



# Bike Route

## Short / Sprint - 20 Km. Long / Standard 40Km.

Strava Course Links

Bike course - full loop in / out of Country parks:

[https://www.strava.com/segments/22709586?](https://www.strava.com/segments/22709586?invite=true&fbclid=IwAR3bOBoOKNfn5DxMChXzqL_I2gZmmqn1iVKmCPEXoT2z42dIAWHrBtmVg&branch_match_id=863350585907583226)

[invite=true&fbclid=IwAR3bOBoOKNfn5DxMChXzqL\\_I2gZmmqn1iVKmCPEXoT2z42dIAWHrBtmVg&branch\\_match\\_id=863350585907583226](https://www.strava.com/segments/22709586?invite=true&fbclid=IwAR3bOBoOKNfn5DxMChXzqL_I2gZmmqn1iVKmCPEXoT2z42dIAWHrBtmVg&branch_match_id=863350585907583226)

Bike course – coast road loop only

[https://www.strava.com/segments/22706045?](https://www.strava.com/segments/22706045?invite=true&fbclid=IwAR2AHMmaOBttl4Dy0WCQrM53Kp5qEFAQnj_3CKs5BzOmn9WITUEjtVKtZ2l&branch_match_id=863350585907583226)

[invite=true&fbclid=IwAR2AHMmaOBttl4Dy0WCQrM53Kp5qEFAQnj\\_3CKs5BzOmn9WITUEjtVKtZ2l&branch\\_match\\_id=863350585907583226](https://www.strava.com/segments/22706045?invite=true&fbclid=IwAR2AHMmaOBttl4Dy0WCQrM53Kp5qEFAQnj_3CKs5BzOmn9WITUEjtVKtZ2l&branch_match_id=863350585907583226)