

Cycle Derbyshire

The connected cycling county

Over 450km 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



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.

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.

Need help getting started or want to become an even better rider? To find out about free cycle training visit cyclederby.co.uk



Discover Derbyshire by bike

With over 450km 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
 Call Derbyshire on 01629 533390
 September 2025



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.



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



Cycle Hire on Derbyshire Trails

Find a cycle hire centre on the map overleaf

- 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 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 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 343-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

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

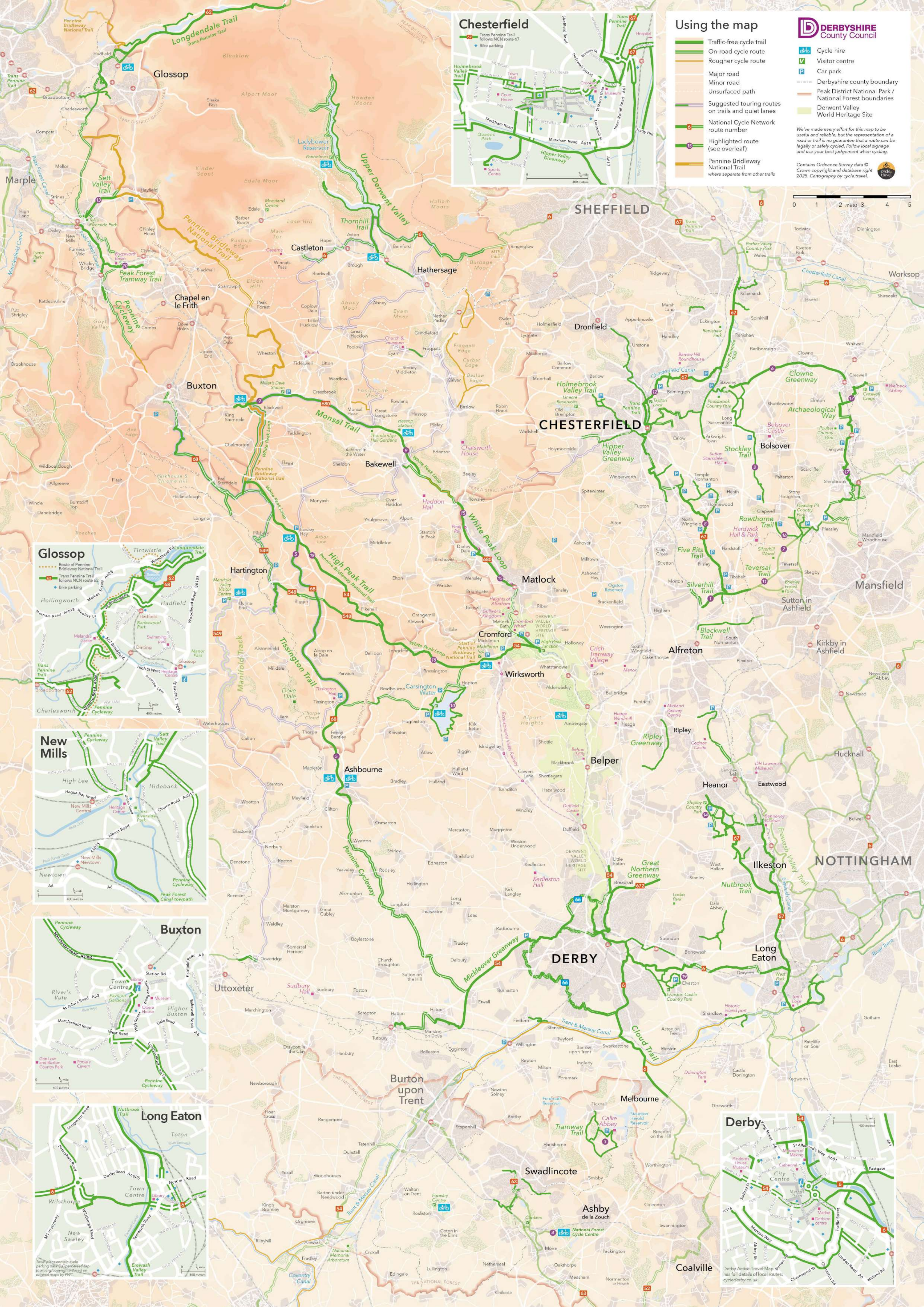
Countryside for everyone

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

[f DerbyshireCountryside](https://www.facebook.com/DerbyshireCountryside)



Using the map

- Traffic-free cycle trail
- On-road cycle route
- Rougher cycle route
- Major road
- Minor road
- Unsurfaced path
- Suggested touring routes on trails and quiet lanes
- National Cycle Network route number
- Highlighted route (see overleaf)
- Pennine Bridleway National Trail where separate from other trails

- Cycle hire
- Visitor centre
- Car park
- Derbyshire county boundary
- Peak District National Park / National Forest boundaries
- Derwent Valley World Heritage Site

We've made every effort for this map to be useful and reliable, but the representation of a road or trail is no guarantee that a route can be legally or safely cycled. Follow local signage and use your best judgement when cycling.

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