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For further information on this cycle route (including places to eat, cycle hire centres and places to visit) and other downloadable cycle routes in the Peak District, please see [www.visitpeakdistrict.com/cycleroutes](http://www.visitpeakdistrict.com/cycleroutes)



Follow signs to Meerbrook

Leave track and R over bridge SO crossroads with A523

L to Meerbrook

L at pub signed Blackshaw Moor and Leek

L towards Roaches tea room

L SP Blackshaw Moor and Leek

Start

L Rudyard

R into High Up Lane

Go under railway bridge then immediately L to Rudyard Station. R on track. Follow railway N keeping lake on L

Follow signed route to visit Leek

**ROUTE INFORMATION**

**Distance:** 6.8miles/11km (Roaches loop), 10.8miles/17.4km (Rudyard loop)

**Start and Finish:** Tittesworth Reservoir ST13 8SW (or Rudyard Lake or Leek)

**Terrain:** Lakes Loop - An undulating route mainly on quiet country roads. The trail next to Rudyard Lake may become difficult after rain. Steep ascent and descent on way back to Meerbrook. Roaches loop - Challenging but rewarding climbs. There is a short section on the busy A53 between Blackshaw Moor and Upper Hulme.

**Refreshments:** Tittesworth Reservoir, Rudyard (summer only), Leek, and Meerbrook. Tea room on Roaches loop

**Toilets:** Rudyard, Tittesworth and Leek

**Maps:** Ordnance Survey Landranger 118 The Potteries and 119 Buxton & Matlock

**Total Ascent:** 248m (Roaches)



**Total Ascent:** 328m (Rudyard)

