

LAMPARD ROAD CLUB

HILLY 30 MILE RELIABILITY RIDE

SUNDAY 21st MARCH 2010

2.5hr ride starts 10.00am

2hr ride starts 10.30am

OS Map 166

Start: Dutch Nursey, Great North Road, Brookmans Park. Map Ref: 256053

Proceed south on A1000, turn left up Queenswood Hill on B157 and following sharp right hand bend at top of hill continue on minor road to turn right on B156 (care) towards Potters Bar.

Immediately after traffic lights turn left into Coopers Lane Road to Barvin Hill and turn left down Cattlegate Hill to t-junction where turn left to Northaw.

At Northaw Church turn right (care) and climb Vineyards to cross over The Ridgeway B157 (care) and continue up Carbone Hill to Newgate Street

At t-junction opposite pub turn right, under railway bridge to climb Darnickle Hill, then carry straight on over several roundabouts to then turn left immediately after Bus Stand into Smiths Lane and then left into Bread and Cheese Lane.

At t-junction at top of hill turn right past Thunderfield Grove Nature Reserve, to turn left and then left again to Wormley West End, where sharp right uphill, to turn left at t-junction into White Stubbs Lane and then right and left to Brickendon. **(15miles)**

At Brickendon turn right past the Farmers Boy and descend to meet B158 at Hertford, where turn left and proceed for approx 1 mile and turn left on minor road to Bayford, where turn right at the Bakers Arms and proceed for approx 0.5mile to turn right down Bucks Alley (care) to turn left to Little Berkhamsted.

Continue straight on to turn right into Cucumber Lane and then left on B158 After approx 0.6mile turn right (care) to Wildhill.

After The Woodman pub turn right on minor road to continue to West End and Essendon.

At junction with B158 turn right and continue past Warrenwood Park to turn right (care) on Grubs Lane towards Lower Woodside.

Continue and then turn left at crossroads to meet A1000.

Turn left (care) to continue to **Finish** at Dutch Nursery **(30miles)**