

40 mile trails circuit from Ashbourne

Suitable for hybrid, road, tourer bikes.

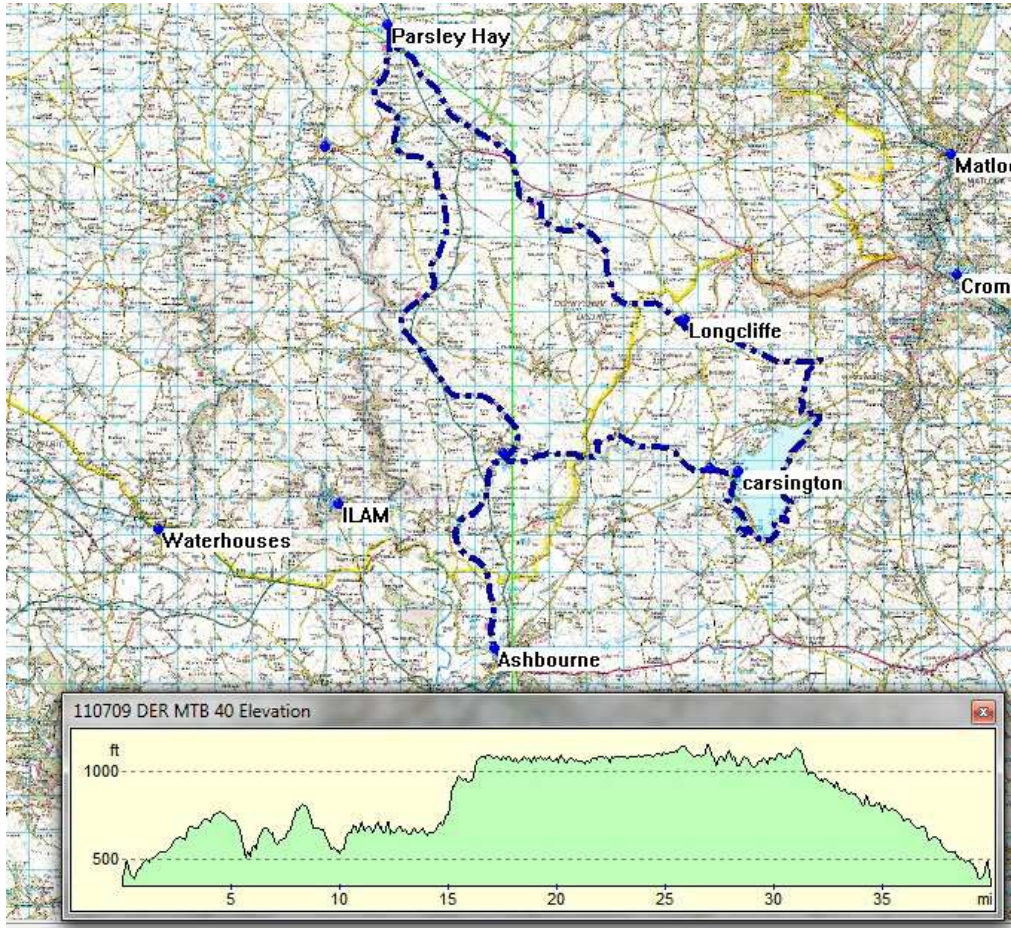
Mainly on well established trails based on old railway lines.

Some quiet lanes. Some short steep climbs.

Off road surfaces mainly gravel, well compacted.

Can be muddy in the wet. You will find potholes and you probably want to be on a more robust tyre with some tread pattern.

You do not need to be on a full 'mountain bike' with knobbly tyres.



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The route starts in Ashbourne, north up the Tissington Trail approx 4 miles to Tissington. Leave the trail and take the signed cycle route 54A, east over the hill on quiet roads and a new trail section to Carsington Reservoir. Follow the cycle track round the reservoir to Carsington or Hopton village. Turn north up a steep hill to the High Peak trail. Follow that north west to Parsley Hay. Take the Tissington Trail south back to Ashbourne.

