

NAM Rideout 19th July 2009

<u>Miles</u>	<u>Location</u>
0	Seaton Burn Westerhope Stamfordam B6318 to Chollerford B6320 to Bellingham
49	Kielder - Coffee stop Saughtree B6357 to Bonchester bridge
83	Jedburgh - Fuel stop A698 to Kelso & Coldstream A697 to Wooler B6438, B6439 to Belford, Bamburgh & Seahouses - Food & Fuel stop
180	Coastal route back to Seaton Burn