



**BIKE
HIRE**

dorchestercycles.co.uk
weymouthbikehire.co.uk
jurassictrailsbicyclehire.co.uk
jurassic-electric.co.uk
mudsweatngears.co.uk
poundburycyclesport.co.uk



**NATIONAL
GARDEN
SCHEME**

visit ngs.org.uk
or pick up a
free yellow guide
with this booklet

WEST DORSET

Pedal



SHOP



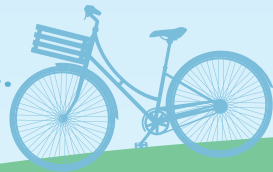
To request this info in accessible formats call
01305 228239, email info@dorsetaonb.org.uk
or visit dorsetaonb.org.uk

*Five bike rides to help you explore,
taste and enjoy the landscape!*

On your bike!

Much of Dorset's countryside, including most of West Dorset, is designated as an 'Area of Outstanding Natural Beauty' (AONB) – a national treasure. The Dorset AONB is more than just beautiful scenery, it is a collection of some of the most varied and distinctive landscapes in the country, shaped over time by nature and people. But don't take our word for it, hop on your bike and experience it for yourself. For more info visit dorsetaonb.org.uk

What you need



Just a bike! But we would also like to remind you to make safety a priority on your day out. With that in mind you might also like to consider:

-  Helmet
-  Bright clothing
-  Waterproofs
-  Water
-  Map
-  Repair kit

Remember to always follow the highway code.

Use our 5 rides to pedal and eat your way around the truly beautiful landscape of West Dorset.

You'll see and taste where Dorset's wonderful array of food and drink comes from and the landscape which has inspired artists, poets, novelists and musicians in the past and today.

A selection of cafes, farm shops and producers, along with things to see and do on your journey, are listed on each route to inspire you. Check their websites for opening times before you set off!

Look out for

doorstep tables of homemade produce, plants & vegetables

Produced by Dorset AONB Partnership

Supported by
Dorset County Council



RIDE 1

Bridport &
Netherbury

“Exactly the place
the day can unfold”

Bridport's Market Garden

Bridport is an ideal place to shop and pick up a picnic to eat on your route or try out one of the many acclaimed restaurants and bistros.

From Bridport you will pedal out to the isolated villages hidden in the secret Marshwood Vale under the shadow of the ancient hill forts of Pilsdon Pen and Lewesdon Hill.

Follow the River Brit through idyllic villages like Netherbury and Symondsburry. Look out for the beautifully restored traditional Dorset fingerposts pointing the way.

Finish up at West Bay for locally caught fish and chips, sitting on the beach, listening to the waves break on the pebbles of Chesil Bank and watching the sunset.
(see map for optional add on route)

FISH & CLIFFS

Choose from the variety of food and drink kiosks on the harbourside before strolling to the beach and famous golden cliffs of West Bay.

BUTCHERS, BAKERS & ROPEMAKERS

Bridport has it all! Eclectic mix of artisan shops, vintage bargains, traditional & Farmers Markets, art, entertainment, set amongst historic alleys and streets. Experience Dorset's best food & drink at the town's food festival. bridportfoodfestival.com

TAKE YOUR BREATH AWAY!

Celebrate reaching Pilsdon Pen, second highest point in Dorset, only 30m short of being a mountain! Take in 360-degree views – south to Marshwood Vale & sea, east to Hardy Monument, west to Exmoor & Quantocks, Polden & Mendip hills to the north.

BEEF, BUTTERFLIES AND BIRDS

Downhouse Farm & café - working farm on National Trust's Golden Cap Estate, wildlife haven, wild flower meadows, criss-crossed by footpaths. Enjoy a walk followed by home-baked cake & tea!

PALMERS BREWERY

Interesting tours and tastings at the only thatched brewery with a waterwheel in the UK. Details at palmersbrewery.com

QUINTESSENTIALLY DORSET

Stoke Abbott is the setting for an old fashioned July day out. Dating back to Victorian times, Stoke Abbott Street Fair is a traditional village fair with parade, games, stalls, music and the best cream teas in the world – probably!

Remember to always follow the highway code.



Many farms along the coast have initiatives to improve the landscape and wildlife on the farm. Look out for wildflowers, butterflies and bees



Bridport Museum
From ropes for Henry VIII's navy to tennis nets of today and much more
FREE ENTRY



Look out for the great selection of fresh seafood while wandering around Bridport and West Bay.



