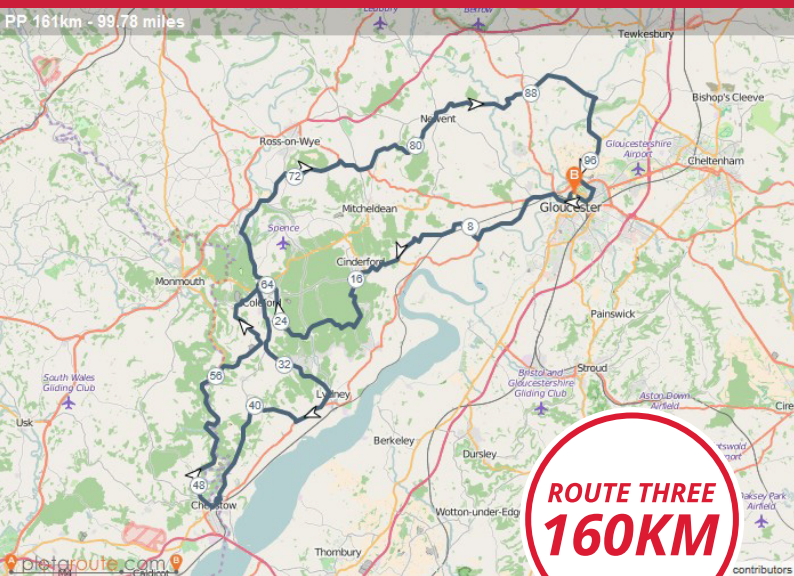


ROUTE 3

PP 161km - 99.78 miles



CIRCA 2,500M TOTAL ASCENT

Head South from the Berry Hill feed station, leaving the 100km route and hold on to your hats as we descend for the next 15km to Lydney. It's now a series of challenging climbs through Hewelsfield, to our southern-most point of Chepstow, north through St Arvens, Clearwell and Newland, where we rejoin the 100km route back at Berry Hill RFC where more refreshments are available. Newent Rugby Football Club provides yet another feed station but beware, with a total ascent of 2,500m this 160km route is not for the faint hearted!