



Tour guides

Our Adventure Series showcases the best bikepacking trails across the UK. The routes are designed to be ridden over a number of days to enable you to take in the beauty of the regions they pass through, explore places of interest and discover hidden histories that make these locations come to life. Along with a downloadable GPX of the route, a ring-bound guidebook is available for each of them. These guides are the perfect companion for planning and for your travels, as they include OS mapping, navigation advice and alternative route options alongside background information relating to the sights and scenery you'll encounter. Get your copies now at shop.cyclinguk.org.

Clockwise from far left: View over Whiteleaf hamlet. The routes of Cycling UK's Adventure Series. The guides. Pitstone Windmill. One of the many bridleway descents. Wallingford Castle ruins

businesses. In fact, the economic benefit of cycle tourism is one of the driving forces behind supporting and growing our Adventure Series. Cycle travellers take 1.23 million overnight trips each year, contributing £433 million to the UK economy.

Our Adventure Series routes contribute to Cycling UK's vision of happier, healthier and greener lives through cycling because they can improve the health and wellbeing of anyone who rides them. Access to nature and green spaces is hugely important for people's mental and physical health, and these routes are embedded in some of the UK's finest countryside.

Royal Chilterns Way is readily accessible by public transport, being served by two London Underground lines and multiple overland stations. Although it runs through scenic countryside, it's close to major towns and road networks, too. The 280km route consists of three loops that intersect, so you can ride just some of it if the full distance seems daunting.

You can find out more about Royal Chilterns Way at cyclinguk.org/routes/long-distance from 18 August onwards. A ride report will appear in the Dec/Jan issue of Cycle.

Top left & near left: Robyn Furtado. Far left: Peter Cornish

