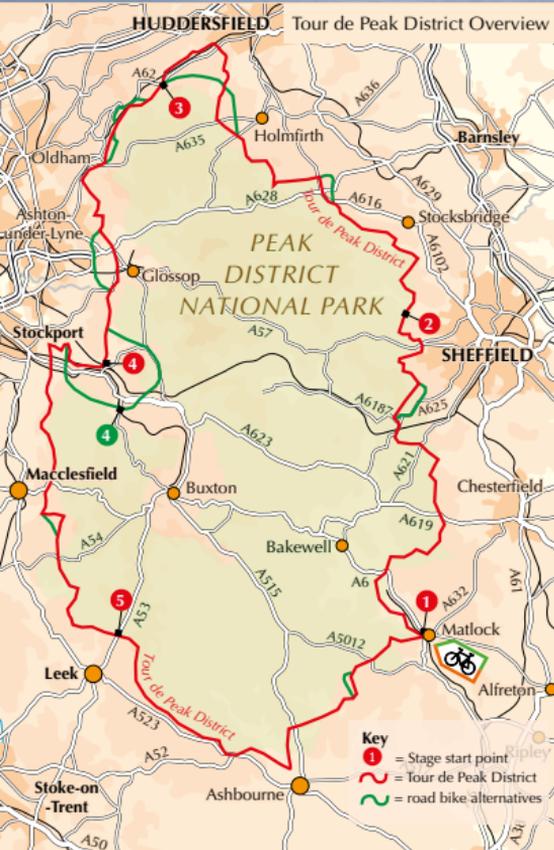


CYCLING

Tour de Peak District



Key facts

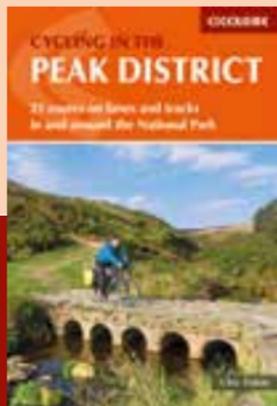
Length:

250km/155miles

Ascent/descent: 5000m

Duration: 3-5 days

Terrain: Road and off-road options available. Mostly quiet lanes, cycle tracks (Sustrans style), with pleasant off-road (optional). Some busy roads/more challenging off-road in north and west sections.



“the nicest cycling route near to the Peak District National Park boundary”



Taking the nicest route available for cyclists, the 'Tour de Peak District' stays close to the National Park boundary using a network of delightful quiet lanes and tracks – although the riding is tougher in the north and west compared with the east!

Experience a ford at Tissington and the lovely packhorse bridge at Ogden Brook. Riding surfaces vary, from a semi cobbled road at Pobjgreen, easy off-road riding on the Houndkirk Road, to the more challenging off-road sections near Diggle, Lees Hill and Carrbrook. If off-road is not for you, there are alternative routes for road bikes, as well as scenic canal towpaths and riverside paths.

There are plenty of cafes and pubs offering refreshments along the way, while accommodation and more extensive facilities are available in Matlock, Marsden, Uppermill, Whaley Bridge/New Mills, Marple and Ashbourne.

Cycling in the Peak District

Tour de Peak District

20 warm-up routes

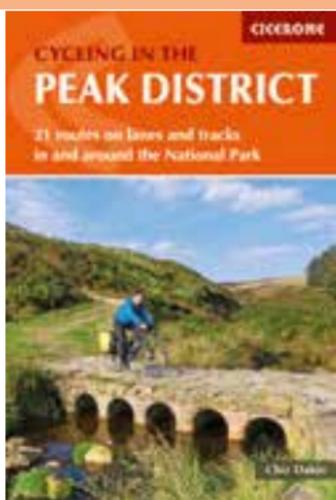
Clear mapping and route profiles.

20 routes from short easy routes along canal paths and quiet roads, to strenuous hilly challenges either on and off-road.

All moderate and hard routes, including the Tour de Peak District have road and off-road options.

Available throughout the Peak District. £12.95

Order direct from Cicerone – www.cicerone.co.uk



Searchable maps of cafes, pubs and accommodation at www.peakimages.co.uk/cycling

Like the idea of the route, but prefer to be in a guided group? Peak Cycling is the official route partner for Tour de Peak District guided tours: www.peakcycling.com