Eat & drink



Great view



Farm shop



Steep bit



Fruit farm



Your route



NCN route

**MAIN: 15 MILES
SHORT: 8 MILES**

EAT THE VIEW



Full list of Dorset Food & Drink members can be found at dorsetfoodanddrink.org

Dorset Food & Drink

- 1 DAVY'S LOCKER**
Supplier of local, sustainably-caught fish to restaurants and cafes davyslocker.co.uk
- 2 PALMERS BREWERY**
Bridport's own brewery since 1794 palmersbrewery.com
- 3 HIVE BEACH CAFÉ**
Fantastic café right on the beach hivebeachcafe.co.uk
- 4 SOULSHINE CAFE**
Friendly, fun café and juice bar soulshinecafe.co.uk
- 5 DOWNHOUSE FARM & CAFÉ**
Organic farm, family run café and campsite downhousefarm.org
- 6 FURLEIGH ESTATE VINEYARD**
Tours & tastings of award winning wines furleighestate.co.uk
- 7 SYMONDSBURY KITCHEN & STORE**
Shop and kitchen serving local seasonal food symondsburryestate.co.uk

- 8 DORSET NECTAR**
Artisan ciders, juices and vinegars dorsetnectar.co.uk
- 9 SAMWAYS FISH SHOP**
Sustainably sourced directly from West Bay samwaysfish.com
- 10 THE WATCH HOUSE CAFÉ**
Fish, pizzas and homemade cakes from their own micro-bakery watchhousecafe.co.uk
- 11 DENHAY FARMS**
Award winning dry cured bacon denhay.co.uk
- 12 WASHINGTON FARM SHOP & RESTAURANT**
Local products - some produced on the farm inc their own meat washingpool.co.uk
- 13 FRAMPTONS OF BRIDPORT**
Traditional, local, friendly butchers framptonsofbridport.co.uk
- 14 BABOO GELATO**
Artisan ice cream and lollies baboojelato.com

RIDE 1

RIDE 2

The Frome Valley

“Water unwinds
old ways
round our hills”

The Frome Valley

Following the River Frome and Sydling Water up and down their respective valleys and through water meadows. Look for traces of the Roman aqueduct which once brought water to Dorchester and for the flash of Kingfishers, Marsh Marigolds and Brown Trout.

Ancient Sydling is pure Thomas Hardy Country, one of Dorset's prettiest villages. The chalk downs bring skylarks and windy open views.

Be impressed by the 180ft naked figure of the Cerne Abbas Giant, make your own mind up about the popular legend! Round off in Dorchester with shopping for Dorset food.

Trains to Trails Explore the secrets & delights of Dorset AONB combined with a relaxing train trip, download leaflet from dorsetaonb.org.uk



CHALK RIVERS & streams are one of the rarest habitats in the world for wildlife. There are 3 chalk rivers, and their numerous chalk streams, within the Dorset AONB.



RIVER FROME

The river supplied water to public baths and fountains in Roman Dorchester by means of an aqueduct. You can see traces of its route at Bradford Peverell.



Casterbridge to Thomas Hardy and **Durnovaria** to the Romans, visit Dorchester's historic sites & museums. visit-dorchester.co.uk

FEEL THE WIND ON YOUR FACE!

Steep slopes & spectacular views. Wonderful butterfly habitat and birdlife, especially skylarks. Ancient barrows and medieval field systems contribute to visible archaeology. Explore the Dorset Downs on the footpaths above the Cerne and Sydling valleys.

VILLAGE STROLLS

Maiden Newton, Frampton & Sydling – pretty riverside villages to visit.

THE FAMOUS CERNE ABBAS GIANT

The 180ft Giant shares the hillside above the village with Bronze Age barrows and medieval field systems. One of the largest chalk figures in Britain, he is the most controversial. Is he an ancient symbol of spirituality, Roman Hercules or a fertility symbol? With tea shops, pubs & riverside walks, Cerne Abbas is certainly worth a detour.

THOMAS HARDY'S HOUSES

Walk in Hardy's footsteps from his birthplace at Bockhampton to his grand house in Dorchester. Experience the heath and woodland which inspired his novels. nationaltrust.org.uk

DURNOVARIA OR DORCHESTER?

