253 Arlington, Golden X Firle, Chapel Hill View View View	POLEGATE E1	22	В	6.7%	1040	Arlington, Hailsham	Polegate, Chapel Hill	<u>View</u>
POLEGATE E4  26  B  6.9%  1173  Hailsham Rickney  Polegate, Chapel Hill  View  RICKNEY E50  26  B  6.7%  1122  Milton St, Hailsham  Polegate, Chapel Hill  View  RICKNEY E51  28  B  6.7%  1193  Arlington, Hailsham  Polegate, Chapel Hill  View  RICKNEY E52  26  C  9.2%  1180  Chapel Hill, Hailsham  Polegate, Chapel Hill  View  RICKNEY E53  32  C  9.2%  1510  Hailsham, Stunts Grn  Polegate, Chapel Hill  View  RICKNEY E54  33  C  9.2%  1486  Hailsham, Stunts Grn  Polegate, Chapel Hill  View  RICKNEY E55  28  B  6.7%  1170  Milton St, Hailsham  Stone X, Chapel Hill  View  RICKNEY E56  33  C  9.1%  1495  Hailsham, Stunts Grn  Glynleigh, Polegate  View  RIPE A1  12  A  3.3%  310  Chalv-tn, Golden X  Langtye Ln, Station Rd  View  RIPE A2  12  A  4.1%  310  Langtye Ln, Darp Ln  Golden X, Chalv-tn  View  RIPE E1  19  B  6.7%  866  Langtye Ln, Mill Ln  Church Ln, Milton St  View  RIPE E2  19  B  6.7%  867  Milton St, Church Ln  Mill Ln, Langtye Ln  View  RIPE E3  26  C  9.0%  1087  Arlington, Golden X  Firle, Chapel Hill  View  View  RIPE E4  29  B  6.8%  1253  Arlington, Golden X  Firle, Chapel Hill  View  View	POLEGATE E2	23	С	9.3%	1153	Hailsham, Rickney	Polegate, Chapel Hill	<u>View</u>
RICKNEY E50  26  B  6.7%  1122  Milton St, Hailsham  Polegate, Chapel Hill  View  RICKNEY E51  28  B  6.7%  1193  Arlington, Hailsham  Polegate, Chapel Hill  View  RICKNEY E52  26  C  9.2%  1180  Chapel Hill, Hailsham  Polegate, Chapel Hill  View  RICKNEY E53  32  C  9.2%  1510  Hailsham, Stunts Grn  Polegate, Chapel Hill  View  RICKNEY E54  33  C  9.2%  1486  Hailsham, Stunts Grn  Polegate, Chapel Hill  View  RICKNEY E55  28  B  6.7%  1170  Milton St, Hailsham  Stone X, Chapel Hill  View  RICKNEY E56  33  C  9.1%  1495  Hailsham, Stunts Grn  Glynleigh, Polegate  View  RIPE A1  12  A  3.3%  310  Chalv-tn, Golden X  Langtye Ln, Station Rd  View  RIPE A2  12  A  4.1%  310  Langtye Ln, Darp Ln  Golden X, Chalv-tn  View  RIPE E1  19  B  6.7%  866  Langtye Ln, Mill Ln  Church Ln, Milton St  View  RIPE E2  19  B  6.7%  867  Milton St, Church Ln  Mill Ln, Langtye Ln  View  RIPE E3  26  C  9.0%  1087  Arlington, Golden X  Firle, Chapel Hill  View  View  RIPE E4  Polegate, Chapel Hill  View  Niew  And	POLEGATE E3	24	В	6.9%	1095	Hailsham, Rickney	Polegate, Chapel Hill	View
RICKNEY E51  28  B  6.7%  1193  Arlington, Hailsham  Polegate, Chapel Hill  View  RICKNEY E52  26  C  9.2%  1180  Chapel Hill, Hailsham  Polegate, Chapel Hill  View  RICKNEY E53  32  C  9.2%  1510  Hailsham, Stunts Grn  Polegate, Chapel Hill  View  RICKNEY E54  33  C  9.2%  1486  Hailsham, Stunts Grn  Polegate, Chapel Hill  View  RICKNEY E55  28  B  6.7%  1170  Milton St, Hailsham  Stone X, Chapel Hill  View  RICKNEY E56  33  C  9.1%  1495  Hailsham, Stunts Grn  