

Dist	Type	Note	Next
0.0		Start of route	0.1
0.1		Starting at the Long Bridge, head SW on the riverside cycle path (with river on your right).	1.1
1.2		Left away from the river, continuing on the cycle path (SP NCR 27 + 3)	0.6
1.8		Cross the road (left then right) and continue on the cycle path	0.8
2.6		Fork right (SP NCR 3)	0.1
2.7		Right and rejoin the road (SP NCR 3)	0.1
2.8		Left at the roundabout onto the path through the car park	0.4
3.2		Cross the road and continue on the cycle path	0.3
3.5		Left and cross the road, continuing on the cycle path (SP NCR 3)	0.7
4.2		Continue following NCR 3 out of the town	0.3
4.6		Sharp right (SP NCR 3)	11.1

4.6 kilometers. +58/-25 meters

Dist	Type	Note	Next
15.7		Left at the T-junction (SP Blackmoor Gate)	0.3
16.0		Left by the red phone box (SP Lydcott)	3.9
20.0		Right (SP Mole's Chamber)	5.4
25.4		For the interesting beech avenue detour, left here, then cross the main road and eventually rejoin the route at km 29.	1.3
26.7		Cross straight over at the 4-way junction	6.4
33.1		Right then imm. left (SP Twitchen)	0.9
33.9		Left at the four-way junction	1.9
35.8		Sharp right (SP Twitchen)	2.2
38.1		Cross straight over (SP North Molton)	3.6
41.7		Left (SP North Molton)	3.6
45.3		Right (SP West Buckland)	3.0
48.3		Cross straight over (SP Brayford)	0.1
48.4		Right (SP Brayford)	0.5

43.8 kilometers. +565/-522 meters

Dist	Type	Note	Next
48.9		Left (no SP but by a house called Three Ways)	3.0
51.8		Right (SP East Buckland)	0.3
52.1		Left at the 4-way junction (SP West Buckland)	2.3
54.5		Right (SP Swimbridge)	4.4
58.8		Left (SP Swimbridge)	0.6
59.4		Left then imm. right (SP Not suitable for HGVs)	1.3
60.7		Right (SP Barnstaple)	1.1
61.8		Left (SP Bableigh / Venn)	0.1
61.9		Left (SP Bableigh)	0.7
62.6		Cross straight over (SP Venn)	0.7
63.3		Right (SP Venn / Barnstaple)	1.0
64.3		Left but effectively straight on (SP Bishop's Tawton / 7.5 tonne weigh limit)	0.8
65.2		Left onto the cycle path just past the entrance to the hospice	0.1

16.8 kilometers. +236/-357 meters

Dist	Type	Note	Next
65.3		Left at the bottom of the ramp	0.4
65.7		Right through the barriers onto the cycle path then immediately left (SP NCR 3 Barnstaple). Follow the cycle path all the way back to the start of the ride (it's the same as at the start of the ride).	0.3
66.0		Cross the road and continue on the cycle path (left then right)	0.5
66.5		Bear right and follow the cycle path, keeping the river on your left	1.3
67.8		End of route	0.0

2.6 kilometers. +4/-38 meters