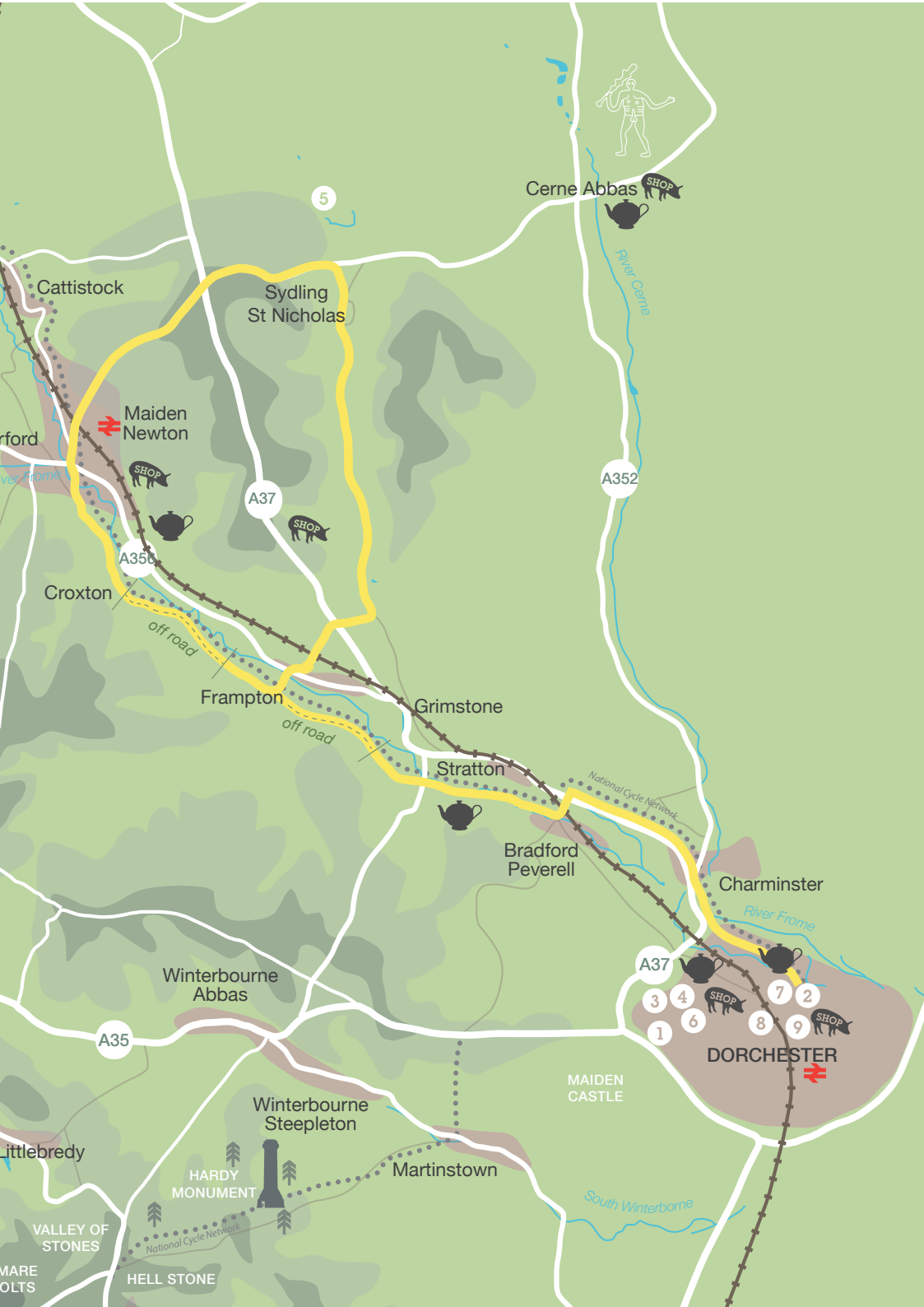
Go back in time at Maiden Castle - largest hillfort in Britain which is the size of 50 football pitches. Follow up with a trip to Dorset County Museum (Dorchester) to see the magnificent chieftain's gold brooch or the Swanage crocodile or how the Romans lived at The Roman Villa. Finish off with a Durnovaria Town Walk, a Ghost Walk or Ratty's Trail – whatever takes your fancy.

