

Ashbourne

Ashbourne is a lovely old market town surrounded by rolling green countryside perfect for exploring by bike. With its cobble market place, Georgian street scene and hidden alleys the town is a delight to explore before setting off on two wheels.

There are also lots of good delis and cafes where you can stock up for a picnic for your ride. If you're staying in the area then don't miss an amble around the antique shops and galleries located in Ashbourne's wealth of historic buildings.

The Tissington Trail, a former railway line, emerges through a short tunnel into the town centre on Station Road. This lovely line, once used for carrying milk from the surrounding dairy farms, is now open only for walkers, cyclists and horse riders and offers miles of traffic free biking. It links up further north with another old railway line (now the High Peak Trail) and you can use both these trails to create a superb triangular cycle route.

Following the routes

The five routes in this cycle guide have been chosen to offer you some of the best places to visit with views, quiet lanes, minimal traffic and an abundance of cycle friendly places to stop for refreshments.

You can cycle them on a road, hybrid or mountain bike as they use quiet tarmac roads and former railway lines

Please take special care along any stretches of main road and at road crossings.

Each route is highlighted on the map with arrows showing the suggested way round and added directions at numbered points help with navigation. It is also a good idea to have the **OS Explorer Maps 24 & 259** with you so that routes can be extended or shortened as required. All distances are approximate.

Cycling in the Peak District

One of the best and most enjoyable ways to enjoy your time in the Peak District is out cycling.

It's fun and free, and you'll be able to explore further than you would imagine!

If you're out exploring though it always pays to be prepared, especially if you're not familiar with the roads you're riding on. Rural roads, especially in the Peak District, are often narrow with sharp bends and steep descents, so do take heed of road signs. Unsure of what lies ahead? Then take it easy - you're not in a race! Ride well within your abilities and expect the unexpected - whether that's oncoming traffic or a pothole at the bottom of the hill. Any potholes you do find, make sure to report them via www.fliithatthole.org.uk

If traffic is building up behind you, do consider pulling in - but only when there's a safe spot to do so.

We're all out to enjoy ourselves in the Peaks, so when out riding be nice, say hi! Give plenty of warning to horse riders you're approaching and space when overtaking, and remember when cycling off road to give way to walkers, wheelchair users and horse riders if there's not enough space for you to pass.

Do care for the environment and if possible try to reach the start of your journey with public transport or by cycling. Follow the countryside code of: Respect, Protect, Enjoy and you won't go wrong!

You're allowed to cycle on roads, byways, bridleways and cycle paths, so please avoid riding on public footpaths.

It's always best to be prepared, particularly if you're heading into remote sections where mobile reception can be patchy. It's sensible to carry on your ride:

- Snacks and water
- A map
- Tools, pump and spare inner tube in case of a puncture
- Front white light and red rear light
- Waterproofs

Also do check your bike beforehand to make sure the brakes are working, the tyres are pumped and your gears are shifting smoothly. Above all - enjoy your ride!



ROUTE 1

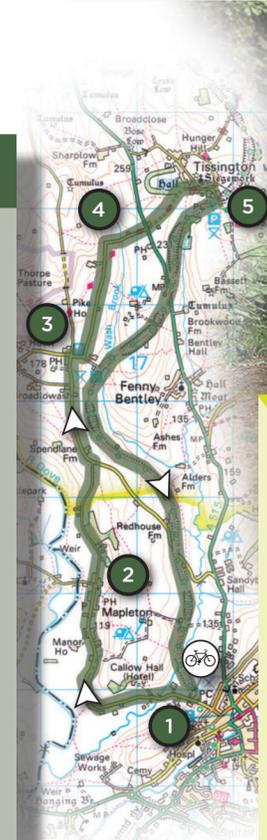
Tissington Trail Loop

Cycle a scenic route to one of Derbyshire's prettiest villages

1. TR out of Tissington Trail car park. Cross humpback bridge over Bentley Brook and go past Callow Hall. Beware of a slight blind summit on the way to Mapleton village.
2. Pass the Okeover Arms PH and continue SA towards Thorpe. Beware of buses on narrow sections, and a steep rise uphill to a T-jct. TL towards Thorpe and pass a Peak District National Park boundary millstone.
3. Immediately opposite The Old Dog PH, TR towards Tissington (beware of traffic approaching from ahead round the bend) and past Narlow's Lane car park. Bend sharp L on the road, which is quite rough in places.
4. Cross a steep-sided valley. Take care crossing over A515 and through the gateway to Tissington Estate. Follow this unfenced treelined avenue. Cross a cattle grid, pass the duck pond and bend R then TR to access the Tissington Trail (beware the drainage ditch at car park entrance).
5. TR onto Tissington Trail and follow to Ashbourne.

