

Cycle Derbyshire

The connected cycling county

Over 430km of traffic-free trails

Cycling for everyone...

Cycling is a great way to explore and experience the beautiful Derbyshire countryside. From rolling hills and limestone dales to the high heather clad moorlands, canal towpaths and gentle greenways, there's something for everyone. We have over 430km of traffic-free trails that are family friendly and accessible for all, with inclusive cycling hubs offering a range of electric and adapted cycles to hire.

Whether searching for a quiet route from home or embarking on a long distance journey, this leaflet will help you on your way.

Cycling can boost your mood, improving the symptoms of some mental health conditions. Call the Mental Health Support Line 0800 028 0077



Keeping active is one of the most important things you can do for your health. Call Live Life Better Derbyshire 0800 085 2299

Share with Care

We want everyone to be able to enjoy the trails safely, so when out riding be nice, say hi! Whether you are cycling, walking alone or with a dog, buggy pushing, a waterway towpath user or horse riding, the trails are there to be enjoyed by everyone. That means that all users – cyclists, walkers and horse riders alike – need to share the routes responsibly.

- Give plenty of warning to horse riders you're approaching and space when overtaking
- Stay kind, slow down and give way to walkers, wheelchair users and horse riders if there's not enough space for you to pass
- Say thank you to those who 'share with care'
- Please do not cycle on footpaths as these are for walkers only
- Please use litter bins or take all your litter home
- Follow the countryside code of: Respect, Protect, Enjoy and you won't go wrong!
- Using a towpath? Check out the Towpath Code: canalrivertrust.org.uk/enjoy-the-waterways/cycling

Please take special care along any stretches of road and at road crossings and please respect other users. 'Share with care' enables everyone to appreciate the beauty of Derbyshire and adds to the enjoyment of all.

Derbyshire's Cycle Network

Derbyshire County Council is continuing to develop a strategic cycle network with a range of partners which will enable more people of all ages and abilities to cycle regularly for leisure, shopping, commuting and sport.

The map overleaf shows the best of the county's cycle trails, locations of cycle hire centres, Sustrans National Cycle Network, the main town centre connections and railway stations.

Need help getting started or want to become an even better rider? To find out about free adult cycle training call County Rider 01629 538060

Find a route to suit you

These routes have been chosen to offer you some of the best tracks and trails to cycle with stunning views, plenty to see and do and an abundance of cycle friendly places to stop for refreshments. Each route is highlighted on the map and can be extended or shortened as required. All distances are approximate.

Best for families:

These traffic-free trails with gentle gradients make a great safe space for balance bikes and getting started on cycles.

- 1 Silverhill Trail and Brierley Branch Line to Brierley Forest Park** – A 2.5-mile ride from Tibshelf Ponds on surfaced trails. Enjoy the children's play area and sculpture trail.
- 2 Stockley Trail to Glapwell** – This 2-mile multi-user trail links Peter Fidler Reserve, Carr Vale Nature Reserve and Glapwell countryside site, where you can try out a blue grade mountain bike track.
- 3 The Tramway Trail - Calke Abbey** – 3.7-6.3-miles. Discover some of the old horse-drawn tramway that linked Ticknall to Ashby de la Zouch, which was used to cut limestone to the canal at the turn of the 19th century.
- 4 The National Forest Cycle Centre** – Set in beautiful woodlands with a variety of graded trails to explore. If you're making a day of it, you can stop halfway round the Family Forest Trail (2.8-mile loop) at the fantastic viewpoint for a picnic.
- 5 Tissington Trail** – The 13-mile former railway line is perfect for cyclists of all abilities. Each of the former stations has a car park, some have refreshments and toilets and two have cycle hire and visitor information.

Best for natural wonders:

Cycle slowly through brilliant wildlife 'corridors' - woodland, wetlands and meadows - there's something to see all year round.

