



South Pennine Cycleway

See the best of The North Pennines and Northumberland National Park by bike

Riding through the Peak District and the Yorkshire Dales, the route takes you from the bustling city of Derby, out along minor roads and great traffic free sections of the Peak District to the spa town of Buxton to Holmfirth and onwards to Settle in the Yorkshire Dales.

The terrain is varied and includes large sections of traffic free riding including, The Tissington Trail and The High Peak Trail as well as along the side of the Liverpool to Leeds Canal

This varied ride allows you to visit lovely market towns, disused textile mills, open farmland and the beautiful Yorkshire Dales

HOLIDAY DETAILS:

Total distance: 142miles / 228km, on road with some sections of bike path and gravel track
Average daily distance: 30-50 miles / 50-80km
Total elevation gain – 7500ft/2300m

WHAT'S INCLUDED:

- Good quality B&B accommodation (2 person/room basis)
- Luggage transfer each day (one bag/person)
- Maps, detailed route notes, gpx files
- Emergency recovery
- Certificate of completion
- Transfers (charges may apply)

Itinerary Please note that these are generic trip note and your actual itinerary, duration and overnight locations may differ from those mentioned below

Section 0: Arrive Derby

The city of Derby sat on the River Derwent is famous for it's silk mills and is a great city to explore.

Recommendations

Dinner: Numerous choices

Section 1: Derby to Buxton

The route officially starts from Derby train station, ride alongside the River Derwent (upstream) for a short distance before crossing on the west side of the city at Exeter Bridge and follow the **NCN 54** signs out of Derby (slightly convoluted route and you need to keep an eye out for the signage through some terraced streets until you go under the A38 and turn onto a traffic free path, still following **NCN 54** towards Mickleover. Here the route joins the former GNWR Railway and descends to Etwall. Just before Etwall turn north on the **NCN 68** (Pennine Cycleway) and follow this along quiet roads to Ashbourne, take care crossing the busy A52. Out of Ashbourne the NCN 68 you will join the Tissington Trail, traffic free trail along the former railway route through the Peak District. At Parsley Hay (35 mile point) the route becomes "The High Peak Trail" and continues along minor roads into Buxton

Total distance: 46 miles/74 kms

Recommendations

Coffee Stop:

Dinner:

Section 2: Buxton to Sowerby Bridge

Stay on the **NCN 68** out of Buxton along quiet lanes to Glossop where you head east along a traffic free path past Torside Reservoir, turn left up over Hade Edge to the lovely town of Holmfirth, famous as the location for “Last of the Summer Wine” series.

A tough little climb out of Holmfirth takes you up onto the Moors with some stunning views, it’s then a long descent down to Sowerby Bridge

Total distance: 51 miles / 82kms	Recommendations Coffee Stop: Dinner:
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Section 3: Sowerby Bridge to Settle

Leaving Sowerby Bridge, follow the **NCN 66** along the River Calder to Hebden Bridge where the **NCN 68** splits, one section going towards Burnley, the other to Colne, you will be taking the more picturesque Colne route over Heptonstall Moor, passing Widdop Reservoir into Colne. Follow the canal towpath out of Colne to Barnoldswick before joining minor roads to Gargrave and onwards to Airton and Settle

Total distance: 45 miles / 73km	Recommendations Coffee Stop: Dinner:
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Distances

South Pennine Cycleway			
	Mileage	Kms	
Derby	0	0	0%
Etwall	9	14	6%
Ashbourne	21	34	15%
Biggin	32	51	22%
Buxton	46	74	32%
Newmills	56	90	39%
Torside Reservoir	69	110	48%
Holmfirth	82	131	57%
Slaithwaite	90	144	63%
Barkisland	96	154	67%
Hebden Bridge	104	166	73%
Colne	116	186	81%
Salterforth	121	194	85%
Gargrave	131	210	92%
Settle	143	229	100%

Pick up at the end of your ride

Please call **07790596782** or **01665713448** to arrange your collection time

Please note our earliest pick up time is 2pm and latest pickup time at the end of your ride is 5pm, unless organised when booking your trip.

Inclusions

The tour is designated as “self-guided”: Pedal Power will arrange the accommodation, provide route mapping, kit lists and training advice, GPX files, route notes and daily briefings (if on a fully supported ride), along with luggage transfer and mechanical support where required. If part of your package, the support van will meet the group en route at various points during the day with light refreshments and lots of encouragement 😊

Bikes

If not riding your own bike, we can provide you with a suitable hybrid or ebike.

The bike will come in a frame size that suits your height. The majority of bikes are 24 speed and have disc brakes, they are on fast-rolling 700c wheels and are perfect for these routes. All bikes are fitted with a bottle & bottle cage and come with a pannier bag, spare innertubes x 2 and tyre levers, pump and bike lock. If you wish to bring your own saddle and pedals these can be fitted to the bikes for you.

Cycle Repair Shops

Should you have any mechanical problems, there are a number of cycle repair shops dotted along the route, you can find details of these on your Sustrans map.

Training

You do require a reasonably good level of cycle experience and be reasonably physically fit and in good health. Please check the fitness level and technical difficulty of your ride on our website to ensure it is suitable for your fitness and ability.

Our experience is that the biggest factor in enjoyment and success of your trip is often the effort put into training, with which you will find yourself enjoying the challenge and the scenery much more.

Medical

If you have any medical conditions that you believe we should be aware of, then please inform us of these prior to arriving on the trip along with any information we may require for emergencies.

If you are in any doubt about your medical conditions, level of fitness or other medical worries, then please speak to your home doctor for their advice and if necessary, approval for you to partake on this trip. We can provide them with further information if required.

WE WANT YOU TO ENJOY THIS HOLIDAY AND NOT END UP SUFFERING BECAUSE OF IT.

A sore posterior after a day in the saddle is not a medical condition, it's a forgone fact!!

What's not included

Personal travel insurance (activity related) - For insurance purposes this route is classified as “NON TECHNICAL, LEISURE CYCLING” it is not to be confused with “OFF ROAD MTB CYCLING”

Any relevant entrance fees, meals other than those mentioned in the itinerary.

Any charges for travelling with your own bike, taxi fares.

Any costs associated with bringing your own bike including maintenance, repair and the supply or replacement of parts on the bike.

Any questions

If you'd like further information or have any questions about our cycling holidays or bike hire, please feel free to get in touch on 07790596782, 01665 713448 or email info@pedal-power.co.uk

Remember to:

- **ENJOY THE CHALLENGE**
- **TAKE TIME TO STOP AND ADMIRE YOUR STUNNING SURROUNDINGS**
- **AND ABOVE ALL HAVE A GREAT AND SAFE RIDE!!**