Start/End Point: Ashbourne Cycle Hire Centre car park (on Tissington Trail) DE6 2AA
Distance: 14km/9miles
Ascent: 220m/721ft
Grade: Easy
45% road / 55% trail

Cafes: Ashbourne and Tissington
Pubs: Ashbourne, Thorpe and Mapleton
Shops: Ashbourne



ROUTE 2

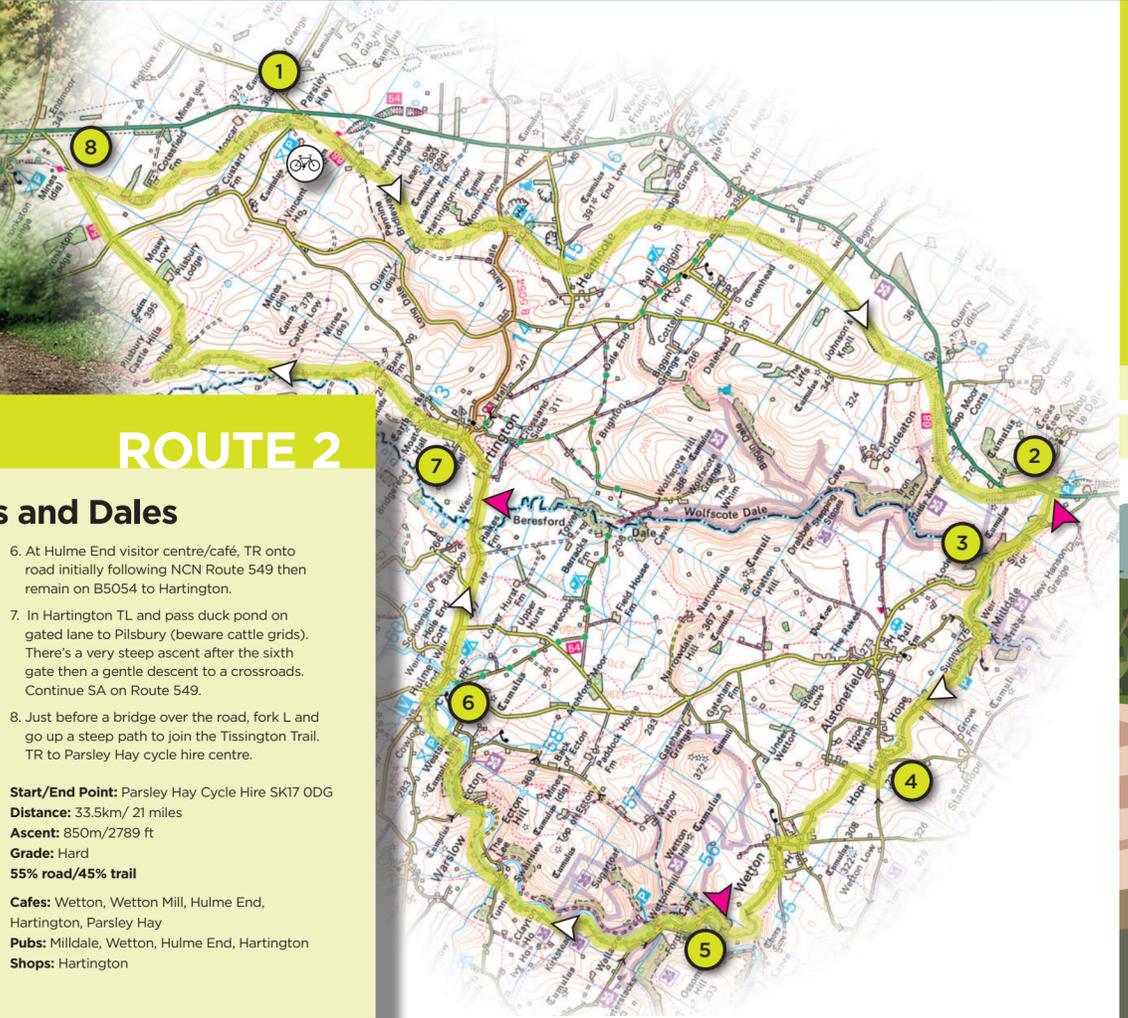
Manifold Valley, Hills and Dales

Cycle through traditional villages and highly limestone countryside

1. From Parsley Hay car park TL onto trail and shortly afterwards take the R fork where the trail splits. Continue to car park at former Alsop station.
2. Leave the trail here and cross the A515 (take care, busy road) onto an unnamed country lane. Descend a steep hill to a T-junction. TR and descend steeply to cross the river bridge.
3. TL to Milldale. Follow road through Milldale then up a gentle hill past the car park.
4. At a junction by the Watts Russell pub TL to Wetton and stay on this road uphill through Wetton, avoiding all side turns. Pass the Olde Royal Oak pub and cafe, then TR at end of village. Descend to Wetton Mill.
5. TR onto the 3 tonne weight-limited road. Pass the cafe at Wetton Mill and go through a tunnel (lights needed, beware cars), then continue SA on a (mostly) traffic free trail.
6. At Hulme End visitor centre/café, TR onto road initially following NCN Route 549 then remain on B5054 to Hartington.