KNOB THROWING IN CATTISTOCK

Attractive village and interesting church. Every May, Cattistock is home to the unique Dorset Knob Throwing Festival with Knob related games and a food festival with over 75 local food and drink producers. dorsetknobthrowing.com

REMEMBER TO ALWAYS FOLLOW THE HIGHWAY CODE





- 
Eat & drink
- 
Great view
- 
Farm shop
- 
Steep bit
- 
Your route
- 
NCN route

MAIN: 17 MILES
CERNE: + 2½ MILES

EAT THE VIEW

- 1 ANGEL CAKE COMPANY**
Everything for the home cake decorator angelcakecompany.co.uk
- 2 CRAFTY CRAB**
Sustainable local fish and shellfish shelleysplace.com
- 3 DORSET CEREALS**
Home of the world famous cereals dorsetcereals.co.uk
- 4 BRACE OF BUTCHERS**
Local meat, deli, breads & vegetables braceofbutchers.co.uk
- 5 WOOLSERY CHEESE**
Handmade goats cheese using traditional methods woolserychese.co.uk

- 6 OLIVES ET AL**
Café & deli including their own range of olives olivesetal.co.uk
- 7 NO.35 COFFEE HOUSE**
Specialist coffee and homemade sandwiches and cakes coffeehouseandkitchen.com
- 8 THE GILDED TEAPOT**
Fine loose teas from around the globe thegildedteapot.com
- 9 MORRISH & BANHAM**
Local wine, beer & cider morrishandbanham.com



Full list of Dorset Food & Drink members can be found at dorsetfoodanddrink.org



RIDE 2

RIDE 3

The Land of Bone & Stone



“A plough has never disturbed the turf, and the sod that was uppermost then is uppermost now!”

A journey of contrasts from the 4000 years old 'Land, Bone & Stones' landscape of Abbotsbury Castle and Hell Stone, down the beautiful, unspoilt Bride Valley, one of Dorset's jewels and the idyllic village of Abbotsbury with galleries, swans and tea shops.

Following the River Bride through some of the prettiest villages in Dorset, you will see grand houses, Bridehead and Kingston Russell, cottages from local stone, old mills, age-old churches, Longhorn cattle and sheep grazing in the surrounding fields. The past is all around you, evidence of the areas long record of human habitation abounds in medieval field systems, barrows and stone circles.

Amazing coastal views and much to explore.

PHEW WHAT A VIEW!

Time to congratulate yourself when you reach the top of Abbotsbury Hill, by stopping and taking in the iconic view of the Chesil Bank stretching east and west.

Quote by Thomas Hardy

THE LAND OF BONE & STONE

Considered by many experts to be as important as Stonehenge and Avebury for revealing the lives of our ancestors. It has over 1,000 ancient monuments that record the history of the Ridgeway since that time. southdorsetridgeway.org

CHESIL BANK & THE FLEET

Running 18 miles between West Bay and Portland, for part of its length it encloses the Fleet, a saline lagoon. Explore the wildlife, WW2 defences and the area where J.Meade Falkener's Moonfleet is set. It is said that smugglers who landed on the Chesil at night could judge exactly where they were by the size of the shingle.

A DAY OUT IN ABBOTSBURY

Ancient herd of swans, sub tropical gardens, explore the surrounding countryside and climb up to St Catherine's chapel for amazing views, finish with a Dorset cream tea in the village.

HARDY MONUMENT & BLACK DOWN

Not the Hardy you might think but Vice Admiral Thomas Masterman Hardy who was with the dying Nelson at Trafalgar. Visit his monument at Black Down. Take in the 360 degree views of the Dorset AONB, a nationally important protected landscape designated in 1959 which covers 42% of the Dorset, 5th largest AONB in the UK.

BRIDE VALLEY

Dorset Longhorn cattle graze on the chalk downland above the valley at Littlebredy. Small springs feed the River Bride flowing through the clay valley bottom through picturesque villages to the sea at Burton Bradstock and West Bay. One of the most tranquil and unspoilt areas in the Dorset AONB.

