

1. South Lytchett Manor to Upton Country Park

Difficulty rating: 0.5/5

Bike Type: Hybrid, Mountain bike, road bike

Terrain: mostly tarmac with gravel sections once in Upton Country Park

Profile: Predominantly flat

Distance: 1.5 miles

Estimated Time: 10mins

Must See: Upton Country Park

www.plotaroute.com/route/1109997

This is a great route for the beginner cyclist, families with kids or someone who wants a good walk once at their destination.

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.

Extensions: If you're looking for a slightly longer ride, you could always continue on to Poole Quay by following the signposts around Holes Bay.