- 6 Clowne Greenway** – This 5-mile greenway links the communities of Creswell, Clowne and Woodthorpe. The trail passes through railway cuttings with fascinating geological interest. These limestone 'canyons' are also home to interesting plants and animals.
- 7 Teversal Trail to Silverhill Wood** – 1.25-mile trail. Look out for buzzards, kestrels, green woodpeckers and skylarks. In the summer you may be lucky enough to spot orchids and grass snakes.
- 8 Five Pits Trail** – Cycle the 5.5-mile off-road trail from Grassmoor Country Park to Tibshelf Ponds or extend your ride to 7.5-miles by exploring the route through Williamthorpe Local Nature Reserve and Holmewood Woodlands. Both the nature reserve at Williamthorpe and the ponds at Tibshelf are good for wildlife watching.
- 9 Monsal Trail** – The 8.5-mile trail runs along the former Midland Railway line between Blackwell Mill, in Chee Dale and Coombs Road, at Bakewell through four impressive railway tunnels and spectacular limestone dales.
- 10 The Carsington Loop** – 8-miles. A delightful loop of Carsington Water from the visitor centre. The open waters, muddy shorelines and native woodland offer the perfect natural habitats for all kinds of birds including kingfishers, buzzards and grebes. Visit the wildlife centre where you can learn more about the different birds that make their home here.

Best for food and drink:

There are plentiful opportunities to take a break for refreshments or enjoy a pedalling picnic.

- 11 Teversal and Skegby Trails to Plesley Pit Country Park and Local Nature Reserve** – A 3-mile ride from Teversal along the trail to Plesley Pit Local Nature Reserve. History buffs can explore the remaining pit buildings, now a Scheduled Ancient Monument. Stop for refreshments at the Plesley Pit or Teversal Visitor Centre cafes.
- 12 Chesterfield Canal** – Cycle from Tapton Lock Visitor Centre to Rother Valley and back or Poolsbrook Country Park loop at a nice steady pace and look out for wildlife. There are light refreshments, cafes and pubs on or close to the canal.
- 13 The Sett Valley Trail** – A 2.5-mile access for all trail linking New Mills Torts and Hayfield with cafes along the way and pubs at either end.
- 14 Shipley Country Park** – There are lots of great spots in Shipley Country Park for a picnic, or you can find food and drinks at the visitor centre shop, Ramblers Café, Derby Lodge Tea Rooms or the Nutbrook Coffee Shop.
- 15 Matlock to Rowsley** – 5-miles. Part of the White Peak Loop (WPL), the trail runs along the valley of the River Derwent and has plenty of food and drink establishments along the way.

Best for history:

Become a travelling time detective - uncover the clues and evidence in the landscape around you.

- 16 Rowthorne Trail to Hardwick Estate** – 2-miles. Visit Hardwick Hall and Parkland and learn about Bess's trail blazing life in Elizabethan England. Discover a 'Duck Decoy' and try the café in the Stable yard.
- 17 Archaeological Way from Shirebrook to Creswell Crags** – 6-miles. Explore an ancient landscape. Find out about the Ice Age at Creswell Crags and follow the sculpture trail at Poulter Country Park.
- 18 High Peak Trail** – 17.5-miles. Starting from Middleton Top Visitor Centre, follow the route of the former Cromford and High Peak Railway, one of the world's first long-distance lines, built between 1825 and 1830. Many important railway buildings and features can still be seen, including High Peak Junction Workshops, Middleton Top Engine House, Hopton Tunnel and Hopton Incline.
- 19 Elvaston Castle Country Park** – Explore historic parkland, woodland and formal gardens. At the heart of the park you will find the 17th century Elvaston Castle, once home to the Stanhope family and Earls of Harrington. There is a circular bridleway to follow, while National Cycle Network Route 6 also runs through the park. You can follow it along the Derwent riverside into Derby to extend your ride.
- 20 Peak Forest Canal and Tramway Trail** – 1.6-miles. Follow the route of the old tramway from Bugsworth Basin to Charley Lane near Bridgeholm Green. Bugsworth Basin was once the largest and busiest inland port on the narrow canal system and the only one to survive intact.

