

1. South Lytchett Manor to Swanage

Difficulty rating: 4/5

Bike Type: Hybrid, Mountain bike, road bike

Terrain: Mostly road or tarmac

Profile: Undulating with some very large hills once in the Purbeck.

Distance: 28km

Estimated Time: 2hrs

Must See: Wareham, Corfe Castle, Durlston Country Park

www.plotaroute.com/route/1110062 via Arne and Kingston

www.plotaroute.com/route/1110147 via Arne

This route is predominantly narrow cycle paths on pavement near a busy road, or on a busy road. Fine for confident cyclists but not suitable for children.

Exit the gates of South Lytchett Manor and turn right onto the cycle lane. Follow the road past St Peter's Finger and past Baker's Arms to the Roundabout. Go straight over at the roundabout by the pavement, the turning signposts Wareham and Swanage. Follow the Cycle Path straight past Holton Heath through the traffic lights, past the Co-op Petrol station, through Sandford over the very small roundabout until you hit the second roundabout. Go straight over the roundabout and over the flyover above the train track for Wareham Train Station. Take the right at the next roundabout into Wareham.

This takes you into the main high street of Wareham. Continue straight to the other end of town for the riverside. To continue on, go straight over the bridge towards Stoborough and past the Kings Arms. You will need to turn a sharp left down a small lane called "Nutcracker Lane" directly opposite Purbeck Motors, beware of cars and **take this corner very slowly** as it blind in both directions. Follow this road straight for almost exactly two miles, taking the second left to be sign posted as towards Corfe Castle. Follow this winding country road until the very end, coming out at Norden Park and Ride.

Turn right and then immediately left at the large roundabout, descending the main route into Corfe Castle. The National Trust centre will be on your left and Corfe Castle on your right. If you are not stopping, follow the narrow road through Corfe Castle up the steep sharply curving hill and out the other side. You can either continue straight on this busy winding road for the shorter journey to Swanage, or you can take the turning on the right signposted B3609 to Kingston and Langton Matravers at the very edge of Corfe Castle... beware this route comes complete with an incredibly steep hill up to 21% but you are rewarded with breath-taking views across towards Corfe Castle and down the valley towards Swanage. At the top of the hill, follow the road to the left with the Scott Arms on your right, then enjoy the descent all the way down the valley through Langton Matravers. At the end of the road, turn right and join up with the main road entering into Swanage.

Extensions: If you're looking for a slightly longer ride, you could always continue on to Studland.... but it does mean going up another steep hill!