

1. South Lytchett Manor to Poole Quay

Difficulty rating: 1/5

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: 5 miles

Estimated Time:

Must See: Poole Quay, Upton Country Park

www.plotaroute.com/route/1110034

This is a great route for the beginner cyclist, those looking for a short cycle ride or those that do not want to cycle on roads.

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.

Extensions: If you're looking for a slightly longer ride, you could always continue on to Sandbanks – from there you can carry on into Bournemouth or take the ferry over to Studland (a ticket for a bike is £1).

SLMCCP Top Tips: A few recommendations down at Poole Quay:

Deli on the Quay: café right on the front of the Quay, with delicious sandwiches, cakes and bites.

Fish and Chips: What could be better than fish and chips? Go traditional and order from one of the mouth-watering kiosks on the front, and eat it sat on the Quayside.

Brownsea Island: You can catch a boat from Poole Quay to Brownsea island, home of the red squirrel, or you can cruise along the Jurassic Coast and marvel at the stunning Coastline.

