

Four Counties Ride – 14 miles

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The Good Cycling Code

- *Be courteous! Give way to pedestrians*
- *Remember that some people are hard of hearing or visually impaired. Don't assume they can see or hear you.*
- *Carry a bell and use it.*
- *Where there are wheelchair users and horse-riders please give way.*
- *Follow the country code. Respect other land management activities, such as farming or forestry and take litter home.*
- *Keep erosion to a minimum if off road.*
- *Be self sufficient – in remote areas carry food, repair kit and waterproofs*
- *Be safe, wear a helmet and cycle within your capabilities*

Happy Cycling!

Route: Appleby Magna, Measham, Donisthorpe, Acresford, Netherseal, Clifton Campville, No Man's Heath, Appleby Parva, Appleby Magna

Distance: 14 miles

Start/Finish: Appleby Magna

Appleby Magna – the 14th century church contains a marble tomb of a knight and lady, reported to be Sir Edmund Appleby and his wife. The village Grammar School was founded by Sir John Moore, a local boy who became Lord Mayor of London. The architect for the school was Sir Christopher Wren. The Moat House – privately owned stone gate house where three sides of the moat remains. There are a lot of church spires to be seen on this route!

- 1 Start at Appleby Magna Recreation Ground, Bowleys Lane. Turn left into Church Street, pass the Crown pub and, with the church on your right, turn left into Mawby's Lane. Leave the village along Measham Road (signposted Measham). Cycle down Birds Hill into Measham.
Stop off: Measham Leisure Centre and Measham Museum.
- 2 Turn left at the 1st set of traffic lights and immediately after going under the A42 bridge turn right onto the disused railway track (signposted Ashby Woulds Heritage Trail/Spring Cottage). Continue along the track passing interesting bridges until you meet the road at Donisthorpe. Turn left onto the road and pass the church and Turks Head pub on your left. This early 19th century church was built of grey sandstone in the Perpendicular style. Look for the wooden seats with carved animals and rest of a while. These are the work of Isabell Lynham (local artist and sculptor). Continue ahead out of the village past the Engine pub on your right until you reach the crossroads at Acresford.
- 3 Turn right and cycle through Acresford village and turn right at T-junction

onto A444. Take care here – fast traffic. Almost immediately take next left turn to Netherseal.

- 4 Passing through Netherseal village you will pass the church on your right and Almshouses on your left. Then pass the purpose built Cheshire home and the Holly Bush pub. Turn left into Clifton Road. At the next T-junction turn left and continue to Clifton Campville. (At T-junction in Clifton Campville you can turn right if you need to visit the Green Man pub). The ride will turn left and continue to No Man's Heath.
- 5 Cross the main road (B5493) at No Man's Heath visit Four Counties Inn at the staggered crossroads and continue into the village with Arrowsmith's garage on your 2nd left along the road to Austrey. After 200 metres the road turns sharp right but carry straight onto the bridge path and up a steep hill. Cross the M42 bridge and continue to where the bridge path meets the road. Turn left when you join the road and cycle to Appleby Parva.
- 6 At T-junction turn left onto A444 or immediately cross over to join a path opposite. In both cases turn immediately right down New Road to Appleby Magna. Take next left into Church Street and then the next left into Bowleys Lane back to where you started.

