



1 mile marker  
to look out  
for on the trail



### ROUTE INFORMATION:

The route is 12.5 miles long, it takes approximately 6 hours to walk or 2.5 hours to cycle. Please ensure you have left enough time to complete the route.

Most of the route is off road but it does include some quiet country lanes. Please follow the highway code and always cycle on the left.

There are mile markers around the route letting you know how far you've come and how far to go!

### KEY

- A-N Waymarkers
- + First Aid Point
- - - Cycle and Walking Route
- - - - - Walking Route Only
- Hilly section
- PH Public House
- MM  
12 Mile Markers

It is advised to take water and adequate food with you. Please wear suitable footwear. Flip flops are not suitable for bike rides.



**Bewl Water Bike Hire**  
available 7 days a week.

**EMERGENCY  
ASSISTANCE:  
07767 375115**