Glynleigh, Polegate  View  RIPE A1  12  A  3.3%  310  Chalv-tn, Golden X  Langtye Ln, Station Rd  View  RIPE A2  12  A  4.1%  310  Langtye Ln, Darp Ln  Golden X, Chalv-tn  View  RIPE E1  19  B  6.7%  866  Langtye Ln, Mill Ln  Church Ln, Milton St  View  RIPE E2  19  B  6.7%  867  Milton St, Church Ln  Mill Ln, Langtye Ln  View  RIPE E3  26  C  9.0%  1087  Arlington, Golden X  Firle, Chapel Hill  View  View	POLEGATE E4	26	В	6.9%	1173	Hailsham Rickney	Polegate, Chapel Hill	View
RICKNEY E52  26 C 9.2% 1180 Chapel Hill, Hailsham Polegate, Chapel Hill View RICKNEY E53  32 C 9.2% 1510 Hailsham, Stunts Grn Polegate, Chapel Hill View RICKNEY E54  33 C 9.2% 1486 Hailsham, Stunts Grn Polegate, Chapel Hill View RICKNEY E55  28 B 6.7% 1170 Milton St, Hailsham Stone X, Chapel Hill View RICKNEY E56  33 C 9.1% 1495 Hailsham, Stunts Grn Glynleigh, Polegate View RIPE A1  12 A 3.3% 310 Chalv-tn, Golden X Langtye Ln, Station Rd View RIPE A2  RIPE A2  12 A 4.1% 310 Langtye Ln, Darp Ln Golden X, Chalv-tn View RIPE E1  19 B 6.7% 866 Langtye Ln, Mill Ln Church Ln, Milton St View RIPE E2  19 B 6.7% 867 Milton St, Church Ln Mill Ln, Langtye Ln View RIPE E3  26 C 9.0% 1087 Arlington, Golden X Langtye Ln, Milton St View RIPE E4  29 B 6.8% 1253 Arlington, Golden X Firle, Chapel Hill View	RICKNEY E50	26	В	6.7%	1122	Milton St, Hailsham	Polegate, Chapel Hill	View
RICKNEY E53  32 C 9.2% 1510 Hailsham, Stunts Grn Polegate, Chapel Hill View RICKNEY E54  33 C 9.2% 1486 Hailsham, Stunts Grn Polegate, Chapel Hill View RICKNEY E55  28 B 6.7% 1170 Milton St, Hailsham Stone X, Chapel Hill View RICKNEY E56  33 C 9.1% 1495 Hailsham, Stunts Grn Glynleigh, Polegate View RIPE A1  12 A 3.3% 310 Chalv-tn, Golden X Langtye Ln, Station Rd View RIPE A2  RIPE A2  12 A 4.1% 310 Langtye Ln, Darp Ln Golden X, Chalv-tn View RIPE E1  19 B 6.7% 866 Langtye Ln, Mill Ln Church Ln, Milton St View RIPE E2  19 B 6.7% 867 Milton St, Church Ln Mill Ln, Langtye Ln View RIPE E3  26 C 9.0% 1087 Arlington, Golden X Langtye Ln, Milton St View RIPE E4  29 B 6.8% 1253 Arlington, Golden X Firle, Chapel Hill View	RICKNEY E51	28	В	6.7%	1193	Arlington, Hailsham	Polegate, Chapel Hill	View
RICKNEY E53  32 C 9.2% 1510 Hailsham, Stunts Grn Polegate, Chapel Hill View RICKNEY E54  33 C 9.2% 1486 Hailsham, Stunts Grn Polegate, Chapel Hill View RICKNEY E55  28 B 6.7% 1170 Milton St, Hailsham Stone X, Chapel Hill View RICKNEY E56  33 C 9.1% 1495 Hailsham, Stunts Grn Glynleigh, Polegate View RIPE A1  12 A 3.3% 310 Chalv-tn, Golden X Langtye Ln, Station Rd View RIPE A2  RIPE A2  12 A 4.1% 310 Langtye Ln, Darp Ln Golden X, Chalv-tn View RIPE E1  19 B 6.7% 866 Langtye Ln, Mill Ln Church Ln, Milton St View RIPE E2  19 B 6.7% 867 Milton St, Church Ln Mill Ln, Langtye Ln View RIPE E3  26 C 9.0% 1087 Arlington, Golden X Langtye Ln, Milton St View RIPE E4  29 B 6.8% 1253 Arlington, Golden X Firle, Chapel Hill View	RICKNEY E52	26	С	9.2%	1180	Chapel Hill, Hailsham	Polegate, Chapel Hill	View