Cycle Hire on Derbyshire Trails

Find a cycle hire centre on the map overleaf [E35](#)

- Ashbourne Cycle Hire** peakdistrict.gov.uk 01335 343156
- Bamford - Bike Garage** bikegarage.co.uk 01433 659345
- Belper Bike Barn** belperbikebarn.co.uk 01773 432104
- Blackwell Mill Cycle Hire** peakblackwellcyclehire.com 01298 70838
- Carsington Water Cycle Hire** carsingtonwater.com 01629 540478
- Derwent Valley Cycle Hire** peakdistrict.gov.uk 01433 651261
- Hadfield Bike Hire** hadfieldbikehire.co.uk 07394 943 928
- Manifold Valley Cycle Hire** peakdistrict.gov.uk 01298 687399
- Middleton Top Cycle Hire** derbyshire.gov.uk/cycling 01629 533294
- Monsal Trail Cycle Hire** monsaltrail.co.uk 01629 810588
- National Forest Cycle Centre** [hicks-lodge](http://forestryengland.uk/hicks-lodge) 01530 274533
- Parsley Hay Cycle Hire** peakdistrict.gov.uk 01298 84493
- Rosliston Forestry Centre** roslistonforestrycentre.co.uk 01283 563483
- The Bike Barn** thebikebarnashbourne.co.uk 01335 300708

Cycling adventures

Derbyshire is a great place to base yourself for a few days or longer break. Check out visitpeakdistrict.com and cyclistswelcome.co.uk for information about cycle friendly accommodation and places to eat and drink.

With such beautiful scenery and often plenty of history to admire, the following are worth considering for your next cycling adventure.

- Great North Trail**
An 825-mile off-road adventure from the Peak District to Cape Wrath or John o' Groats. cyclinguk.org
- Pennine Bridleway National Trail**
A 205-mile well way-marked predominantly off-road route. This National Trail runs through the magnificent Pennine hills from Derbyshire to Cumbria. nationaltrail.co.uk/pennine-bridleway
- Pennine Cycleway**
A 350-mile challenge ride between Derby and Berwick-upon-Tweed. sustrans.org.uk/find-other-routes/pennine-cycleway-peak-district/
- Trans Pennine Trail**
A 493-mile coast to coast route linking the North and Irish seas – for walkers, cyclists and (in parts) horse riders with a spur to Chesterfield. transpenninetrail.org.uk

Discover Derbyshire by bike

With over 430km of traffic-free routes it's great for cycle tourists as well as everyday travel.

- British Cycling** britishcycling.org.uk
- Cycling UK** cyclinguk.org
- Sustrans** sustrans.org.uk
- Wheels for Wellbeing** wheelsforwellbeing.org.uk

Derbyshire County Council, Economy, Transport and Environment, County Hall, Matlock, Derbyshire DE4 3AG derbyshire.gov.uk

If you have difficulty reading this leaflet it is available in other formats, please contact CallDerbyshire on 01629 533190

Middleton Top Cycle Hire

Explore the fabulous High Peak Trail with its many connecting routes.

Bikes for Adults and Children. Tandems, Tagalongs, Buggies and Electric Bikes, all at competitive prices.

Middleton Top Visitor Centre, Middleton-by-Wirksworth, Derbyshire, DE4 4LS

Call 01629 533294

Open 9.30am-5pm Weekends and school Holidays, February-end of October, Everyday June-August.

For information and to plan your visit: www.derbyshire.gov.uk/cycling

Visit Derbyshire

Countryside for everyone

However you want to explore we have country parks, trails, and sites to suit your needs. Greenway Discovery leaflets, events brochure and maps are available on the website, with lots more from our Visitor Centres.

Trampers (all terrain mobility scooters) are available to hire from our Visitor Centres. By registering as a user, you can book one at any of these locations. Instructions will be given on first use.

For information visit: www.derbyshire.gov.uk/countryside

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