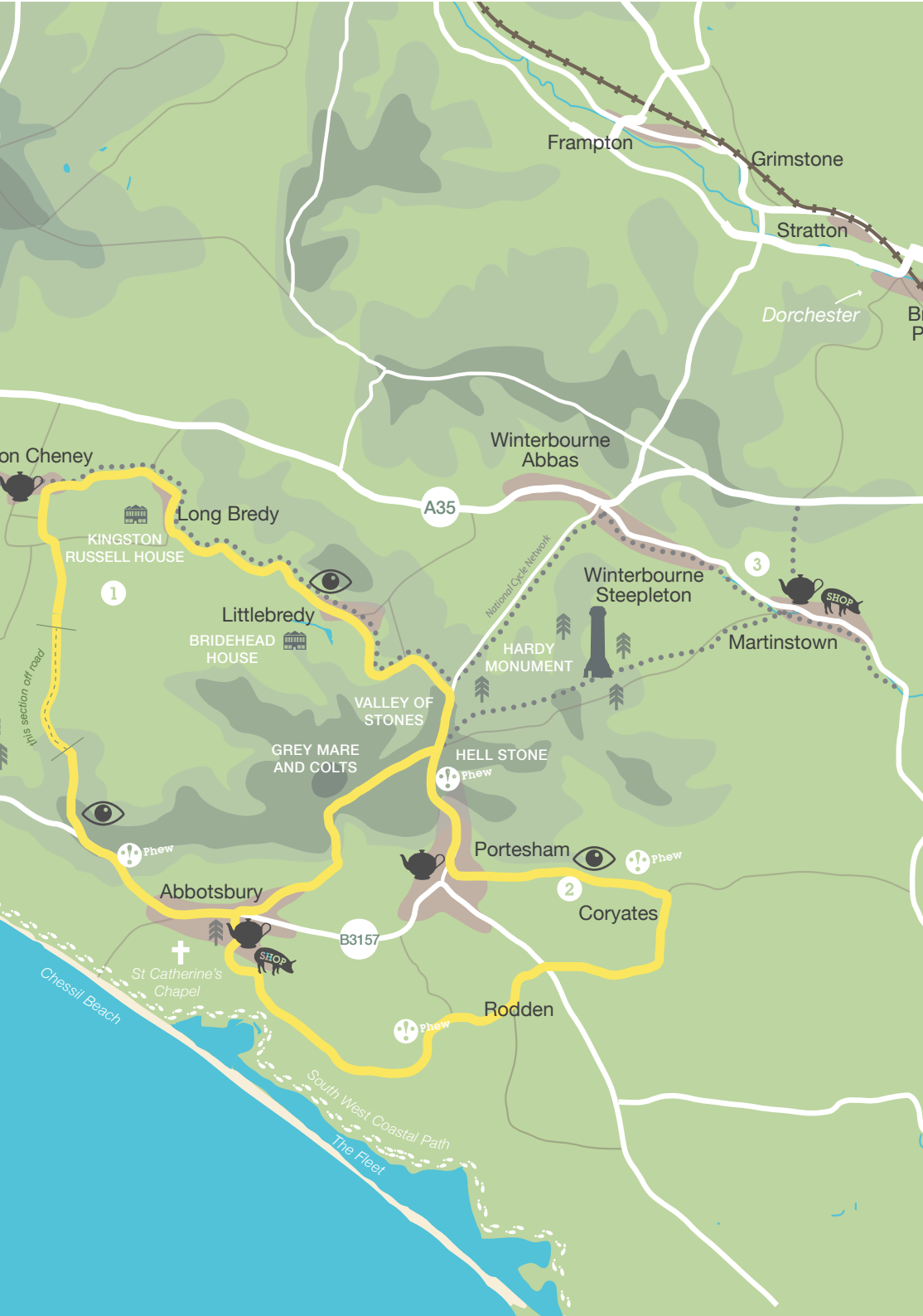
OFF WITH THEIR HEADS!

Visit Dorset County Museum to find out about the South Dorset Ridgeway's famous Pit of Doom, a 1000 year old execution pit containing 51 decapitated Vikings.

FAIRIES & THE GRAND OLD DUKE OF YORK

Take a trip to Bincombe Bumps (east of Weymouth) at midday to listen for fairy music coming from the Bronze Age burial mounds. This is where the Grand Old Duke of York "marched his men to the top of the hill and marched them down again." Finish off with a view of the Osmington White Horse and panoramic views of Weymouth Bay & Portland.

Remember to always follow the highway code.