RICKNEY E55         28         B         6.7%         1170         Milton St, Hailsham         Stone X, Chapel Hill         View           RICKNEY E56         33         C         9.1%         1495         Hailsham, Stunts Grn         Glynleigh, Polegate         View           RIPE A1         12         A         3.3%         310         Chalv-tn, Golden X         Langtye Ln, Station Rd         View           RIPE A2         12         A         4.1%         310         Langtye Ln, Darp Ln         Golden X, Chalv-tn         View           RIPE E1         19         B         6.7%         866         Langtye Ln, Mill Ln         Church Ln, Milton St         View           RIPE E2         19         B         6.7%         867         Milton St, Church Ln         Mill Ln, Langtye Ln         View           RIPE E3         26         C         9.0%         1087         Arlington, Golden X         Langtye Ln, Milton St         View           RIPE E4         29         B         6.8%         1253         Arlington, Golden X         Firle, Chapel Hill         View	RICKNEY E53	32	С	9.2%	1510		Polegate, Chapel Hill	View
RICKNEY E55         28         B         6.7%         1170         Milton St, Hailsham         Stone X, Chapel Hill         View           RICKNEY E56         33         C         9.1%         1495         Hailsham, Stunts Grn         Glynleigh, Polegate         View           RIPE A1         12         A         3.3%         310         Chalv-tn, Golden X         Langtye Ln, Station Rd         View           RIPE A2         12         A         4.1%         310         Langtye Ln, Darp Ln         Golden X, Chalv-tn         View           RIPE E1         19         B         6.7%         866         Langtye Ln, Mill Ln         Church Ln, Milton St         View           RIPE E2         19         B         6.7%         867         Milton St, Church Ln         Mill Ln, Langtye Ln         View           RIPE E3         26         C         9.0%         1087         Arlington, Golden X         Langtye Ln, Milton St         View           RIPE E4         29         B         6.8%         1253         Arlington, Golden X         Firle, Chapel Hill         View						·	•	
RICKNEY E56         33         C         9.1%         1495         Hailsham, Stunts Grn         Glynleigh, Polegate         View           RIPE A1         12         A         3.3%         310         Chalv-tn, Golden X         Langtye Ln, Station Rd         View           RIPE A2         12         A         4.1%         310         Langtye Ln, Darp Ln         Golden X, Chalv-tn         View           RIPE E1         19         B         6.7%         866         Langtye Ln, Mill Ln         Church Ln, Milton St         View           RIPE E2         19         B         6.7%         867         Milton St, Church Ln         Mill Ln, Langtye Ln         View           RIPE E3         26         C         9.0%         1087         Arlington, Golden X         Langtye Ln, Milton St         View           RIPE E4         29         B         6.8%         1253         Arlington, Golden X         Firle, Chapel Hill         View						· ·		