Start at the Ashbourne end of the Tissington Trail. There are two options:

- 1) From the A52 junction with A515, take the A515 into towards town, past the retail park. Look for Leisure Way, signposted to the Leisure Centre on the left. Follow that road all the way to where it ends at a pay & display car park. From there you can cycle through the tunnel under Ashbourne to the car park at the cycle hire centre. It's very well signposted.
- 2) From the A52, take the A515 into Ashbourne town centre. At the market place look for Union Street on the left with clear signs to the cycle hire centre. Follow that road round to the right, up a steep slope and then at the cross roads go straight on, downhill into Mapleton Road to find the cycle hire car park on the right. All very clearly signed. This is another pay & display car park.

At the cycle hire centre there are toilets and a small café (as well as cycle hire). Their website

<http://www.peakdistrict.gov.uk/visiting/cycle/cycle-hire-centres/ashbourne> gives you much more information.

Route:

Tissington Trail north approx 4 miles to Tissington. There is a large car park, toilets and a café on the trail immediately before a road bridge goes over the trail. You can't miss it. You will pass other smaller car parks on the way but none with toilets and a café.

Leave the trail, through the car park, up the driveway on the left, onto the road. When you meet the road, turn right and cycle uphill. You will cross the trail on the bridge you saw from the car park below.

The road levels out onto the hilltop with great views in good weather (very exposed in bad weather). After 1 mile there is a steep drop to a ford. Take care as it's very steep and the ford can be deep and slippery (there's a foot bridge on the left as you approach).

On the far side of the ford look for a path on the right with a cycle route sign 54A. This will lead you to cross the B road (B5056) onto a relatively new (2011) track .



Parts of this track are steep and rough but very rideable, taking you in a short loop onto Mill Lane. To avoid this track; after the ford, turn left onto the B5056, then first right onto Mill Lane.

Follow Mill Lane uphill, less than 1 mile to Bradbourne. In Bradbourne take Brackendale Lane on the right. Follow this lane about 1.5 miles up a steep climb to the junction with B5035.



There is a cycle path straight ahead on an old road. It's marked 54A quite clearly. Take care crossing the B road it can be busy and fast.

The cycle path will lead you downhill to Carsington Reservoir (0.5 mile)

There are toilets and a café at the visitor centre.

The longer option then is to follow the clearly marked cycle track, right (south) across the dam and on around the far side of the lake.

The shorter option is to follow the clearly marked cycle track left (north) along the nearside of the lake.

Either way you'll end up between Carsington village and Hopton village looking for the narrow, steep road north. It's between the two little villages, opposite Home Farm. There's a small triangle of grass with a sign board and you want to turn off the main signed cycle route around the reservoir and head north, uphill!

The climb out of Hopton is hard for just about 1 mile.

At the top there is a cross roads with a bridge over the road ahead.

This bridge is the High Peak trail that you want to be on.

At the cross roads, take the road straight ahead but look immediately on the right for a cycle track that climbs up the embankment onto the trail above.

Once on the trail, turn left (west). Continue for a short distance on the level and you will see a steep climb up the trail. This really is the last climb of the day!

At the top there is a cottage and some seats to take a breather.

From here on the trail is well signed and very obvious, heading generally northwest for nearly 10 miles. There are some road crossings where care is needed but otherwise it's traffic free with fantastic views high over the Derbyshire hills.

There are no toilet or café options along this route until you reach Parsley Hay.



At Parsley Hay there is a large car park, cycle hire, toilets and a café.



The return to Ashbourne is along the very clearly marked Tissington Trail from Parsley Hay. It's 13 miles on a very gentle gradient downhill.

This route is offered by Pete Kelsall from www.petekelsall.com who has ridden it several times. You should make your own assessment as to its suitability for your level of riding experience and fitness. It is a long ride with at least three short steep climbs (more if taking the longer reservoir option). Contact me through the website.