

Refreshments

There are no official food/drink stops on the ride. Below are the possible locations that riders may want to consider stopping at

Location	100km	70km	50km	30km	Comments
East Carlton Country Park	39.7				Lots of space
Launde Abbey	60.6				Scenic Location
Buttercups Cafe	69.6				Lots of space
Northern Cobbler Cafe	70.8				Best Coffee, take your time!
Tur Langton Mint & Ginger		47.1	28.2		Always reliable
Lakeside Cafe	87.6	57.2	38.3	13.1	Never used it. Closes at 2pm