





Three Rivers Leisure Cycle Ride

9 miles - easy
30 miles - challenging

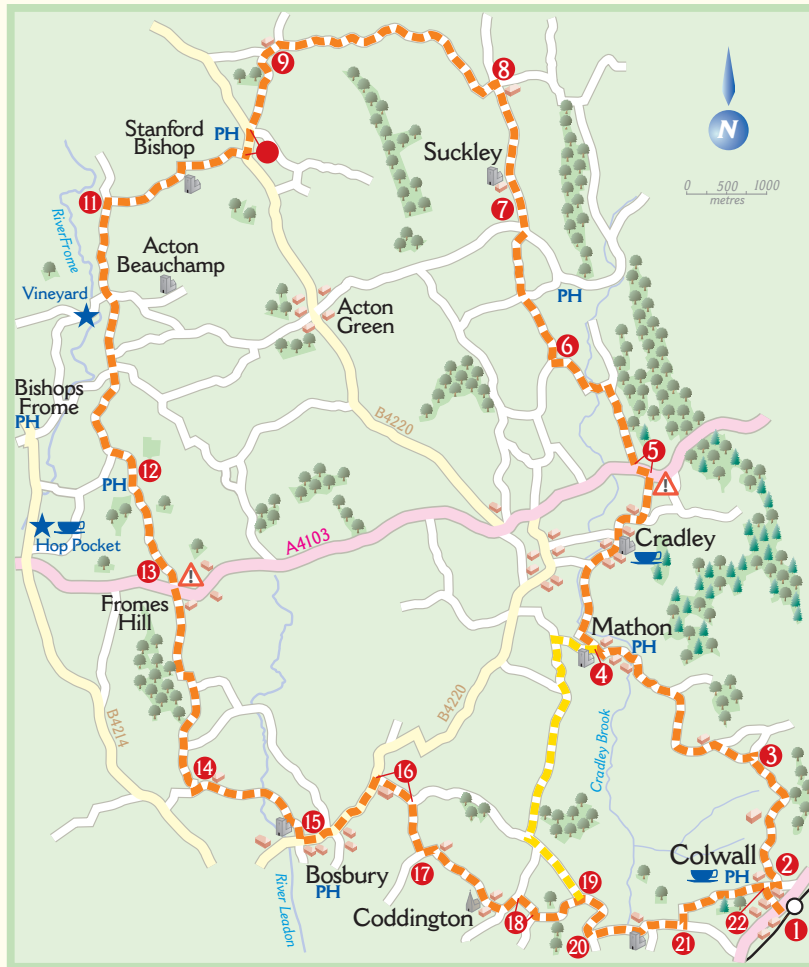
Key

-  Caution sign
-  Pub
-  Refreshments
-  Other place of interest

Directions Key

Directions have been abbreviated as follows:

- R Right
- L Left
- SO Straight Over
- T T - junction
- SP Signpost



The short ride from Colwall Station explores the quiet lanes around the sheltered Cradley Brook valley. The long ride continues north, climbing steadily to high ground with expansive views, before dropping into the Frome River valley.

Fromes Hill presents a stiff cycling challenge (or a pleasant walk!) but the long descent into the River Lodon valley will revive you ready for the picturesque hills at Coddington and the return to Colwall.

Travel Information

Trains to Colwall offer restricted cycle carriage. National train information: 08457 484950

Cycling with care

It is safest to follow the route anti-clockwise. The lanes are shared with other vehicles - please take care. Wear brightly coloured clothing and use lights after dark so that you can be seen. Follow the Highway Code at all times. Cycle helmets are recommended, especially for children.

Grateful thanks to Bella Johnson, Ledbury Area Cycle Forum for research and design of cycle route

Along the route:

Colwall	Crown Inn (01684 541074)	Colwall Park Hotel (01684 540000)
Mathon	Cliffe Arms (01886 880782)	
Longley Green	(1/2 mile detour) Nelson pub (01886 884530)	
Stanford Bishop	Herefordshire House Inn (01886 884252)	
Paunton Court	(1/4 mile detour) Frome Valley Vineyard (01885 490736)	
Bishops Frome	(1 mile detour) Chase (01885 490234)	Green Dragon (01885 490607)
The Hop Pocket	(1 1/4 mile detour) all year craft centre and restaurant/cafe	
Fromes Hill	Majors Arms (01531 640371)	
Bosbury	Bell Inn (01531 640285)	
Coddington	Vineyard (01531 640668)	

Directions

- 1 From Colwall station go SO B4218, between The Crown and PO, along Stone Drive
 - 2 R at T
1st L into Mathon Road
 - 3 L (SP Mathon/Cradley)
- For the short route**
- 4 L (SP Coddington)
L at T (SP Coddington/Colwall)
L at T (SP Colwall) and continue from 20

For the long route

- 5 after Cradley, take care going down steep hill to the busy A4103
L onto A4103 and R (SP Suckley). **Because of poor visibility at the Suckley turn, it is advisable to cross the main road where you join it and walk along the verge on the far side.**
- 6 R at T (SP Suckley/Knightwick)
(for the Nelson pub, R at 'X road' and then R at T, SP Alfrick/Worcester)
- 7 L (SP Acton Beauchamp/Bromyard) and immediately R (SP Suckley Church/Knightwick)
- 8 L at X road (SP Linley Green/Bromyard)
- 9 after house named 'Falling Water' on R, turn L (no SP)
- 10 L onto B4220 (SP Malvern) then R (SP Stanford Bishop church)
- 11 L at T
(to visit vineyard: R at X road, SP Paunton Mill/Munderfield
(for pubs in Bishops Frome: fork R, SP Bishops Frome/Ledbury)
(for the Hop Pocket, R at Mayfields Farm, 1st L and then R onto B4214)
- 12 climb up Fromes Hill
- 13 SO (L/R) at the busy A4103 (SP Bosbury)
- 14 L at T
- 15 L at T in Bosbury, onto B4220
- 16 R (SP Coddington/Colwall)
R (SP Wellington Heath)
- 17 L at T
- 18 R (SP Wellington Heath) then L at post box (no SP)
- 19 R at T
- 20 L (SP Colwall/ Malvern)
- 21 pass church and 1st L (SP Upper Colwall)
- 22 R into Stone Drive
SO B4218 to Colwall Station

Please note that, while Herefordshire Council (01432 260 514) has taken every care to be accurate, no liability or responsibility will be accepted in any circumstances whatsoever, should anyone experience any inaccuracies, loss, damage or injury. This cycle route should be used solely on this understanding.