Cycle Hampshire
On and off road routes inspired by Olympic cycling

Can you cycle them all?

Bikeability Hampshire
Bikeability is ‘cycling proficiency’ designed for the next generation of cyclists which will provide the skills and confidence for children to ride their bikes on today’s roads.

There are three levels starting with how to control and master your bike, right up to level three where you will be able to cycle in all types of road conditions.

Hampshire County Council and the CTC offer bikeability training. To find out more why not take a look at the websites below, there may be something near you!
http://www.dft.gov.uk/bikeability/what-is-bikeability/
http://www.dft.gov.uk/bikeability/the-three-levels/
http://beta.cc.org.uk/education
http://www.hants.gov.uk/roadsafety/children/cycle_training.htm

The Countryside Service has been inspired by the Olympic Games and have combined on and off road cycling routes to keep you fit and healthy.

To get you started we have selected five circular off road routes. For those looking for road cycling we have five circular road routes, including one that takes in the whole of Hampshire!

So dust off the cobwebs and take to the road following Cycle Hampshire’s road routes. The 178 mile/286 km (approx) Cycle Hampshire route brings together the National Byway, SUSTRANS National Cycling Network (NCN), Local Authorities cycle routes, Shipwrights Way (section of) and local Cyclists Touring Club (CTC) routes.

Road cycling routes are evolving all the time in Hampshire and the ‘Cycle Hampshire’ routes will continue to change as new road routes are launched. So keep your bike tyres pumped ready to cycle those high roads.

If you want to head off road, the Countryside Service have selected five circular routes for you to try that vary from Easy, Moderate to Strenuous.

The South Downs Way can also be cycled and is best started from Winchester as this allows the wind to be at your back to help propel you on your way.

Our routes have been rated bronze, silver and gold according to the distance they cover. Why not start with bronze and aim for gold?

To find out more visit www.hants.gov.uk

The benefits of cycling
Cycling is a very good way to keep fit and healthy as it helps to burn off calories. Start off gently and build up...

30min Cycling will burn:
Recreational cycling at 5mph: 75 – 155 kcal
Moderate cycling at 10mph: 190-415 kcal
Vigorous cycling at 15mph: 300-670 kcal

What to take when out cycling on or off road

We advise that you carry:
Food and drink, Safety helmet & gloves, Waterproof, Puncture repair pump, Spare inner tube, Tyre levers, Lights, Locks, Adjustable spanner/allen keys, Money, First aid kit, Mobile Phone, Identification.

For the more demanding trails, you might also need the following:
Ordnance Survey maps, Compass, Rucksack, Whistle, Torch.

Other users
Cyclists must give way to walkers and horse riders by dismounting to allow them to pass when using the rights of way network other than public footpaths.

Safety
We recommend that you use a well maintained bike whether riding on or off road.

You are advised to wear a safety helmet and gloves, and to let someone know if you are riding alone. Bear in mind that cycling off road can be more strenuous, so please ensure that you have allowed plenty of time and carry sufficient refreshments.

What to take

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The Cycle Hampshire road route does use a few sections off road links; these routes can be used by road cyclists as they form part of Sustrans' National Cycle Network.

The off road trails can be very muddy and some parts are also used by agricultural vehicles. Save for negligence on its part, the County Council will not accept liability for persons or property while taking part in an activity featured in this leaflet.

The Off Road routes are:

- Winchester
  26 miles/41.8km strenuous = GOLD
- Vernhams Dean
  23 miles/37km strenuous = GOLD
- Alton
  10 miles/16km moderate = SILVER
- Hawkhill Inclosure
  10.5 miles/16.9km moderate = SILVER
- Staunton
  2.6 miles/4.18km = BRONZE

We have included linear off road cycle routes:

- Meon Valley Trail
  10 miles/16.9km Easy = Bronze
- Test Way
  5 miles/8.5km Easy = Bronze
- Hayling Billy Trail
  5 miles/8.5km = Bronze