7. In Hartington TL and pass duck pond on gated lane to Pilsbury (beware cattle grids). There's a very steep ascent after the sixth gate then a gentle descent to a crossroads. Continue SA on Route 549.
8. Just before a bridge over the road, fork L and go up a steep path to join the Tissington Trail. TR to Parsley Hay cycle hire centre.

Start/End Point: Parsley Hay Cycle Hire SK17 ODG
Distance: 33.5km/ 21 miles
Ascent: 850m/2789 ft
Grade: Hard
55% road/45% trail

Cafes: Wetton, Wetton Mill, Hulme End, Hartington, Parsley Hay
Pubs: Milldale, Wetton, Hulme End, Hartington
Shops: Hartington



Cycling around Ashbourne

Five journeys of discovery on quiet lanes, tracks and trails in the Peak District



1:50,000 Scale Map
 Includes Cycle Hire, Refreshments and Visitor Centres



Key	
	Instruction
	Footpath (No Cycling)
	Bridway
	Cycle Hire
	Other Tracks
	Primary Route
	Main Road
	Secondary Road
	Minor Road
	Gradient 14-20% (arrow points downhill)
	Railway line/Station
	National Park Boundary
	Visitor Centre
	Special Care Needed
	Route Instructions
	Abbreviations
	L left
	R right
	TR turn right
	TL turn left
	SA straight ahead
	NCN National Cycle Network

ROUTE 3

Trails Triangle

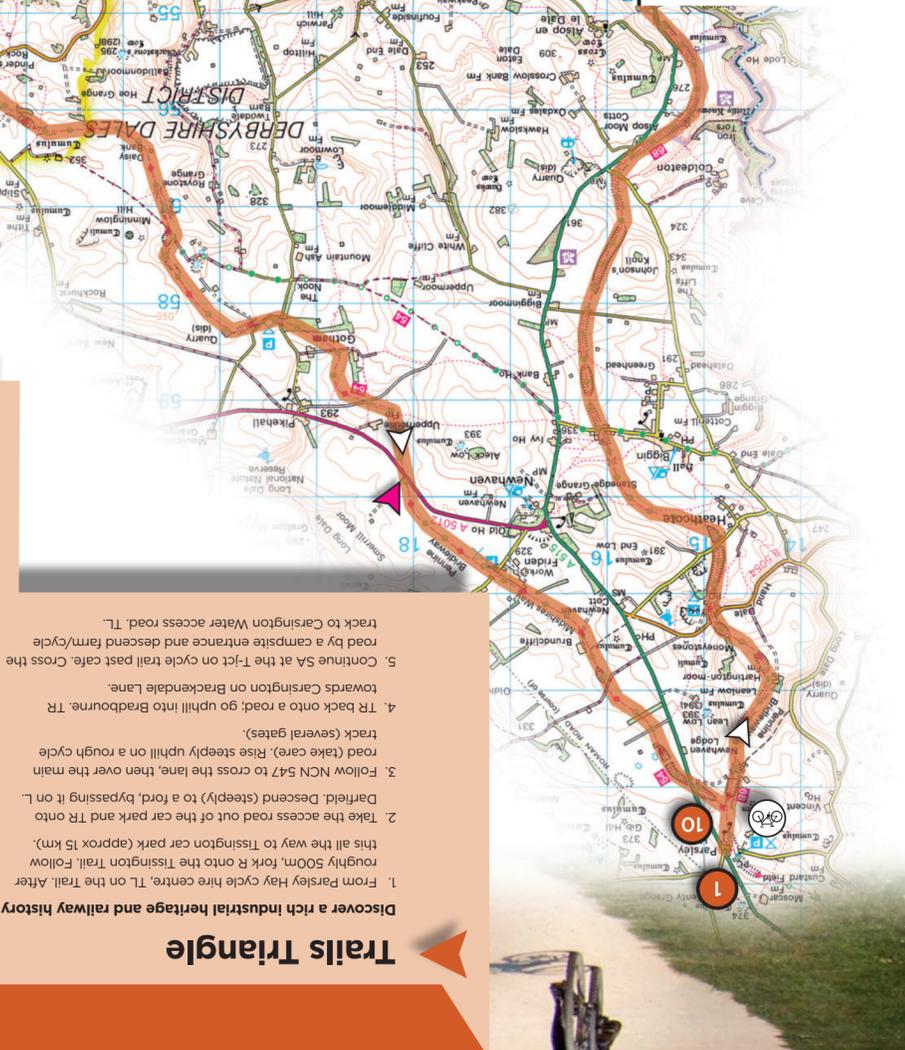
TL on cycle path immediately before car park starts. Sheepwash car park.

