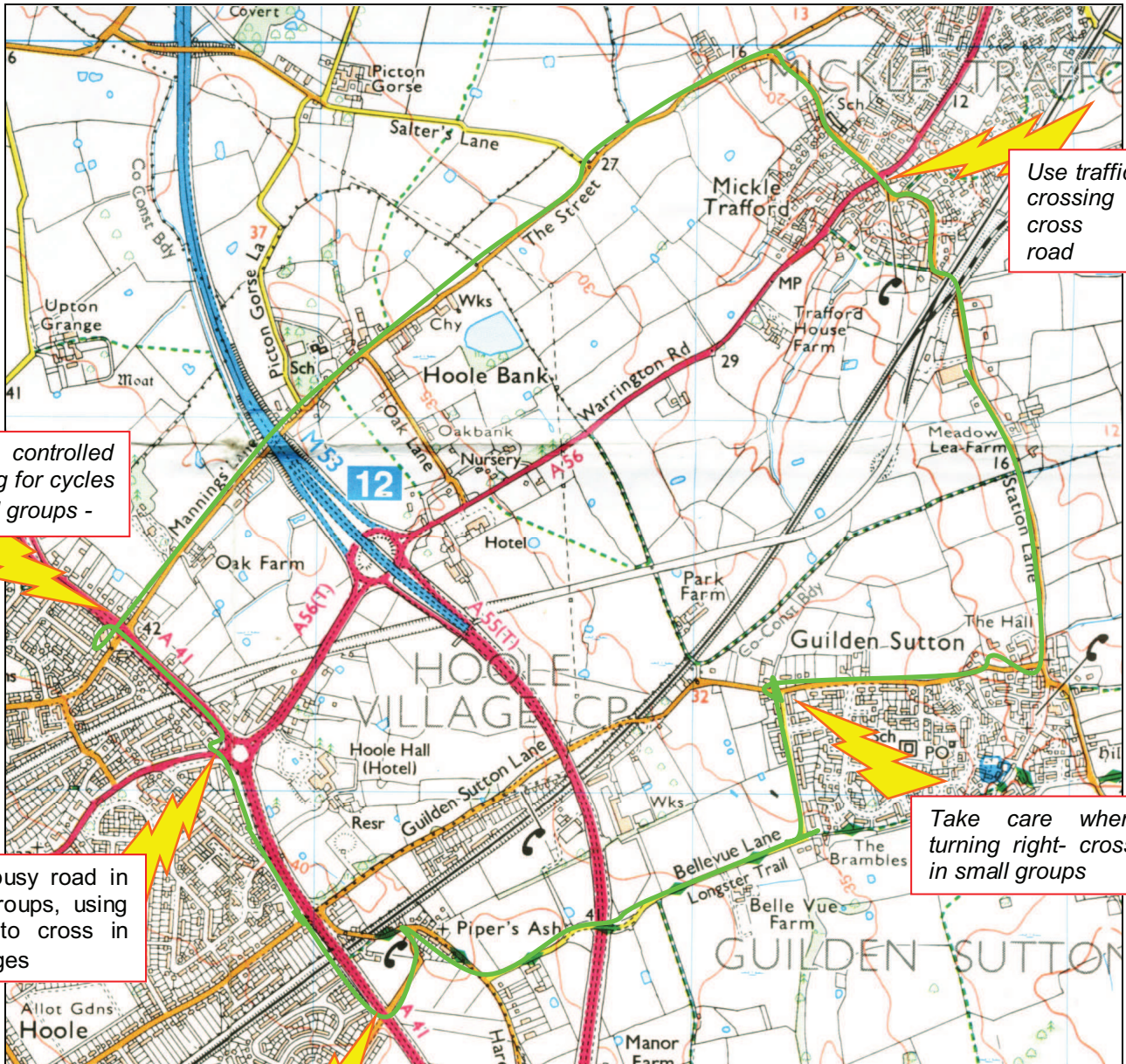


National Bike Week 2008 – Five mile challenge!



Use controlled crossing for cycles in small groups -

Use traffic light crossing to cross busy road

Cross busy road in small groups, using refuge to cross in two stages

Take care when turning right- cross in small groups

Cross dual carriageway in small groups – use refuge in middle to cross in two stages

Ride summary: Approx 5.8 miles mostly level on quiet country lanes – one or two small climbs

From Piper Inn, follow cycle route to Green Lane – cross and 50yds take turn to cross A41. Into Piper's Ash to Guilden Sutton.

Turn right and down hill to turn left to Mickle Trafford, along Station Lane.

Cross A56 using controlled light crossing in groups. At T junction left into "The Street". Up hill and road becomes Mannings Lane which leads to A41.

Cross using controlled lights for cyclists and follow service road parallel to dual carriageway. At Hoole Hall Roundabout cross Hoole Road in small groups, making use of refuge. Follow service road which leads on to Piper Inn Car Park