RIPE A1         12         A         3.3%         310         Chalv-tn, Golden X         Langtye Ln, Station Rd         View           RIPE A2         12         A         4.1%         310         Langtye Ln, Darp Ln         Golden X, Chalv-tn         View           RIPE E1         19         B         6.7%         866         Langtye Ln, Mill Ln         Church Ln, Milton St         View           RIPE E2         19         B         6.7%         867         Milton St, Church Ln         Mill Ln, Langtye Ln         View           RIPE E3         26         C         9.0%         1087         Arlington, Golden X         Langtye Ln, Milton St         View           RIPE E4         29         B         6.8%         1253         Arlington, Golden X         Firle, Chapel Hill         View	RICKNEY E56	33	С	9.1%			•	
RIPE A2         12         A         4.1%         310         Langtye Ln, Darp Ln         Golden X, Chalv-tn         View           RIPE E1         19         B         6.7%         866         Langtye Ln, Mill Ln         Church Ln, Milton St         View           RIPE E2         19         B         6.7%         867         Milton St, Church Ln         Mill Ln, Langtye Ln         View           RIPE E3         26         C         9.0%         1087         Arlington, Golden X         Langtye Ln, Milton St         View           RIPE E4         29         B         6.8%         1253         Arlington, Golden X         Firle, Chapel Hill         View						·		
RIPE E1         19         B         6.7%         866         Langtye Ln, Mill Ln         Church Ln, Milton St         View           RIPE E2         19         B         6.7%         867         Milton St, Church Ln         Mill Ln, Langtye Ln         View           RIPE E3         26         C         9.0%         1087         Arlington, Golden X         Langtye Ln, Milton St         View           RIPE E4         29         B         6.8%         1253         Arlington, Golden X         Firle, Chapel Hill         View						·	• '	
RIPE E2 19 B 6.7% 867 Milton St, Church Ln Mill Ln, Langtye Ln View RIPE E3 26 C 9.0% 1087 Arlington, Golden X Langtye Ln, Milton St View RIPE E4 29 B 6.8% 1253 Arlington, Golden X Firle, Chapel Hill View						- ,		
RIPE E3 26 C 9.0% 1087 Arlington, Golden X Langtye Ln, Milton St View RIPE E4 29 B 6.8% 1253 Arlington, Golden X Firle, Chapel Hill View							·	
RIPE E4 29 B 6.8% 1253 Arlington, Golden X Firle, Chapel Hill View						·	<u> </u>	
							<u> </u>	
= =	RIPE E5	24	В	6.7%	1018	Arlington, Church Ln	Firle, Milton St	View

