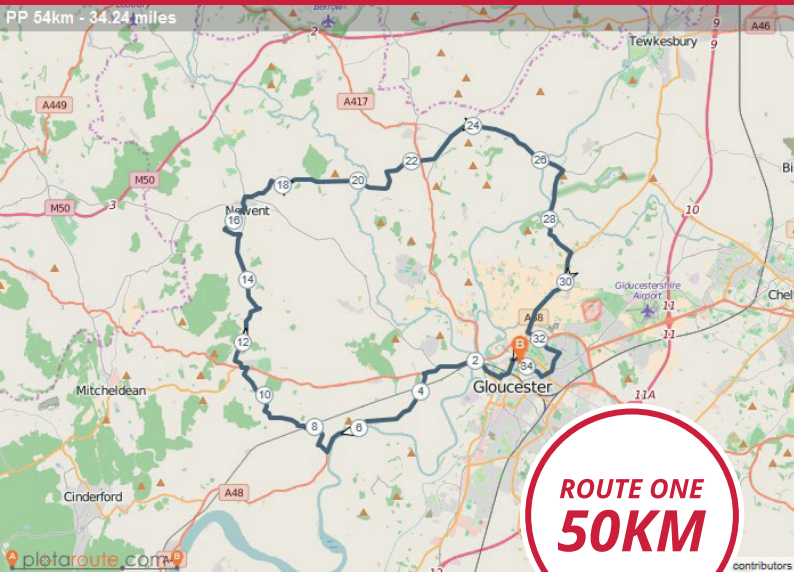


ROUTE 1

PP 54km - 34.24 miles



CIRCA 450M TOTAL ASCENT

A flat start runs west out of Gloucester through Highnam. Turning North West onto Ley Road, the route gently climbs to cross the A40 at Huntley and continues North to the Feed Station at Newent Rugby Football Club at the halfway point. Heading East we then pass through Tirely, before crossing the River Severn and dropping South to scale the short, sharp ramp at Wainlode. The final 10km brings us South back past Twigworth and into Gloucester.