- Exit CWCR left through gate. Take care crossing B5035. Rise up a gated track to Wash Farm. TR onto tarmac lane and descend to village. TL.
- TR at a sharp T-jct and pass back in front of the Miners Arms PH on main village road.
- Just past Hopton Hall. TL and go steeply uphill.
- Cross over jct, then immediately TR onto cycle access to High Peak Trail. TL to Parsley Hay, with a steep ascent up the Hopton incline. Beware A502 road crossing.
- Merge with the Tissington Trail near Parsley Hay and return to the start.

Start/End Point: Parsley Hay Hire Centre SK17 ODG
Distance: 45km/28miles
Ascent: 760m/2493ft
Grade: Moderate
19% road/81% trail

Cafes: Parsley Hay, Tissington, Carsington Water Village
Pubs: Knockdown (near Carsington Water), Carsington

Shops: Carsington Water



1. From Parsley Hay cycle hire centre, TL on the Trail. After roughly 500m, fork R onto the Tissington Trail. Follow this all the way to Tissington car park (approx 15 km). Take the access road out of the car park and TR onto Darfield. Descend (steeply) to a ford, bypassing it on L.

2. Follow NCN 547 to cross the lane, then over the main road (take care). Rise steeply uphill on a rough cycle track (several gates).

3. TR back onto a road, go uphill into Bradbourne. TR towards Carsington on Brackendale Lane.

4. Continue SA at the T-jct on cycle trail past cafe. Cross the road by a campsite entrance and descend farm/cycle track to Carsington Water access road. TL.



ROUTE 4

Ashbourne and Villages

Explore rolling countryside taking in the Georgian architecture of Ashbourne and visit traditional estate villages

- Head down Tissington Trail through tunnel to Ashbourne (and follow NCN 68 signs all the way to Rodsley village). Head through the car park to a minor roundabout by medical centre.
- TL, then R at the T-jct. Take care busy road.
- TL onto Lodge Ave, L at T-jct onto Highfield Rd, continue SA (still on Highfield Rd) as major road bends L, then immediately R onto cycleway. Fork L onto steep and sustained uphill.
- Exit onto cul-de-sac turning circle. TR at the end of Forshaw Close then L at the end of Duncombe Drive. TR at the roundabout. Past school drop steeply under A52 bridge.
- After roughly 2km TR at T-jct. Pass the Shire Horse PH and enter Wyaston. TL towards Rodsley. Take care on the final descent into Rodsley.
- TL to Shireley (NCN 68). Head uphill and pass the Sarcens Head PH. As the road bends sharp R, fork L onto a dead-end lane.
- Head L of farmhouse, then almost SA through Osmaston Estate to a jct by the village duckpond.
- TR towards Ashbourne. Pass the Shoulder of Mutton PH, TR by the church.
- Cross over the busy A52 (take care) into Ladyhole Lane.
- Towards Moorand then continue SA towards Ashbourne to pass through the "hole-in-the-wall". Descend steeply to the A517 jct. STOP! Cross with care over onto Corley Lane.
- Descend steeply to a sharp bend L. Stay L towards Kniveton. TL at the T-jct then descend to Ashbourne Green.
- TL onto B5035. Continue SA on major road where through traffic turns L onto Cockayne Ave (Beware emerging traffic).
- TL, then immediately R across the busy Buxton Road onto Lodge Lane. This becomes Dovehouse Green at a bend. Rise up to the next bend. TL and descend back to the start.

