

Cycle friendly refreshment stops

Feeling thirsty or hungry on route?

Then why not stop off for something to eat or drink.

🚲 **Quarry Swimming and Fitness Centre's** Waterside Restaurant serves hot and cold food. Open Monday to Friday from 12.00 noon until 7.00pm and Saturday and Sunday from 9.30am until 4.00pm.

🚲 **Shrewsbury Sports Village Café.** Open Monday to Friday from 4.00pm until 10.30pm and Saturday and Sunday from 9.30am until 5.30pm.

Things to spot from the saddle Tick box

Quantum Leap Sculpture and Geo Garden	<input type="checkbox"/>
The Quarry – kingfishers and otters	<input type="checkbox"/>
The Quarry – statue of Hercules	<input type="checkbox"/>
The Quarry – swans and ducks	<input type="checkbox"/>
The weir	<input type="checkbox"/>
Salmon at the weir	<input type="checkbox"/>
Children's playground	<input type="checkbox"/>
Horses by the weir	<input type="checkbox"/>
Old Shrewsbury Canal	<input type="checkbox"/>

Cycling Code *cycle with care!*

- Always follow the Highway Code
- Be considerate to other users, and give way to pedestrians and horse riders
- Take particular care at junctions, when cycling downhill and on loose surfaces
- Ride in single file on narrow or busy roads
- Consider wearing a helmet and high visibility clothing

For more information on buying a bike or information on cycling visit:

www.cycleshrewsbury.co.uk

Tel: 01743 253008



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FREE

FAMILY FRIENDLY RIDES

Traffic-free adventures Shrewsbury to Uffington



This 10 mile bike ride takes you along the riverside into scenic Shropshire countryside. Starting at the Darwin memorial 'Quantum Leap' and leading into the beautiful Quarry park, this largely traffic free ride follows the River Severn and the old Shrewsbury Canal and ends at Uffington, close to Haughmond Hill. Attractions along the route include playgrounds, a variety of wildlife, cafes, the Quarry swimming baths and Shrewsbury Sports Village.

what sort of ride is it?

Type of route: traffic free/back roads

Type of ground: tarmac paths and gravel tracks

How far?: 10 miles / 16km

How long?: 1½ hours approx

Suitable for: adults and children over 8 years old



Directions

Starting at the Quantum Leap in Shrewsbury you will cycle along traffic free paths and quiet roads. Sections of the route run alongside the river. Please take care, particularly with young children. The ride is 5 miles each way. If you don't fancy cycling it all then why not just cycle a mile around the Quarry?

Follow the signs for the National Cycle Network route



- 1 Use the toucan crossing to safely cross from the Geo Garden into Victoria Quay and then continue into the Quarry.
- 2 Carry on past Porthill footbridge following the path around the River Severn.

To your left is the Quarry playground for young children.

Fact: the River Severn is 220 miles long, making it the longest river in Britain. Kingfishers and otters have been spotted living in the river banks.



Look out for Hercules, the Greek hero.

- 3 Continue on the path and go under Kingsland Bridge.
- 4 Continue under Greyfriars Bridge

Look out for swans and ducks



- 5 Keep pedalling; you will go under the English Bridge next
- Look out for swans nesting in the spring

- 6 Pass under Shrewsbury Railway Station bridge. **!** Take care on the cobbled surface!



- 7 Continue to follow the river towards the weir

Look out for salmon jumping at certain times of the year

Look to your left and spot the horses

- 8 Continue along Sydney Avenue – this section is not traffic free so please be careful and follow the Highway Code.



- 9 At the end of Sydney Avenue bear left and then turn right into Darville.

- 10 Turn right at the Millers Green T-junction

- 11 At the end of the cul-de-sac follow the path between two houses to join the cycle track. Bear left and continue down through the underpass (slow right down for the sharp bends of the underpass), bear left up a short hill and then turn right to follow the old Shrewsbury canal path.



