

What to take

Riders are recommended to generally carry the following:-

- appropriate map for the ride
- mobile phone
- spare inner tube(s)
- puncture repair kit
- basic tools including pump, tyre levers, allen keys, adjustable spanner, and small screwdriver
- waterproofs
- a drink, and perhaps food
- small First Aid items
- lights in case delays cause rider to return after lighting up time.

Want to know more?

If you would like more information about South Derbyshire and The National Forest, you can download a Visitor Guide from our website www.visitnationalforest.co.uk or request a copy from Swadlincote Tourist Information Centre (TIC). Staff at the TIC will also be pleased to help you with finding accommodation, local guides, tickets, maps, books, souvenirs and gifts.



Sharpe's Pottery Museum, West Street,
Swadlincote, Derbyshire, DE11 9DG
Tel: 01283 222848
tic@sharpespotterymuseum.org.uk

This leaflet is a suggested route involving sections on public roads or bridleway, and riders are responsible for their own safety. So do take care, and follow the Highway Code. Youngsters are advised to make sure guardians know where they are going, and how long they are likely to be.

Further Information

This leaflet is one of a series to encourage you to explore the local area by bike. Local cyclists have produced these from their favourite routes which they use to get away from the traffic. Why not take the challenge to progress through the distances at your own pace?

After completing these rides, why not join your local Cyclists' Touring Club (CTC) for club led rides around the area?

Details of local CTC groups can be found on the website www.ctc.org.uk



New to cycling?

Or wanting to get back on a bike?

Take your own or why not hire a bike at Rosliston Forestry Centre and try cycling on safe off-road trails? Whether it's adult bikes or kids bikes, their cycle hire takes care of the whole family – including child seats and trailers. 01283 563483



So all you need to do is choose which cycle routes to take and saddle up for Rosliston's very own pedal powered forest adventure.

For gentle exercise and a relaxed couple of hours, stick to the surfaced paths. For more adventurous cycling, burn off the calories with a spin around the more challenging grassy routes bordering the site perimeter.

For the over 50s a weekly cycling group meets at Rosliston Forestry Centre every Friday at 10am

If you already have a bike and it's been lying around for a few years, you will need to make sure it is still safe to ride.
If you are unsure, you should take it to your nearest bike shop for a quick service.

Cycle Rides in South Derbyshire Longford

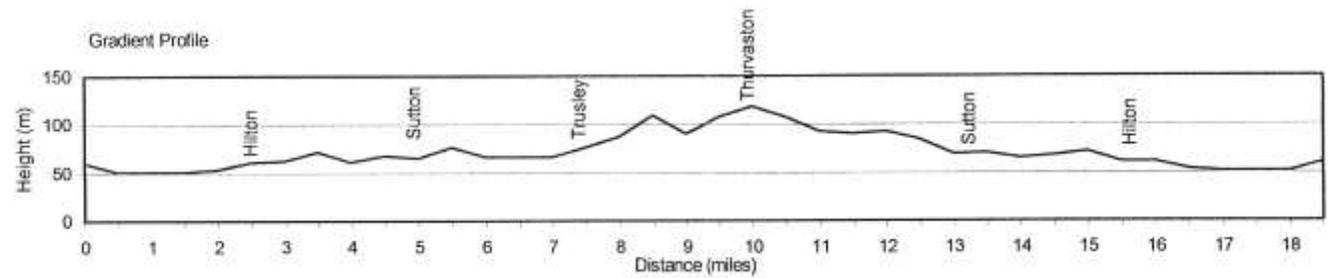


Route length - 19 Miles

Produced by the Burton Group of the
Cyclists' Touring Club, Derby Section



Published by
Swadlincote Tourist Information Centre
Sharpe's Pottery Museum, West Street, Swadlincote,
Derbyshire, DE11 9DG
Tel: 01283 222848 tic@sharpespotterymuseum.org.uk



Route	Miles	Comments
Rolleston	0.0	Spread Eagle or Church.
Marston Lane	0.2	Right turn.
A516	2.2	Right turn.
Hilton	2.7	Left turn into Dale End Road.
Sutton Lane	3.0	Left turn over the bypass.
Sutton on the Hill	5.0	Right turn (signed Trusley & Dalbury).
T junction	5.4	Left turn (signed Trusley & Dalbury).
Right hand bend	7.0	Left turn into Trusley.
	7.3	Trusley Church.
T junction	8.0	Right turn followed by another Right turn on a sharp bend, to Osleston. BEWARE! Trusley to Osleston is a narrow road with a SHARP BEND and poor road surface in places.
Long Lane	9.5	Left turn (signed Longford). The 'Three Horse Shoes' does lunches and evening meals
Thurvaston	10.0	Left turn and first Right to,
Lower Thurvaston	11.5	Left turn (Longford Lane).
Lane Ends	13.0	Right turn towards Sutton Church.
T junction	13.3	Right turn into Sutton on the Hill.
Hilton	15.5	Right turn into Dale End Road.
Hilton	16.0	Right turn onto A516.
T junction	16.5	Left turn into Marston Lane.
Rolleston	19.0	Spread Eagle or Church.

