



### Ride Responsibly

Do ride with due care and attention at all times, so as not to endanger your personal safety or that of others. Follow the normal rules of the road and Highway Code guidance at all times and be considerate and reasonable towards other road users. Ensure your bicycle is well maintained and road worthy.

### Horses

If you encounter horses – highly likely in the Vale of Belvoir - please speak as you approach to let the horse and rider know you are there and pass wide and slow.

Please take a look at the guidance on this page <http://www.bhs.org.uk/safety-and-accidents/safety-advice-and-information/common-incidents/cycles>

### Commentary

We're massively grateful to Adam Gascoigne, a highly experienced and successful MTB rider, for preparing and sharing this route with us. It's suitable for mountain bikes and gravel bikes and, as with all our routes, starts and ends at Cafe Allezi! Belvoir Castle.

It showcases some of the best scenery and riding in the area and opens up some tracks that are off-limits to those on road bikes.

You can download the route for free by clicking the Routes menu on [www.cafeallez.uk](http://www.cafeallez.uk) . If you then upload the route to a site such as Ridewithgps.com, you will get turn by turn instructions. Uploading to Strava will also work.

On the file, Adam "lapped" the road / off road sections. The order is as follows:

- Road 2.24 miles
- Off road 2.57 miles
- Road 4.7 miles
- Off road 3.48 miles

- Road 6.0 miles
- Off road 2.64 miles
- Road 6.40 miles
- Off road 2.80 miles
- Road 0.6 miles

Giving a total of 11.4 miles total off road.

Adam notes that:

- 1.The first off road section requires a good line choice to be able to ride it “dab” free.
- 2.When crossing through Saltby airfield, please respect that this is private land and you MUST stick to the bridleway route.
3. At mile 14 at Buckminster you are at the furthest away point of the route.
4. At mile 20.5 you are approaching the “Slab Hill” descent. Proceed with caution as this is can be rough in places with exposed rocks and roots.
5. The roads are quiet country lanes but they are public roads. Please pay attention when crossing any roads, in particular the ones between the bridleway sections heading out in the first half of the route.



**Pictures from the route: taken 5.2020**





