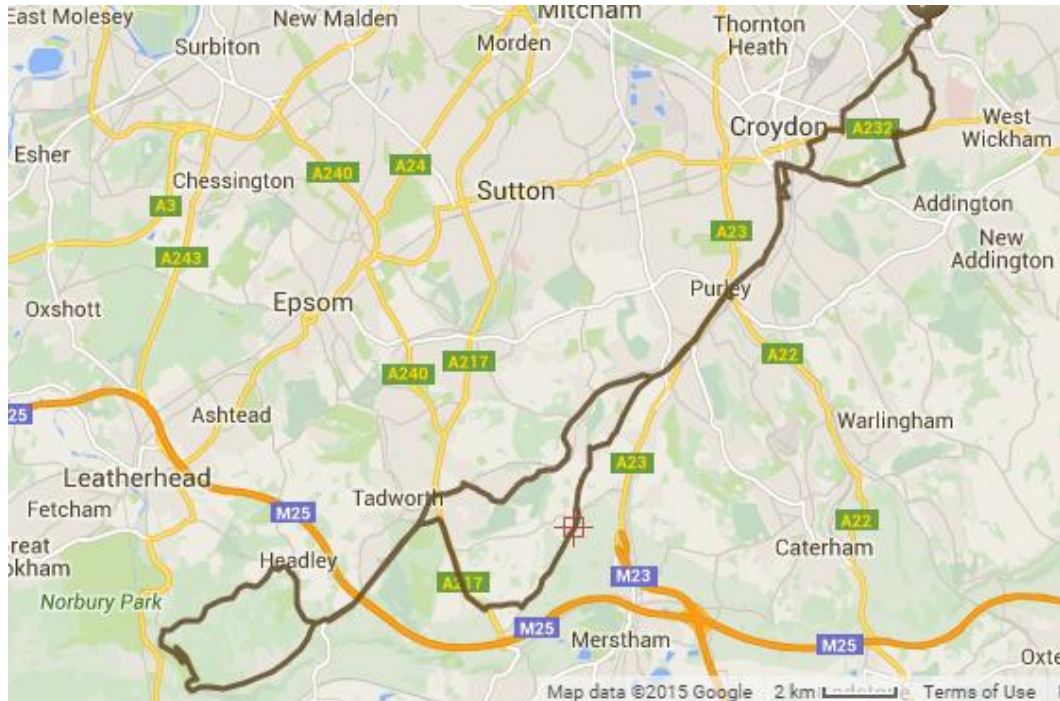


# Crystal Palace Triathletes

## Box Hill

70km (ride time – exc. café stop) approx 2:24 @ 18mph; 2:43 @ 16mph and 3:20 @ 13mph)

➤ [View route and download to GPS/Android/iPhone etc](#)



## Ride details:

- Depart Elmeston End - Croydon Rd towards Addiscombe
- Over bridge and left into The Glade
- At top, right at traffic lights then left at Trinity roundabout
- Halfway up hill right at Oaks Road
- T-junction right onto Combe Road
- At 2nd mini roundabout left into South Park Hill Road
- Right at T-junction onto Croham Road
- Left at mini roundabout onto Selsdon Road
- 3rd right Junction Road then left onto Brighton Road
- Follow Brighton Road to Coulsdon
- Right at Chipstead Valley Rd (sort of roundabout)
- Across lights then left up Portnalls Road
- Follow road through Chipstead until right turn at Babylon Lane
- Take care at big roundabout on A217, turn right
- Down and up hill
- Left at Mill Road
- Left onto Dorking Road
- Just after Pfizer roundabout, right on Headley Common Road
- Follow road round to right
- Just after Headley Common left into Leech Lane
- Left again into Lodgebottom Road
- At T-junction turn left
- Left into Zig Zag Road to top of Box Hill
- **Tea & cakes !**
- Carry on back to Dorking Road, follow to A217
- 3rd exit off roundabout, Bonsor Drive

- Right at T-junction, Waterhouse Lane
- Follow all the way back to Coulsdon and Brighton Road
- Right at Geoffrey Butlers
- Left up Park Hill Road
- Right at roundabout
- Left down Ashburton Road (by Sandilands tram stop)
- Right at T-junction (Addiscombe) then follow Long Lane back to Elmers End