

**Everyone Is Welcome to Take Part in  
Sponsored Cycle Around Poole Harbour  
In Aid of the Commodore's Charity  
Sunday 18 April 2010**

**Depart PYC @ 09:30 - Return about 13:00**

**Group Leaders  
Route Cards  
Choice of Route  
Comfortable Pace  
Repairs  
First Aid  
Drinks Stop  
Support Vehicle**



**Choice of Three Routes :**

**Easier Route @ 10 Miles Average Speed**

Upton - Lychett Minster - Stoborough - Hartland Moor  
Coffee Stop at Corfe Model Village, then Wych Farm  
Rempstone - Greenland Farm - Chain Ferry

**Roleur's Route @ 12/14 Miles Average Speed**

As before to coffee stop at Corfe Model Village  
Middle Road to Knitson - Ullwell - Studland - Chain Ferry

**Grimpeurs Route - for MTB riders**

As before to coffee stop at Corfe Model Village  
Then up & over Nine Barrow Down & Ballard Down  
To Old Harry & Chain Ferry

**For Sponsorship Forms & Details See  
Richard Drew & Barry Rolfe**