Start/End Point: Ashbourne Cycle Hire car park (on Tissington Trail) DE6 2AA
Distance: 24km/15miles
Ascent: 450m/1476ft
Grade: Hard
93% road/7% BW

Pubs: Ashbourne, Wyaston, Shireley, Osmaston
Cafes: Ashbourne
Shops: Ashbourne

ROUTE 5

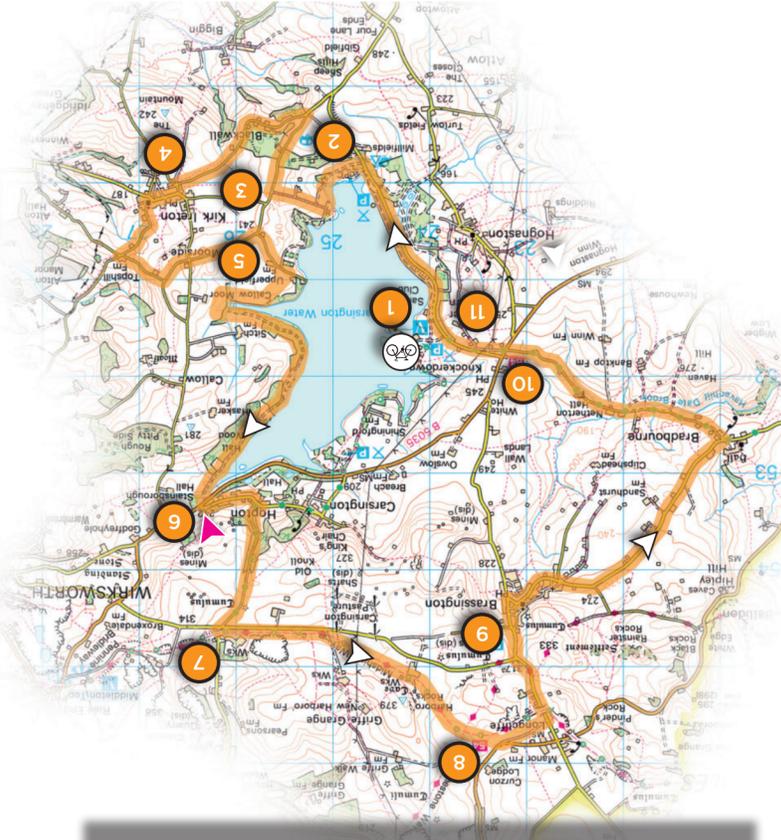
The Carsington Loop

Discover a tranquil landscape shaped by water

- With the visitor centre behind you, TL onto the Carsington Water Circular Route (CWCR) cycle track. Cross the sailing club access. Follow blue arrows over the dam wall to the edge of Millfields car park.
- Fork right L. Cross an inlet, round a small bay and pass a small building then TR and rise up a track past Riddings Farm to a T-jct.
- TR. Descend to a T-jct with Blackwall Lane and TL up a narrow "sunken lane". Sharp left into Kirk Ireton.
- TR towards idyllicly opposite Barley Mow PH and descend through the village. Fork L by church onto Church Corner and bend sharp L. TL onto Topshill Lane and rise uphill. Bend L towards Kirk Ireton then cross over jct onto Blind Lane.
- TR onto Oldfield Lane and descend to the edge of the reservoir. Bend sharp L near the road, then cross with care.
- TL onto the road in Hopton, then TR at a minor junction and go steeply uphill.
- Cross over a road, then immediately TR to access the High Peak Trail. TL rising up the incline. Pass Harboro Rocks then fork R to Longcliffe.
- Head L along a track veering L of the road. TL and descend to Brassington.
- TR towards Bradbourne. TR opposite the Miners Arms PH and follow the road to Bradbourne. TL towards Carsington on Brackendale Lane.
- At the T-jct go SA over the B5035 onto a cycle track.
- Cross the road by the campsite entrance and descend a farm/cycle track back to the Carsington Water access road. TL back to the start.

Start/End Point: Bottom of Access Road to Carsington Water Visitor Centre DE6 1ST
Distance: 27km/17miles
Ascent: 575m/1866ft
Grade: Moderate
57% road/43% trail

Cafes: Carsington Water
Pubs: Carsington, Hogonaston, Kirk Ireton, Brassington, Knockdown
Shops: Carsington Water



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