

where can I cycle?

a guide to off-road cycling in the Upper Derwent Valley

Responsible off-road riding - on bridleways and concessionary routes - is welcomed by the Upper Derwent Partners.

In sensitive, easily damaged areas, please keep to surfaced routes where possible.



The Off-Road Code

- Be considerate to other users by giving way to walkers and horse riders
- Bikes can be quiet, so give warning of your approach
- Some routes are shared with vehicles. They should give way to bikes, but may not be expecting you
- Match your speed to the conditions and the presence of others
- Please remember that bridleways are subject to the rules of the Highway Code
- Keep your bike well maintained
- Be prepared for emergencies, especially in remote areas
- Maps, spares, food and drink, money, first-aid kit and some identification are essential
- Always wear a properly fitting helmet
- Use lights and reflective materials on your bike after dark
- Remember, mobile phone coverage is intermittent or non-existent in some areas
- Beware of forestry operations and vehicles - they are signed locally



The major partner organisations in the award-winning Upper Derwent Partnership are: Severn Trent Water, Peak District National Park Authority, The National Trust, The Forestry Commission and Derbyshire County Council.



Information

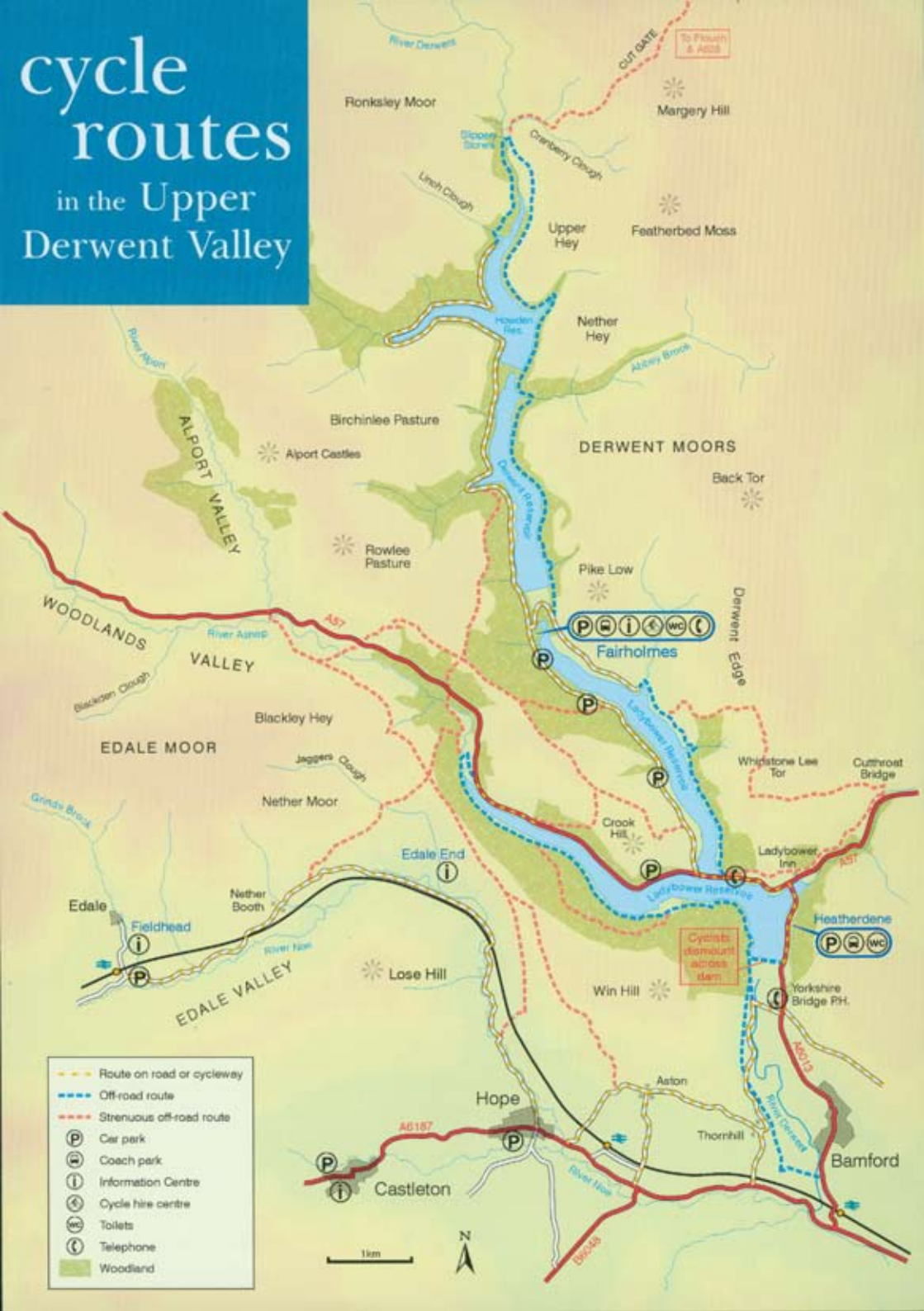
For more information contact the Upper Derwent Information Centre on **01433 650953**

For cycle hire contact **01433 651261**

In an emergency contact 999 as soon as possible

cycle routes

in the Upper Derwent Valley



- Route on road or cycleway
- Off-road route
- Strenuous off-road route
- (P) Car park
- (P) Coach park
- (i) Information Centre
- (C) Cycle hire centre
- (WC) Toilets
- (T) Telephone
- Woodland