

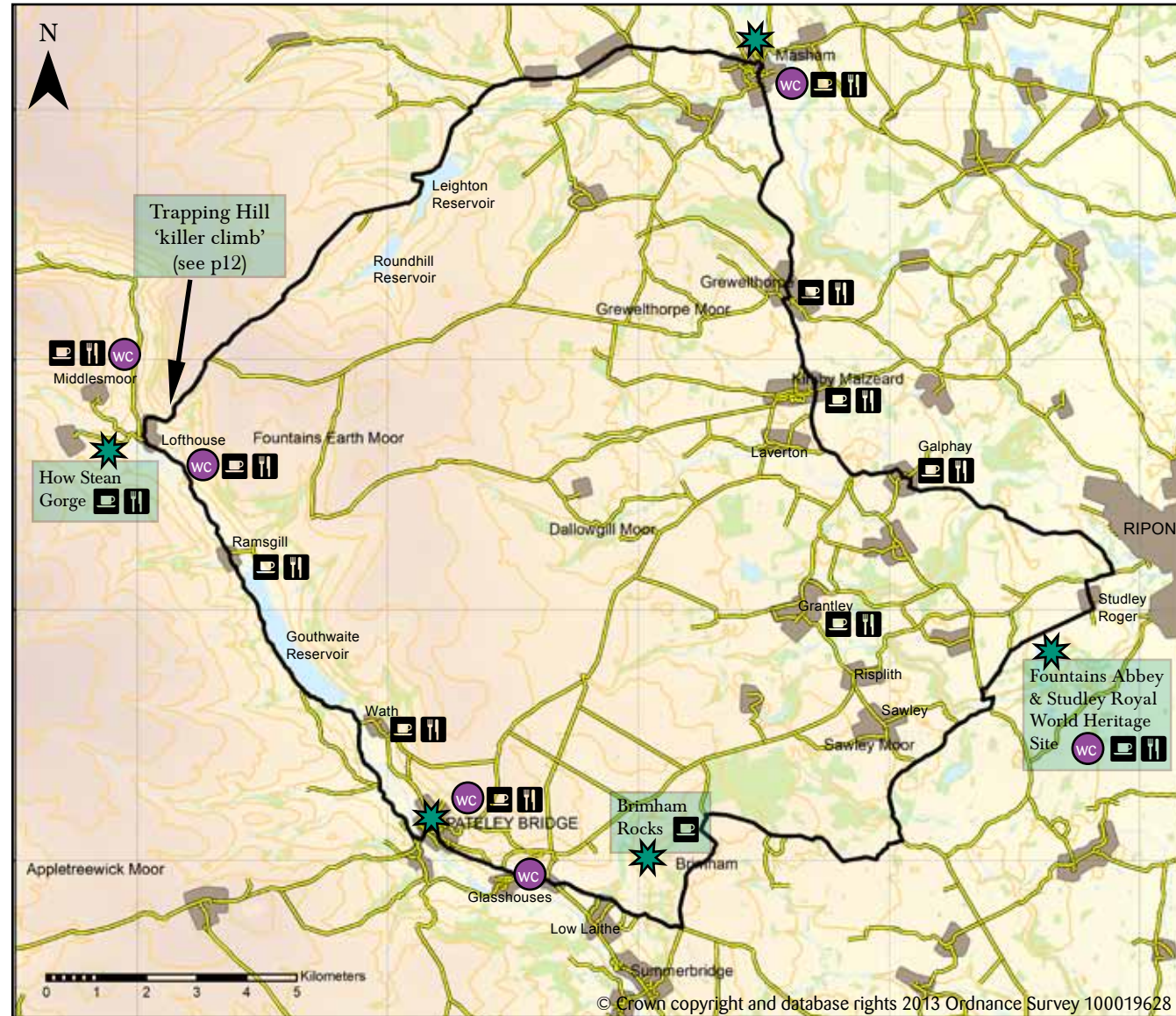
Road cycling

Cycling is a great way to get around the AONB and there is a good network of quiet lanes giving you an excellent choice of routes. The list of possible routes is endless but we have come up with a couple to help you start exploring the AONB.

For more information on cycling in the dales visit www.cyclethedaes.org.uk or purchase a Harvey map 'Yorkshire Dales for Cyclists' which has lots of ideas about places to visit and things to see as well as detailed information about the routes.

Northern AONB

This 40 mile (65km) route explores the northern part of the AONB including Pateley Bridge, Upper Nidderdale, Masham and some of the eastern villages. There are some key attractions en route such as Fountains Abbey & Studley Royal World Heritage Site and Brimham Rocks which are well worth a visit.



These routes are a guide only and we advise using the relevant Ordnance Survey map to plan your route fully and determine gradients. These routes are covered by the following orange 'Explorer' maps:

- Nidderdale (298)
- Lower Wharfedale & Upper Washburn Valley (297)

Southern AONB

This 39 mile (63km) route (with the option of an extra 4 miles (6km) each way to Ilkley) explores the southern part of the AONB.

