



- * Upon leaving the start turning right onto the B1380, Ladgate Lane
- * Continuing on, over the first little roundabout onto the large roundabout at the blue bell hotel
- * On to Low Lane towards Stainton
- * Turning right over a quiet roundabout, leading to Stainton to continue on the B1380 towards Maltby
- * Turn left onto Strait Lane into Stainton itself. Once into Stainton, Bear right on to Thornton Road and then right again on to Maltby Road
- * From Maltby we turn left onto Roger Lane, Down to Hilton
- * Turn left at the T-junction at Hilton
- * Into Stokesley, turning left onto the Westland's Road
- * Take the Third exit at the roundabout at the far end of Stokesley, onto the large roundabout leading towards Great Ayton
- * Taking the A173 onto Great Ayton. Staying on the A173 "round to the back" of Great Ayton. Left at a roundabout on towards Newton-under-Roseberry
- * On through Pinchinthorpe, turn right onto Stokesley road at Guisborough
- * Turning right onto Middlesbrough Road at the lights, and then a first left onto rectory lane in Guisborough at the traffic lights
- * Left at the cemetery roundabout towards redcar
- * Using the B1269 or Redcar Road, Heading straight on through Dunsdale
- * Turning right onto Sandy Lane heading up to Errington woods. Descend towards New Marske
- * Remaining on Longbeck Road until its junction with Redcar Road. Then turn right towards Marske centre
- * Left at the roundabout at the centre of Marske. A pedestrian crossing is in place up on immediate exit of the roundabout
- * Use the A1085, or more commonly known as the Marske to Redcar 'stray', Onto Redcar Esplanade.
- * Using Lobster Road out onto Locke Road pass the green area of Locke park
- * Cycle path option towards Grangetown
- * Using Imperial Avenue to gain access to dockside road. Continuing on to the home of MFC

- * Staying on Winward way, heading towards Vulcan Street to ride past the Iconic Transporter Bridge.
- * Head out onto Albert Road and under the Railway bridge
- * Ride along Albert road crossing corporation road and continuing along Albert road passed MIMA on Left turning left onto Borough Road
- * Travel along Borough road turning right on to woodlands road then right on to Southfield road , left turn on to Linthorpe Road and head towards the Dorman Museum entering Albert park and follow section map
- * Exit Albert park onto park road south and travel towards Marton road passed the old clarville stadium turning right on to Marton road traveling past James cook university Hospital and the Finish Line at the Sports village