

1. South Lytchett Manor to Tower Park

Difficulty rating: 2/5

Bike Type: Hybrid, Mountain bike, road bike

Terrain: mostly tarmac

Profile: Predominantly flat

Distance:

Estimated Time: 35mins

Must See: Upton Country Park

www.plotaroute.com/route/1110024

This is a great route to get to Tower Park, but does involve a lot of turns – don't get lost!

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, cycle onto the pavement here on the other side of the road and go under the bridge of the dual carriageway by turning right at the very end of the road. Going anticlockwise around the roundabout following the cycle land, take the second exit down Upton Road.

At the end of the road, you reach the giant Fleetsbridge roundabout with the 24hour Tesco on your left. Go under the roundabout as if you were going straight over the roundabout in the same direction, then immediately keep left to cycle down Nuffield Road.

Take the second road on the right onto Harwell Road, then right then immediately left onto Learoyd Road, passing Canford Heath Middle School. At the end of the road, turn left onto Adastral Road and follow it all the way around until you see Kellaway Road on the right. Turn down here and then take the first left onto Verity Crescent. Halfway down the road on the right you will see a path leading to a bridge over the dual carriageway, take this and go over the bridge, coming out right by Frankie and Benny's. Turn left and Tower Park is just across the road.

SLMCCP Top Tips: Tower Park is home to Splashdown, restaurants, arcades, cinemas and more!

