

1. South Lytchett Manor to Bournemouth

Difficulty rating: 3/5

Bike Type: Hybrid, Mountain bike

Terrain: mostly tarmac with some gravel sections through Upton Country Park

Profile: Mostly flat with a few sharp undulations

Distance: 10 miles

Estimated Time: 1hr 15mins

Must See: Upton Country Park, Poole Quay, Baiter Park

www.plotaroute.com/route/1111195

This is a great route for beginner cyclists, or those looking for a longer scenic cycle ride.

Exit the gates of South Lytchett Manor and turn left and over the flyover in the cycle lane. Continue straight until you come to two mini roundabouts together with the Costa Coffee visible on the left-hand side.

Go straight over the two mini roundabouts past the Coop on the right and down the road until you get to the bottom of the hill. The road veers sharply to the left near the end, continue straight on here rather than follow the turn and take the right hand turn into Upton Country Park.

You can either stop here and take in the delights of Upton Country Park, or you can immediately turn left and follow the track that will take you around the edge of Upton Country Park, eventually winding its way around Holes Bay. Continue to follow the signs for Poole Centre with the Bay on your right and the dual carriageway visible on your left. Eventually, you will see the large 24-hour Asda on your right once you reach the main traffic lights. Cross straight over the first set and then follow the signs into the high street. Turning right on the high street and following it down to the end will bring you out onto Poole Quay.

Turn left on Poole Quay and follow the path hugging the Quay line. This will continue the whole way through Baiter Park and is available for walking and riding all year around. At the very end of the Park you will come to Sandbanks Road. Turn left and in the on-road cycle lane, keep following the road until all the way through Lilliput and up to the summit of Evening Hill. There is a viewpoint to the right of the road as it descends sharply down into Sandbanks Bay. Continue on to the spit and just before the Tesco Express take the left at Shore Road where you will find Jazz Café at the end and the beginning of the promenade.

On the promenade, turn left and you will see Bournemouth Pier in the distance. Continue along the promenade until you have reached your destination! (Please note: cycling along the front promenade September to June: unrestricted, July and August: permitted before 10:00 am and after 6:00 pm – you can follow the main roads in the summer from Sandbanks to Bournemouth by following road signs.)

Extensions: If you're looking for a slightly longer ride, you could always continue on to Boscombe, Southbourne or Christchurch by continuing to follow the coastline.

SLMCCP Top Tips: There are lots of lovely little cafes along the beach front – but remember you can't cycle along here in summer!



Look out for some great events, such as the Cycle Celebration on Poole Quay!