Route Name	Miles	Grade	Max	Elev	Outward Leg	Return Leg	View
			incline	(ft)	via	via	
RIPE E6	26	С	8.9%	1209	Chalv-tn, Golden X	Firle, Chapel Hill	<u>View</u>
RIPE E7	21	В	6.7%	899	Milton St, Church Ln	Darp Ln, Langtye Ln	<u>View</u>
RIPE E8	21	В	6.6%	898	Langtye Ln, Darp Ln	Church Ln, Milton St	<u>View</u>
RIPE E9	23	В	6.5%	974	Chalv-tn, Golden X	Langtye Ln, Milton St	<u>View</u>
RIPE E10	26	В	6.5%	1132	Chalv-tn, Golden X	Langtye Ln, Arlington	<u>View</u>
RIPE E41	24	В	6.3%	1001	Langtye Ln, Darp Ln	Golden X, Milton St	<u>View</u>
RIPE E51	28	В	6.7%	1134	Arlington, Golden X	Firle, Milton St	<u>View</u>
RIPE E52	25	В	6.7%	1062	Arlington, Darp Lane	Firle. Milton St	<u>View</u>
RIPE E53	25	В	6.6%	1124	Chalv-tn, Golden X	Firle, Chapel Hill	<u>View</u>
RIPE E54	26	В	6.7%	1130	Arlington, Church Ln	Firle, Chapel Hill	<u>View</u>
RIPE E55	26	В	6.7%	1158	Caneheath, Church Ln	Firle, Chapel Hill	<u>View</u>
RIPE E60	27	В	6.5%	1163	Chalv-tn, Golden X	Langtye Ln, Arlington	<u>View</u>
RIPE E61	28	В	6.7%	1109	Arlington, Darp Lane	Golden X, Chalv-tn	<u>View</u>
RIPE E62	28	С	9.0%	1116	Arlington, Golden X	Darp Ln, Milton St	<u>View</u>
RIPE E63	29	В	6.5%	1205	Arlington, Golden X	Darp Ln, Chapel Hill	<u>View</u>
RIPE E64	27	С	9.2%	1167	Arlington, Darp Lane	Golden X, Chalv-tn	<u>View</u>
RIPE E65	28	В	6.6%	1109	Arlington, Golden X	Darp Ln, Milton St	View
RIPE E66	26	В	6.6%	1077	Arlington, Golden X	Langtye Ln, Milton St	<u>View</u>
RIPE E95	25	В	6.4%	967	Chalv-tn, Golden X	Firle, Milton St	<u>View</u>
ROTTINGDEAN S5	21	В	6.3%	818	Newhaven, Telscombe	Telscombe, Newhaven	<u>View</u>
ROTTINGDEAN S6	21	В	6.4%	843	Valley Rd, Telscombe	Telscombe, Gibbon Rd	<u>View</u>
ROTTINGDEAN S7	21	В	7.7%	825	Gibbon Rd, Telscombe	Telscombe, Gibbon Rd	<u>View</u>
SHOREHAM S3	42	В	6.5%	1356	Newhaven, Brighton	Brighton, Newhaven	<u>View</u>
SOUTHWICK S3	37	В	6.4%	1260	Newhaven, Brighton	Brighton, Newhaven	View
UCKFIELD E11	40	В	7.6%	1844	Laughton, Halland	Glynde, Milton St	<u>View</u>
UCKFIELD E12	42	В	7.4%	1847	Laughton, Halland	Glynde, Milton St	<u>View</u>
UPP-DICKER E11	20	В	6.8%	1056	Arlington, Caneheath	Caneh-th, Chapel Hill	<u>View</u>
UPP-DICKER E12	20	В	6.8%	997	Arlington, Caneheath	Caneheath, Milton St	<u>View</u>
UPP-DICKER E13	25	В	6.7%	1161	Arlington, Caneheath	Hailsham, Polegate	View
UPP-DICKER E15	25	В	5.7%	1048	Polegate, Hailsham	Caneheath, Milton St	<u>View</u>
WALDRON E1	35	С	8.5%	1694	Ripe, Chiddingly	Lions Green, Chalv-tn	<u>View</u>
WALDRON E2	36	В	6.2%	1637	Ripe, Chiddingly	Foxhunt Grn, Chalv-tn	<u>View</u>
WALDRON E3	35	С	8.6%	1708	Ripe, Chiddingly	Lions Grn, Chiddingly	<u>View</u>
WORTHING S3	51	В	6.5%	1521	Brighton, Shoreham	Shoreham, Brighton	<u>View</u>

#### **KEY**

**Route Name** This is in two parts. It starts with the destination of the refreshment stop; on longer routes this may be the lunch stop. The suffix, such as E9, gives the route name a unique identity. The letter indicates the start/finish point:

- A Arlington Reservoir (car park)
- **E** Exceat (Seven Sisters Forest car park)
- H Hailsham (South Road car park)
- **S** Seaford (Martello Tower)

The route name becomes the filename on your device should you wish to download the route to your GPS cycle computer or smartphone.

**Miles** The distance in miles of the entire route rounded up to the nearest whole number.

**Grade** This is the grade of terrain as explained on the Grading System page of this website.

**Max Incline** The maximum incline shown on the RWGPS route. It is not entirely accurate so please treat it as an approximate figure.

Elev (ft) This is the elevation in feet shown on the RWGPS route. It's rather misleading as it counts every small undulation of the route. In practice, you won't feel you've climbed so much.

**Outward Leg via** and **Return Leg via** This gives an indication of where the route goes.

**View** Click on 'View' to see the RWGPS route. Ride leaders can simply copy and paste the web address into the details of their ride for display on the club calendar.

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