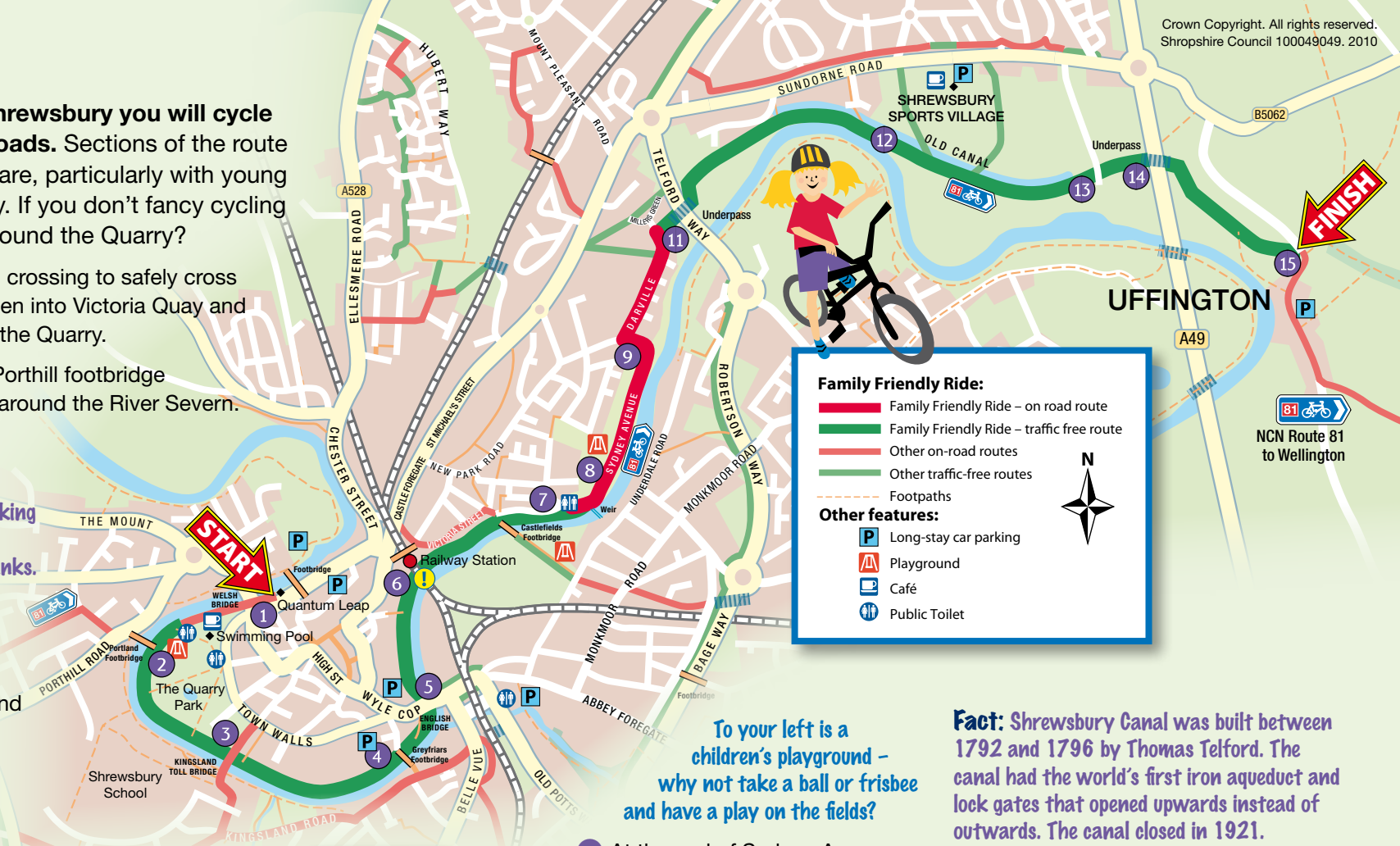
Fact: Shrewsbury Canal was built between 1792 and 1796 by Thomas Telford. The canal had the world's first iron aqueduct and lock gates that opened upwards instead of outwards. The canal closed in 1921.

- 12 Continue on the cycle track past Shrewsbury Sports Village.

- 13 Carry on at the gates following signs for Route 81.

- 14 Carry on through the underpass and continue towards the main road.

- 15 Well done! You have reached Uffington. At this point you can return along the route back to the Quarry. If you fancy a longer ride why not carry on to Upton Magna (3 miles) or Wellington (7 miles)?




Family Friendly Ride:

- Family Friendly Ride – on road route
- Family Friendly Ride – traffic free route
- Other on-road routes
- Other traffic-free routes
- Footpaths

Other features:

- Long-stay car parking
- Playground
- Café
- Public Toilet



NCN Route 81 to Wellington