-  Eat & drink
-  Great view
-  Farm shop
-  Steep bit
-  Your route
-  NCN route

INNER LOOP: 11 MILES
OUTER LOOP: 16 MILES

EAT THE VIEW

- 1 FORD FARM CHEESE**
 Traditional Cheddar carrying the prestigious PDO status, smoked and other cheeses produced in the beautiful Bride Valley. fordfarm.com
- 2 PORTESHAM VINEYARD**
 Artisan vineyard on the South Dorset Downs, near the coast, creating fresh, light, distinctive wine full of the echoes of an English summer. porteshamvineyard.com

- 3 WINTERBOURNE GAME**
 Fresh wild seasonal game, with the majority from their own shoots! winterbournegame.co.uk



DORSET FOODIE
 Join a class at her hands-on cookery classes at Little Bredy.
thedorsetfoodie.co.uk

Full list of Dorset Food & Drink members can be found at dorsetfoodanddrink.org



IF ART IS YOUR THING
 Abbotsbury is full of galleries and shops showcasing the landscape through paintings, jewellery and sculpture.

RIDE 3

RIDE 4

Eggardon

“Hill butted skies and sighs of windsong”

The promise of open skies and wind ruffled grass, watery valley meanderings through picturesque Loders and Uploders and a 'big push' to glorious coastal and inland views. Eggardon hill fort where Bronze Age warriors fought and Roman legions marched, listen and look for their ghosts as dusk falls.

Down narrow lanes with high hedges where streams abound or the more adventurous loop to skirt Powerstock Common ancient woodland once hunted by King John and which now supports an impressive list of rare and protected species.

EGGARDON HILL

Hosts an annual kite festival in September with local food and drink ... and plenty of kites of course!

CONTRABAND came into Dorset in 17th - 19th century and were hidden along routes to London and Bristol in church towers & tombs, underground rooms in big houses and in woods and heathland

BLOW AWAY THE COBWEBS

On the windy heights of Eggardon! Enjoy the amazing views of the Dorset AONB & Lyme Bay. Spot the orchards growing traditional varieties of apples to make Dorset cider and the ancient woodland of Powerstock Common, alive with birdsong, bluebells and butterflies.

KING OF THE SMUGGLERS

Isaac Gulliver, one of Dorset's most reputed smugglers, lived at Askerswell. An old road, Spyway, leads from the village up over Eggardon. This was one of the routes used for taking the contraband northwards to Bristol and beyond.

THE ANT HILL TRAIL

Follow Dorset Wildlife Trust's circular trail from South Poorton Nature Reserve to discover a unique mosaic of ancient hedgerows, small fields & sunken lanes, wildlife in abundance & of course, ant hills!

Download trail: dorsetwildlifetrust.org.uk

WEALTH OF WILDLIFE

See Snakes Head Fritilleries at Loscombe, dragonflies & veteran trees in Powerstock Common's gnarled ancient woodland and look for signs of dormice as you pedal past the hedges.

WONDERFUL WALK

Discover the beautiful Hooke River & unspoilt surroundings or join in with wildlife discovery workshops or just enjoy the countryside sounds with a cuppa! kingcombe.org

POORSTOCK, NOW KNOWN AS POWERSTOCK!

Established before the Domesday Book but has even older Roman sites close by, Powerstock is a pretty village for meandering through quaint stone cottages with pretty gardens. Cider Festival in April, Mapperton Manor Open Gardens nearby May/June. Refreshment for body and soul!

WALK THE LINE

Much of the former Maiden Newton to Bridport branch line can be walked. Circular walk from Powerstock takes in large sections of disused railway line.

Remember to always follow the highway code.



Eat & drink



Great view



Farm shop



Steep bit



Your route



NCN route

INNER LOOP: 11 MILES
OUTER LOOP: 14 MILES

EAT THE VIEW



- 1 **DORSET NECTAR**
Award-winning organic artisan ciders & juices traditionally made with regional varieties. dorsetnectar.co.uk
- 2 **WEST MILTON CIDER**
Natural fermentation using quality apples with no added sulphites, including award winning Lancombe Rising. westmiltoncider.co.uk
- 3 **HIVE BEACH CAFÉ**
Fantastic beach café on the Jurassic coast, serving local seafood & homemade cakes.
- 4 **BABOO GELATO**
Artisan ice cream and lollies babooigelato.com

Full list of Dorset Food & Drink members can be found at dorsetfoodanddrink.org



PIGGY TALES Ancient Toller Porcorum derives its name from either a distant past of prolific pig farming or the wild boar hunted by King John around Powerstock Forest. Try out circular walks from village tollerporcorum.org



HEDGEROWS
Count the different species in the hedge to get an idea of its age - generally they will gain one species of tree, shrub or woody climber for every 100 years of life



ANCIENT WOODLAND
Powerstock Common has existed since at least 1600AD. Come and see how most of Dorset looked before humans arrived!

