



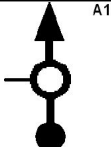


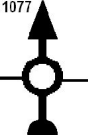




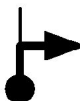

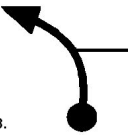






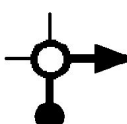
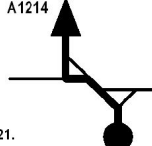
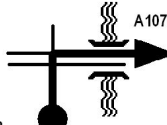
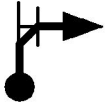
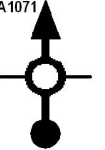
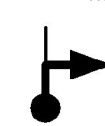

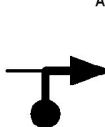
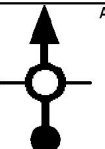
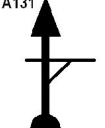
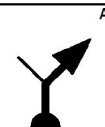
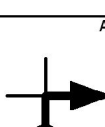
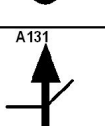
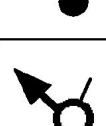
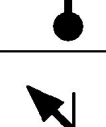

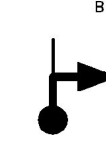

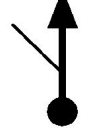

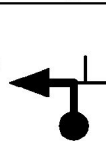
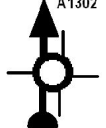
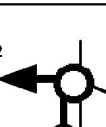
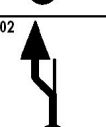
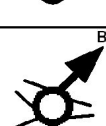
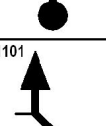
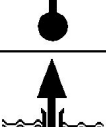
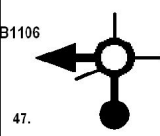

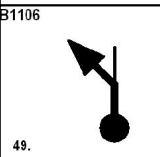
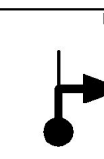
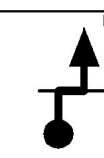
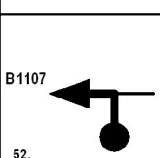
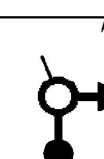

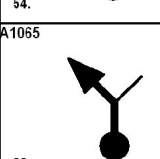





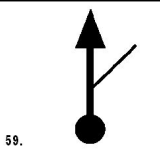
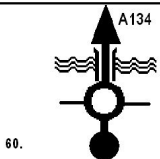
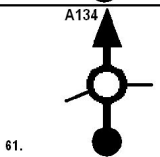
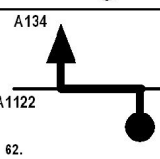
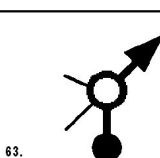
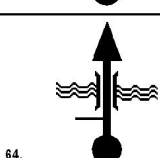
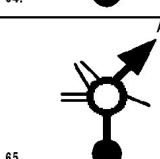
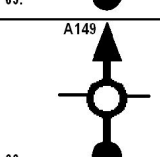
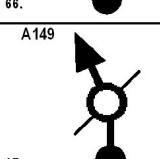
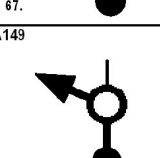
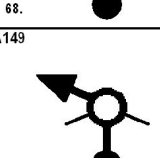
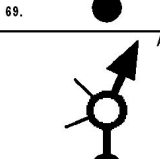
Miles Tot/Par	Image	Description
		
	More information & rides on www.thebestrides.co.uk www.tripy.eu	
0,0 0,0	START  Diss Denmark Street Direction South 1. 	Diss B1077 - Denmark Street Diss Denmark Street Direction South
0,3 0,3	A1066 2. 	Diss A1066 - Stanley Road
0,7 1,0	A1066 3. 	Diss A1066 - Victoria Road
0,4 1,4	B1077 4. 	Diss B1077 - Stuston Road
0,1 1,5	5. 	Diss B1077 - Stuston Road
0,4 1,9	B1077 6. 	Stuston B1077
1,1 3,0	A140 7. 	Brome A140
0,1 3,1	B1077 8. 	Brome B1077
2,1 5,2	B1077 9. 	Eye B1077 - Lowgate Street
0,0 5,2	B1077 10. 	Eye B1077 - Lowgate Street



