

THE LITLEDOWN CENTRE

Chaseside, Bournemouth. Dorset BH7 7DX

HARROW LODGE
TO
THE
LITLEDOWN
CENTRE
APPROXIMATELY
144 MILES

WARM UPS

- Join **M25** and head for **Dartford Bridge**
- Continue on **M25** over Dartford Bridge and through the tolls (£1 for cars)
- Keep over to the two right hand lanes past the tollbooths, the two inside lanes are for local traffic and the A2.
- Continue on **M25** from toll booths for 48 miles, exit at **junction 12** keeping to the left for **M3** signposted **Basingstoke, Southampton**
- Continue on **M3** for 50 miles
- Leave **M3** at junction with **M27** signposted **Romsey, The West, Bournemouth**
- Continue on **M27** for 10 miles and then continue straight into the **A31**
- Continue on **A31** for 11 miles
- After passing the Ringwood junction (A338 to Salisbury) keep over to the left
- Continue on **A31** passed the B3081 and on to the **Ashley Heath Junction**
- Take first exit on roundabout for the **A338** signposted **Bournemouth**
- Continue on **A338** passing the Christchurch exit B3073
- Take next exit **A3060** (Cooper Dean Roundabout) keeping to the left
- Take first exit into **A3060** (Castle Lane East) passing BP garage on your left and get over to the right hand lane
- Turn right at junction with set of traffic lights into **Chaseside**
- Turn right at the mini roundabout into the car park for the **swimming pool**.

