

**Cystic
Fibrosis Trust**



South West

London to Box Hill circular

This was part of the Olympic 2012 route.

Route:

From the Tate Gallery, follow the Thames and pick up the Fulham Road. Cross Putney Bridge and head to Roehampton Gate via Upper Richmond Road and Pirory Lane.

Exit the park at Ham Gate Avenue and follow Richmond Road to Kingston.

Cross the Thames and ride around the edge of Hampton Court Palace, crossing the Thames and riding to Esher.

From Esher take the Portsmouth road, crossing the A3 and dropping down Fairmile Lane, before turning right onto Leigh Hill Road. At the main junction with Stoke Road turn right into Cobham, then turning left at Cobham into Downside Bridge Road.

Turn off right at the pub and cross the M25, through Martyr's Green and Ockham, heading down to East Clandon.

Cross over the Epsom Road onto Staple Lane, cross the A25, ride through Shere and down to Ewhurst.

At Ewhurst turn left towards Forest Green, and then shortly after the village turn off left to Leith Hill.

Climb Leith Hill and then ride to Westhumble and onto Box Hill for a rest.

Leave Box Hill towards Pebble Coombe, before turning left and heading north towards Headley. Cross the M25 and pass Ashead Park, before turning right at the main road on the Dorking-Epsom Road into Epsom.

Head out of Epsom towards Oxshott and after the second roundabout turn off right on the lane towards West Ewell, then heading to Chessington and picking up the A243 Hook Road (right turn). Next junction go straight over towards Surbiton and then back towards Kingston along the river.

Time to ride back through Richmond Park, skirting the top edge and dropping to Barnes and Hammersmith before crossing the river.

Ride to Hyde Park and the Albert Memorial, before dropping back down to Kensington and via Chelsea to the river. Head back now to the Tate and Millbank. Time for cake and art.

Bath to Bristol cycle path

13 miles, an easier route.

The immensely popular Bristol and Bath Railway Path provides a mainly tranquil walking and cycling path between the two cities.

Its 13 miles are completely traffic-free and almost entirely flat as it runs along a disused railway line.

The Bristol and Bath Path is ideal for a leisurely day out with friends or family.

You can cycle both ways, or if you're feeling tired you can easily take the train as both Bath and Bristol have stations close to the start of the path.

In Bath, you can visit the famous Roman Baths which give the city its name or simply admire the handsome streets of the only UK city designated a UNESCO World Heritage Site.

Along the route, you'll find ideal stopping points for drinks and snacks at Bitton and Warmley Stations, or you could enjoy a pub lunch at Saltford.

The path also features a variety of sculptures (including a drinking giant) and working steam engines at the old train station at Bitton.

Mendip

Cycling around Mendip is one of the most enjoyable ways to explore Somerset.

Running largely on country lanes through gentle hills and vales, the South Somerset Cycleway takes in a number of pretty towns and places of historic interest.

With rail access at Yeovil Junction, Sherborne and Castle Cary, you can also attempt the route in sections.

You'll want to set time aside to enjoy the beautiful Ham Hill Country Park, which includes an Iron Age hill fort and gives views of the South Somerset Moors, Exmoor and the Mendip Hills.

Nearby, the Elizabethan stone-built mansion, Montacute House, has a brilliant park and gardens and is well worth exploring.

For those interested in the history of the area, the route also runs close to the Tudor house of Barrington Court.

Other highlights include Somerton, with its tithe barn and market cross, and Castle Cary with its picturesque old buildings.

Dipping into north west Dorset, the route also takes you to Sherborne. Here, you'll see medieval buildings, an abbey and two castles, one a 12th-century ruin and the other a 16th-century manor.

The South Somerset Cycleway has everything you need for a challenging bike ride through one of the most inspiring corners of the West Country.



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