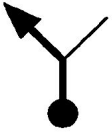
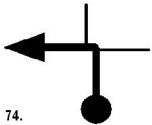

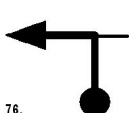

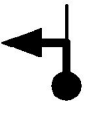



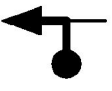
Miles Tot/Par	Image	Description
0,5 5,7	B1077 11. 	Eye B1077
1,4 7,1	B1077 12. 	Occold B1077
0,9 8,0	13. 	Occold B1077
5,2 13,2	B1077 14. 	Debenham B1077 - Winston Road
1,7 14,9	B1077 15. 	Winston B1077 - Chapel Hill
0,1 15,0	B1077 16. 	Framsden B1077 - Chapel Hill
0,9 15,9	B1077 17. 	Framsden B1077
1,3 17,2	B1077 18. 	Helmingham B1077
0,4 17,6	19. 	Helmingham B1077
7,4 25,0	A1214 20. 	Ipswich A1214 - Valley Road
1,1 26,1	A1214 21. 	Ipswich A1214 - Norwich Road
0,6 26,7	A1071 22. 	Ipswich A1071 - London Road




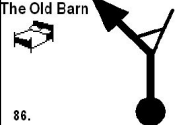

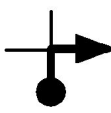

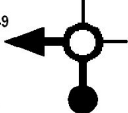




Miles Tot/Par	Image	Description
1,5 28,2	 23.	Ipswich A1071
0,5 28,7	 24.	Pinebrook A1071
2,8 31,5	 25.	Hintlesham A1071
6,8 38,3	 26.	Hadleigh Heath A1071 - Hadleigh Road
4,4 42,7	 27.	Newton A134 - Assington Road
2,8 45,5	 28.	Chilton A131 - Newton Road
0,8 46,3	 29.	Sudbury A131
0,2 46,5	 30.	Sudbury A131 - Gainsborough Street
0,1 46,6	 31.	Sudbury A131 - Gregory Street
0,3 46,9	 32.	Sudbury A131 - Gainsborough Road
1,2 48,1	 33.	Brundon B1064 - Sudbury Road
2,1 50,2	 34.	Long Melford B1064


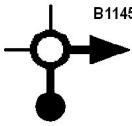
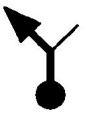
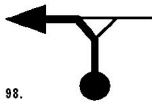
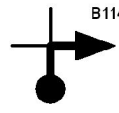
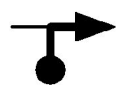
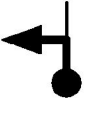


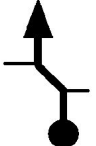

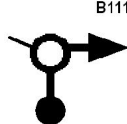
Miles Tot/Par	Image	Description
0,1 50,3	 35.	Long Melford A1092 - Westgate Street
0,6 50,9	 36.	Long Melford B1066
1,9 52,8	 37.	Stanstead B1066
1,9 54,7	 38.	Boxted B1066
7,7 62,4	 39.	Horringer A143 - Horringer Road
1,2 63,6	 40.	Bury St. Edmunds A1302
0,3 63,9	 41.	Bury St. Edmunds A1302 - Parkway
0,2 64,1	 42.	Bury St. Edmunds A1302 - Risbygate Street
1,4 65,5	 43.	Westley A1302 - Newmarket Road
0,2 65,7	 44.	Westley B1106 - Westley Road
1,4 67,1	 45.	Fornham All Saints A1101 - Hengrave Road
0,5 67,6	 46.	Fornham All Saints B1106



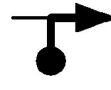

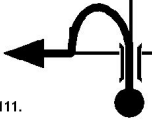

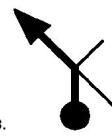

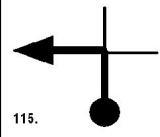
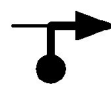
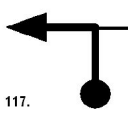

Miles Tot/Par	Image	Description
0,5 68,1		Fornham Saint Martin B1106
0,8 68,9		Culford B1106
1,3 70,2		Culford B1106
0,7 70,9		Wordwell B1106
5,2 76,1		Elveden B1106
4,9 81,0		Brandon B1107 - Thetford Road
0,0 81,0		Brandon A1065 - High Street
0,3 81,3		Brandon A1065 - High Street
0,1 81,4		Brandon A1065 - Mundford Road
0,9 82,3		Weeting
0,2 82,5		Weeting
0,5 83,0		Weeting