RIDE 5

Hillforts & the Vale

“Here I find
the ancient signs”

Start off with seaside and fossils at Charmouth, explore the heights of the ancient hillforts of Coney's and Lambert's Castles with 360° panoramic views over the Marshwood Vale to Lyme Bay (down to Start Point in Devon and up to Portland on a clear day) and to the north, Pilsdon Pen and Somerset. An optional route will take you to Pilsdon Pen for even more far reaching views northwards to the Blackdown Hills, Quantocks and Mendips.

Descend to the mysterious Marshwood Vale full of mystery and hidden beauty in miniature. A landscape of narrow lanes, high hedge banks bright with wild flowers in spring and summer, brooks and streams where damsel and dragonflies dart about, tangled copses, old cider orchards and small fields, which has been farmed since the Iron Age.

Let it enchant and take you away from modern life's hurly burly.

Explore Dorset's fortified past - visit the hillforts & castles dotted across the county and find out who lived there

Explore the Marshwood Vale on foot. Search online for "The Dorset Walk Bettiscombe and Pilsdon" to get you started

Poetry by Jean Florence

A SEASIDE START & FINISH

Fabulous fossils can be found at Charmouth Beach, for expert advice pop into the Heritage Centre & learn the secrets of what made them & how to find them. For a fabulous finale, back on the beach to build sandcastles & dip your toes in the sea. charmouth.org

WALK IN THE FOOTSTEPS

Follow in the steps of villagers of 2500 years ago at Lambert's Castle, which with nearby Coney's Castle, was built as a border post between neighbouring tribes. The inhabitants controlled trackways & trade routes, defended the coastline & Marshwood Vale below where they farmed. nationaltrust.org.uk/lamberts-and-coneys-castle

PLACES OF TRUST

The National Trust's Golden Cap estate offers enjoyment for all. Ramble up the highest cliff (627ft) on the south coast for the views, take a woodland walk at Langdon Hill, find the medieval chapel at St Gabriels & explore the traditional hay meadows full of wild flowers in spring & summer or simply take a picnic to Stonebarrow. nationaltrust.org.uk/golden-cap

MYSTERIOUS ANCIENT HIGHWAYS

Labyrinthine paths criss-crossing Dorset, the name Holloway means sunken road and dates from 300 years ago or before. Originally they were drove trails taking cattle to market, routes to ports, pilgrimage routes or boundary ditches. Many trackways are 20 - 30 deep worn away by water and use. thedorsetrambler.com

FOR THE BIG KID IN YOU

Join Jake Diamond and Bessie on the Smugglers Trail at Stonebarrow. An app is available to guide you around the trail, or find the play trail at Langdon Hill. Download audio tracks from dorsetaonb.org.uk. For Apple users download Stonebarrow Hill Smugglers from the App Store.

SECRET WORLD

The Marshwood Vale is a secret world of its own. Weaving round the lanes, you'll see glimpses of the small fields enclosed by old hedges. High banks contain the lanes and create a micro climate ideal for a diverse variety of



-  Eat & drink
-  Great view
-  Farm shop
-  Steep bit
-  Your route
-  NCN route

MAIN: 12 MILES
DETOUR: 2 MILES
 (one way)

EAT THE VIEW

- 1 THE ALEXANDRA HOTEL & RESTAURANT**
 18C hotel overlooking the bay serving teas, lunches and dinners
hotalexandra.co.uk
- 2 MARSHWOOD VALE CIDER**
 Traditional, multi-award winning cider aged in oak barrels
marshwoodvalecider.com
- 3 WYLD MEADOW FARM**
 Lamb and beef produced in prime Dorset meadow land
wyldmeadowfarm.co.uk
- 4 MOORES BISCUITS**
 Traditional baked goods including the famous Dorset Knob!
moores-biscuits.co.uk
- 5 HIX OYSTER & FISH HOUSE**
 British seafood in picturesque setting from Dorset's Food & Drink Ambassador Mark Hix.
hixoysterandfishhouse.co.uk

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Hell Lane, a spectacular Holloway lies behind Chideock - rich in history and mystery. Well worth exploring

