

Guilford 



Durham

Madison 

Meet at CPL at Goose Lane, Guilford
Take I-95 to exit 59

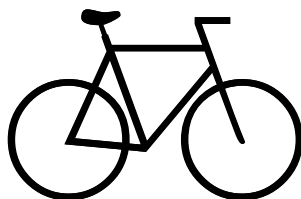
Caution: A portion of this ride is on narrow and curvy country roads. Oncoming traffic may not see you. Be alert – Ride single file and stay right.

Edited 6/10/2000

Miles	Instruction	Extra Notes / Precautions
0.0	L onto Goose Lane	Did you set your cycle computer to 0.0 ???
1.0	L @ STOP, continues on Goose Lane	
1.7	L @ YIELD, Nut Plains Rd (unmarked)	Watch your left. Traffic does NOT stop.
2.5	R onto Little Meadow Rd (dogleg turn)	
6.4	L @ STOP, Rte 80 (unmarked)	
7.1	R onto Hoop Pole Road	
8.1	STOP and REGROUP, at Monastery	Grassy area across from Race Hill Rd
8.1	Continue on Hoop Pole Road	
8.7	R onto Lake Drive (unmarked)	The turn <u>before</u> the lake
10.5	R @ STOP onto Rte 77 going North	
14.4	R onto South End Road	
14.5	R onto Sand Hill Road (unmarked)	VERY steep 0.3 mi. climb
14.8	STOP and REGROUP @ Pisgah Road (unmarked)	This is the road PRIOR to the stop sign ahead
14.8	R onto Pisgah Road	
15.5	L, continuing on Pitgah Rd. (unmarked)	
15.1	R @ STOP, Rte 79 going South	
18.5	L onto County Road	
19.5	R onto Summer Hill Road	Caution - narrow curvy road. Watch for oncoming traffic.
23.3	R @ STOP Rte 80 West (unmarked)	

Full now? 2/3 of the ride is
behind you.
Saddle up – let's go !!!!!

24.0	L into Shopping Center - LUNCH	Robert's IGA Supermarket ---- deli, sandwiches
24.0	L onto Rte 80 (continuing West)	
24.1	Enter traffic circle - Exit Rte 79 South	Caution – stay close to other bikes - stay visible
24.2	R onto Opening Hill Road (by Fire Dept)	
28.5	R @ STOP, Nortontown Rd (dogleg)	
29.3	L onto Murray Lane	
29.9	STRAIGHT, becomes Clapboard Hill Rd	
31.1	R onto Tanner Marsh Road	
32.0	L @ STOP, Goose Lane	
33.1	R into CPL	Hooray! Hooray! Hooray!



(over)