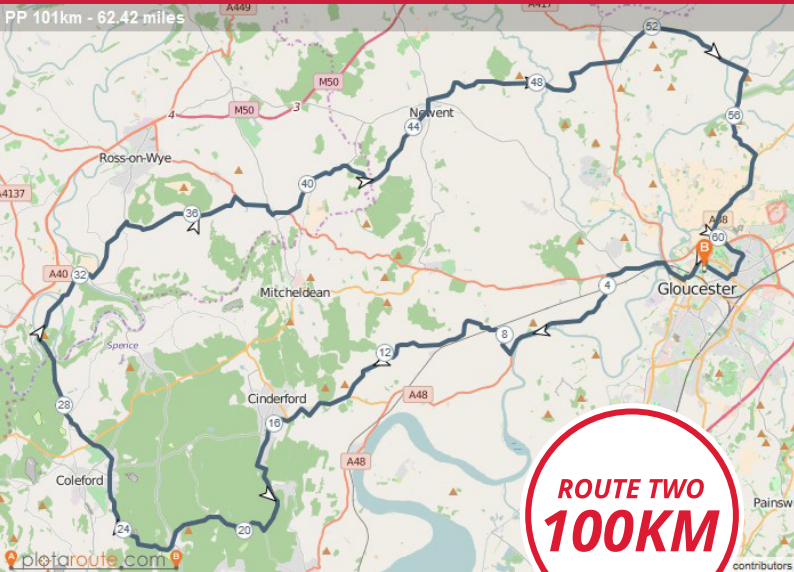


ROUTE 2



ROUTE TWO
100KM

CIRCA 1,350M TOTAL ASCENT

After leaving the 55km route at Frowens Lane (km 14.5) we head South West through Northwood Green and tackle our first climb of the day from Flaxley to Littledean. A 10km rolling descent through Ruspidge leads us to the next 175m vertical ascent from Parkend to Broadwell and onto a well deserved feed stop at Berry Hill Rugby Football Club. We now descend north through Symonds Yat and a further 25km North East over rolling terrain to the feed station at Newent Rugby Football club, where we rejoin the 55km Route.