



Photos: Shutterstock

Sculptures are liberally sprinkled along the Cuckoo Trail



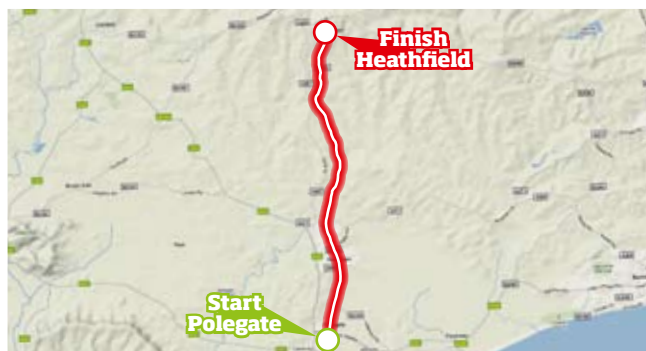
## CUCKOO TRAIL from Polegate (nr Eastbourne) to Heathfield

**Route type:** Tarmac, traffic-free

**Distance:** 11 miles



The Cuckoo Trail is named after an old Sussex tradition of releasing a cuckoo at the Heathfield Fair. Once a railway line, this trail offers a superb, peaceful, traffic-free route ideal for cyclists and walkers of all ages. There is a gentle 122m (400ft) climb over 11 miles (17.5km) from Polegate to Heathfield. That's easy for all cyclists to manage. The trail runs through broadleaf woodland, open grassland, arable farmland, and pasture with verges often thick with wildflowers. It's also been livened up with man-made sculptures.



## WATERLINK WAY from Cator Park to The Cutty Sark and Greenwich

**Route type:** Mixture of traffic-free paths, quiet lanes and some sections of road

**Distance:** 6 miles



The Waterlink Way connects a number of parks and green spaces in South East London while following the Pool and Ravensbourne Rivers. The route is very accessible, with a number of stations allowing the distance cycled to be easily tailored to meet your needs. For those of you who want to travel further, National Route 4 runs west along the Thames towards central London while National Route 1 also passes through Greenwich, with attractions such as the Old Royal Naval College and the Cutty Sark.



## CAMEL TRAIL from Poley's Bridge to Padstow via Bodmin

**Route type:** Railway path

**Distance:** 18 miles



One of the most popular recreational routes in the country, the Camel Trail runs from Padstow to Poley's Bridge, via Wadebridge and Bodmin. The trail passes through the wooded countryside of the upper Camel Valley and alongside the picturesque Camel estuary, which is why it's one of the flattest places to cycle in hilly Cornwall. The traffic-free trail follows the route of an old railway and delivers great views of moorland, woodland and the estuary. The trail is also used by walkers, joggers and horse-riders.



## FALLOWFIELD LOOPLINE

from Chorlton cum Hardy to Debdale and Manchester Stadium, South Manchester

**Route type:** Disused railway path, in-filled canal  
- largely flat and traffic-free  
**Distance:** 8 miles



The Fallowfield Loopline is an attractive, largely traffic-free walking and cycling route which follows a former railway line. The route is classic urban railway path, ideal for families and new cyclists who need to build up their confidence away from road traffic.

Leafier at the western end and more urban at the eastern end towards Debdale, it forms a green corridor running about one mile south of the city centre linking parks and open spaces. Route 60 uses the in-filled canal to head up to the Velodrome and City Stadium.



If this is near Corrie, where are the cobbles?



The Camel Trail: spot on for building biking confidence

## ALBAN WAY

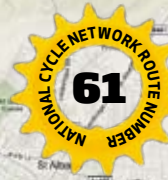
from St Albans to Hatfield

**Route type:** Disused railway. Smooth, traffic-free and suitable for anyone who can ride  
**Distance:** 6 miles



The Alban Way is a trail for cyclists and walkers along the former route of the Hatfield to St Albans branch line of the Great Northern Railway. Running between these historic and usefully close towns, it provides a safe, traffic-free route for leisure and commuting. It's short enough for bikes with stabilisers to use.

The route has many access points, most of which are ramped or level and features links to fishing lakes, St Albans Abbey, the university campus and Hatfield House.





## ASHBY WOULD'S HERITAGE TRAIL

between Measham and Moira

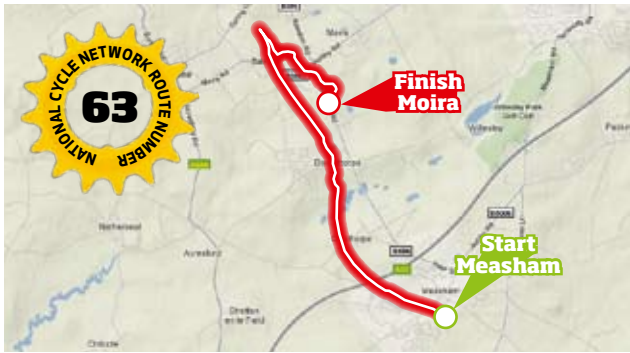
**Route type:** Railway path - largely flat with ramped links, mostly traffic-free

**Distance:** 4 miles



Ashby Would's Heritage Trail follows the old Ashby and Nuneaton Railway, which itself replaced an 18th century canal. Now a part of the new National Forest, this was once a mining landscape.

The route runs from Measham to Moira passing through countryside rich in social and industrial history including the old Donisthorpe Colliery site, and there are links to Moira Furnace, thought to be the best-preserved 19th century blast furnace in Europe. More natural entertainment is at nearby Conkers.



## ESK VALLEY CYCLEWAY

from Musselburgh to Dalkeith

**Route type:** Tarmac railway path with short on-road link

**Distance:** 6 miles



This riverside and railway path links the coastal town of Musselburgh with Dalkeith. Largely traffic-free, the route passes along wooded pathways and minor roads, with views of the Firth of Forth and a rich variety of wildlife. At Musselburgh, National Route 1 passes the train station and continues into Edinburgh.

Musselburgh is a harbour town with spectacular views across the River Forth. Dalkeith Country Park, in the grounds of Dalkeith House, has an excellent adventure playground.



## SWISS VALLEY CYCLE ROUTE

from the Discovery Centre at the Millennium Coastal Park to Tumble

**Route type:** Traffic-free disused railway

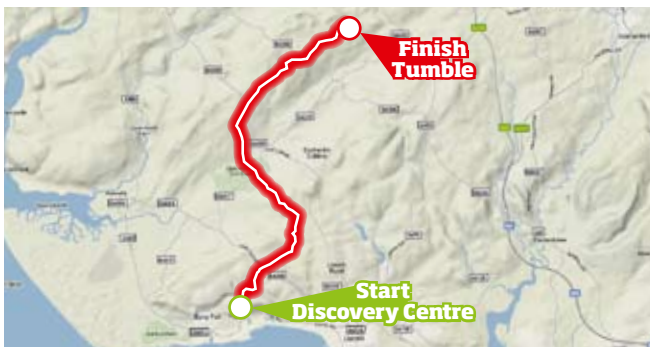
**Distance:** 11 miles



The Swiss Valley Cycle Route follows a disused railway line that climbs gently from the Millennium Coastal Park into the rolling hills above Llanelli where you reach Lleidi reservoirs.

From Tumble, the route continues past the Mynydd Mawr Woodland Park to Cross Hands where there is the option of a link to the National Botanic Garden of Wales at Middleton Hall.

Traffic-free and well-surfaced throughout, this route is ideal for families or inexperienced cyclists.



Tree-lined in parts, and open views elsewhere on the Swiss Valley Cycle Route. It's in Wales, by the way



Photo: Sustrans