

# Example Circuit Only (5.2 mile circuit)

## Cycle Rating

Club Cyclists - Not for you

Regular Cyclists - Very good and stepped bridleways to test your skills

Beginners/Occasional Cyclists - It's not easy but worth it

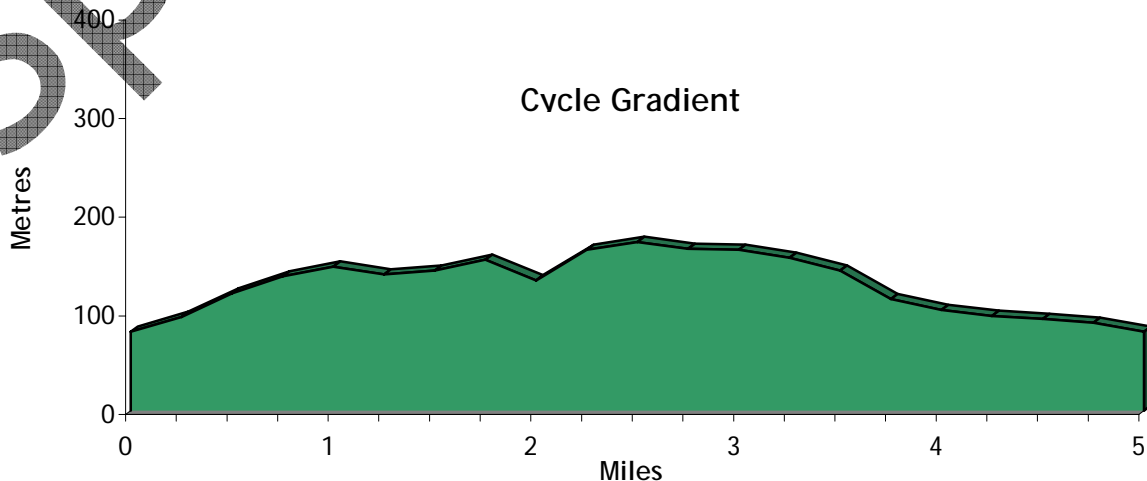
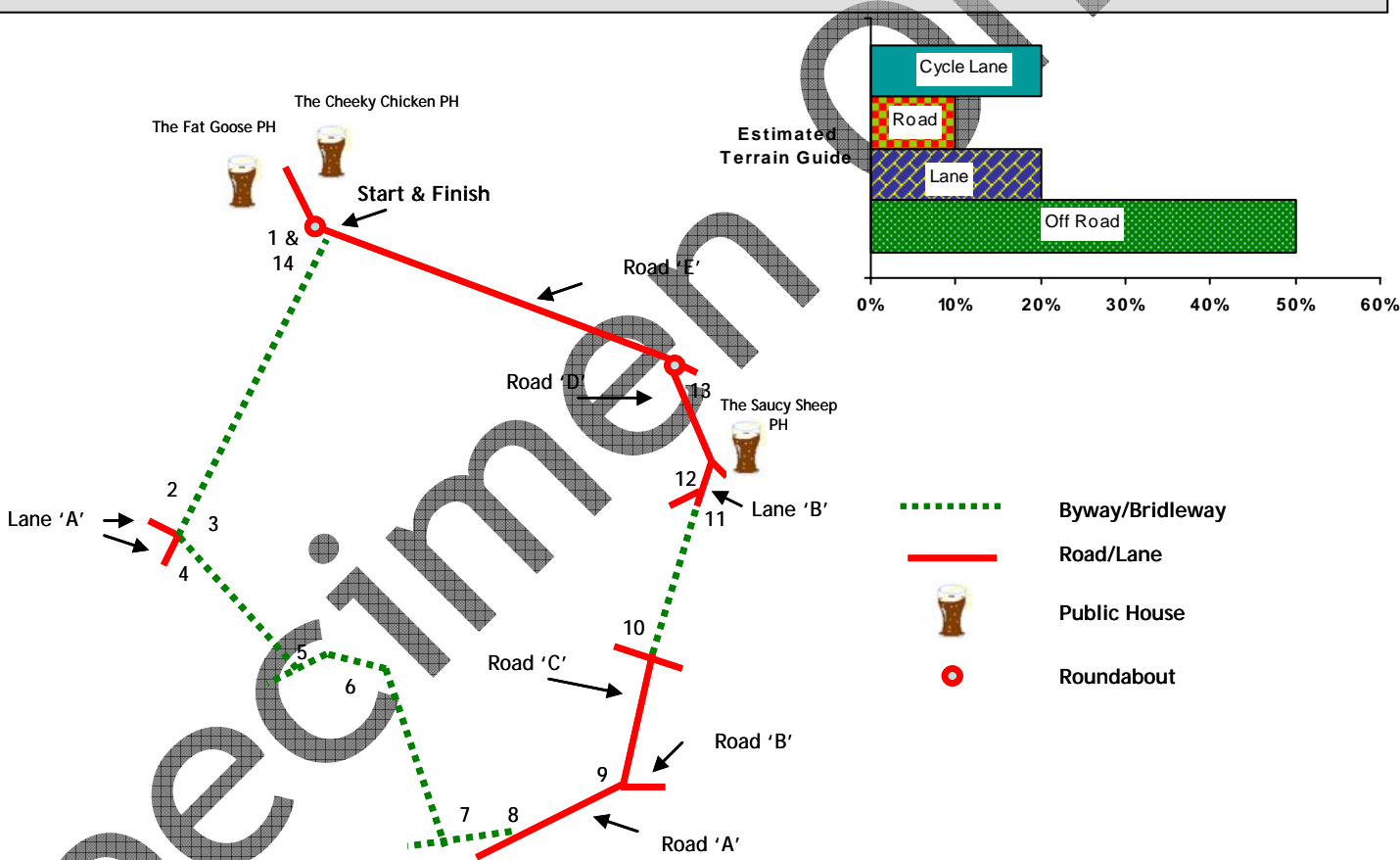
## The Start