Miles Tot/Par	Image	Description
0,7 83,7		Weeting
6,7 90,4		Whittington A134
3,2 93,6		Wereham A134 - Lynn Road
1,9 95,5		Stradsett A134 - Lynn Road
5,0 100,5		Tottenham A10 - Lynn Road
0,8 101,3		Setchey A10 - Main Road
2,8 104,1		Kings Lynn A149 - Queen Elizabeth Way
2,0 106,1		Gaywood A149 - Queen Elizabeth Way
1,9 108,0		Castle Rising A149 - Queen Elizabeth Way
4,3 112,3		Sandringham A149
3,6 115,9		Snettisham A149
3,2 119,1		Hunstanton A149 - King's Lynn Road

Miles Tot/Par	Image	Description
1,6 120,7	 71.	Old Hunstanton A149 - The Big Yard
0,6 121,3	 72.	Hunstanton Park A149
7,4 128,7	 73.	Burnham Deepdale A149
1,9 130,6	 74.	Burnham Market A149
4,9 135,5	 75.	Holkham A149
0,2 135,7	 76.	Wells-Next-the-Sea A149 - Mill Road
0,5 136,2	 77.	Wells-Next-the-Sea A149 - Two Furlong Hill
0,2 136,4	 78.	Wells-Next-the-Sea A149 - Burnt Street
0,5 136,9	 79.	Wells-Next-the-Sea A149 - Stiffkey Road
6,0 142,9	 80.	Morston A149 - Blakeney Road
2,3 145,2	 81.	Cley Next the Sea A149 - New Road
0,1 145,3	 82.	Cley Next the Sea A149 - High Street

Miles Tot/Par	Image	Description
3,5 148,8	 83.	Kelling A149
1,2 150,0	 84.	Weybourne A149 - Sheringham Road
2,9 152,9	 85.	Sheringham A149 - Cromer Road
1,5 154,4	 86.	West Runton A149 - Cromer Road
2,4 156,8	 87.	Cromer A149 - Hamilton Road
0,1 156,9	 88.	Cromer Chapel Street
0,0 156,9	 89.	Cromer A148 - West Street
9,5 166,4	 90.	Holt B1149 - Norwich Road
0,4 166,8	 91.	Holt B1149
2,2 169,0	 92.	Edgefield B1149 - Norwich Road
3,1 172,1	 93.	Saxthorpe B1354 - Briston Road
0,2 172,3	 94.	Saxthorpe

Miles Tot/Par	Image	Description
0,4 172,7	 95.	Saxthorpe
4,4 177,1	 96.	Eastgate B1145
1,4 178,5	 97.	Cawston B1145
1,3 179,8	 98.	Salle B1145
1,3 181,1	 99.	Reepham B1145
3,9 185,0	 100.	Bawdeswell A1067 - Fakenham Road
0,3 185,3	 101.	Bawdeswell B1147 - Dereham Road
2,1 187,4	 102.	Swanton Morley B1147 - Mill Street
0,9 188,3	 103.	Swanton Morley B1147 - Gooseberry Hill
1,1 189,4	 104.	Swanton Morley B1147 - Swanton Road
1,9 191,3	 105.	East Dereham B1147 - Theatre Street
0,3 191,6	 106.	East Dereham B1110 - Quebec Road

Miles Tot/Par	Image	Description
0,0 191,6	 107.	East Dereham Swaffham Road
1,2 192,8	 108.	East Dereham Grange Road
0,2 193,0	 109.	Scarning A47
8,5 201,5	 110.	Sporle A47
1,6 203,1	 111.	Swaffham A1065 - Castleacre Road
0,8 203,9	 112.	Swaffham A1065
0,1 204,0	 113.	Swaffham A1065 - London Street
0,4 204,4	 114.	Swaffham B1077 - Watton Road
3,1 207,5	 115.	South Pickenham B1077
0,2 207,7	 116.	South Pickenham B1077 - The Street
0,3 208,0	 117.	South Pickenham B1077 - The Street
1,7 209,7	 118.	Ashill B1077 - Swaffham Road