The start is on a byway just off Road 'E' in Bromley. On road parking is available in the local roads.

## What's This Circuit Like?

This is a 5.2 mile circuit that features several byways and bridleways, some of which have steps and, depending on your ability, may require you to carry your bike over. It's a great circuit with hardly any road. There are 2 Public Houses on the roundabout close to the start

Byway/Bridleway References - [cyclecircuits.co.uk](http://cyclecircuits.co.uk) has assigned a reference to each byway/bridleway incorporated in our circuits. These references can be used in conjunction with the complimentary download - Byway/Bridleway report. Use this to design your own routes or find out the most suitable off road sections to take your kids on.



## The Start

The start is on a byway just off Road 'E' in Bromley. On road parking is available in the local roads, or in the Public House car park (subject to permission).

1. Go up the byway. See fig 1. ([cyclecircuits.co.uk](http://cyclecircuits.co.uk) - [Byway/Bridleway Ref Bxx](#))
2. After  $\frac{3}{4}$  mile, you reach a wooden barrier. Go through this barrier (see fig 2) and travel a further 25 yards along a twin track.
3. Turn left up a short byway. See fig 3. After 1 mile (from the start) you reach the end of this byway which becomes a lane - Lane 'A'. Continue on this lane with the Farm to your left. See fig 4.
4. After approx 50 yards, turn left onto a bridleway signposted to 'xxx'. See fig 5. ([cyclecircuits.co.uk](http://cyclecircuits.co.uk) - [Byway/Bridleway Ref Bxx](#))
5. After 1  $\frac{1}{2}$  miles (from the start), you come to a T junction of bridleways, signposted xxx. Turn left. See fig 6. ([cyclecircuits.co.uk](http://cyclecircuits.co.uk) - [Byway/Bridleway Ref Bxx](#))
6. After 1.8 miles (from the start), a footpath branches to the left, but you continue straight ahead on the bridleway following the direction of the blue arrow. See fig 7.
7. After 2  $\frac{1}{4}$  miles (from the start) you come to fork in the bridleway. Take the left fork. See fig 8.
8. The bridleway ends after 2  $\frac{1}{2}$  miles (from the start). Turn left onto the road - Road 'A'. See fig 9.
9. Just after 2.8 miles (from the start), you reach a junction. Road 'B' is on your right, but you keep left and go down Road 'C'.
10. After 3  $\frac{1}{4}$  miles (from the start), there is a left bend in the road with the bridleway directly opposite. Go onto this bridleway signposted to 'xxx'. See fig 10. ([cyclecircuits.co.uk](http://cyclecircuits.co.uk) - [Byway/Bridleway Ref Bxx](#))
11. At the end of the bridleway, you reach a lane - Lane 'B'. Turn right down this lane.
12. After approx 250 yards, the lane reaches a road - Road 'D'. Turn left down this road.
13. After approx 4.1 miles (from the start), you approach a roundabout. Just before the roundabout, turn left onto a cycle lane. Continue on the cycle lane which, after approx 10 yards, becomes a joint cycle/pedestrian lane running parallel with Road 'E'.
14. After 5.2 miles (from the start) you return to the start.

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*It is recommended that suitable and appropriate maps should also be used by cyclists when undertaking these routes. The routes contained within these guides are for general information only and any measurements specified are for general indication only and cannot be verified for accuracy.*

*Cycling can be an inherently dangerous activity and not every bicycle is designed or built for the activities described in these guides. Because it is impossible to anticipate every situation or condition which may occur, a practice or situation may be unsafe but not anticipated by these guides. Please use your common sense. If in doubt, check with a reputable cycle dealer to make sure you have the right equipment before you start.*

*You should consult a medical practitioner before undertaking a programme of exercise.*



[cyclecircuits.co.uk](http://cyclecircuits.co.uk)

# Example Circuit Photo Gallery

