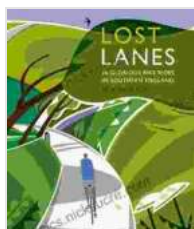


36 Glorious Bike Rides In Southern England, London And The South East

From gentle family-friendly trails to challenging climbs, there's a bike ride in southern England for everyone. Here are 36 of the best, including routes in London and the South East.



Lost Lanes: 36 Glorious Bike Rides in Southern England (London and the South-East) by Jack Thurston

★★★★☆ 4.7 out of 5

Language : English
File size : 26189 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 256 pages
Lending : Enabled



1. The Thames Path National Trail

Length: 184 miles (296 km)

Difficulty: Easy

Start/finish: London to Oxford

Description: This long-distance trail follows the River Thames from its source in the Cotswolds to the North Sea. It's a great way to see the river

and the surrounding countryside, and it's mostly flat, making it suitable for all ages and abilities.



2. The Ridgeway National Trail

Length: 87 miles (140 km)

Difficulty: Moderate

Start/finish: Ivinghoe Beacon to Avebury

Description: This ancient trail follows the chalk ridge of the Chiltern Hills. It's a challenging ride in places, but the views are worth it. You'll pass through some of the most beautiful countryside in England, including the White Horse Hills.



3. The South Downs Way

Length: 100 miles (160 km)

Difficulty: Moderate

Start/finish: Winchester to Eastbourne

Description: This trail follows the chalk cliffs of the South Downs. It's a stunning ride, with views of the sea, the countryside and the Isle of Wight. The trail is mostly flat, but there are some challenging climbs in places.



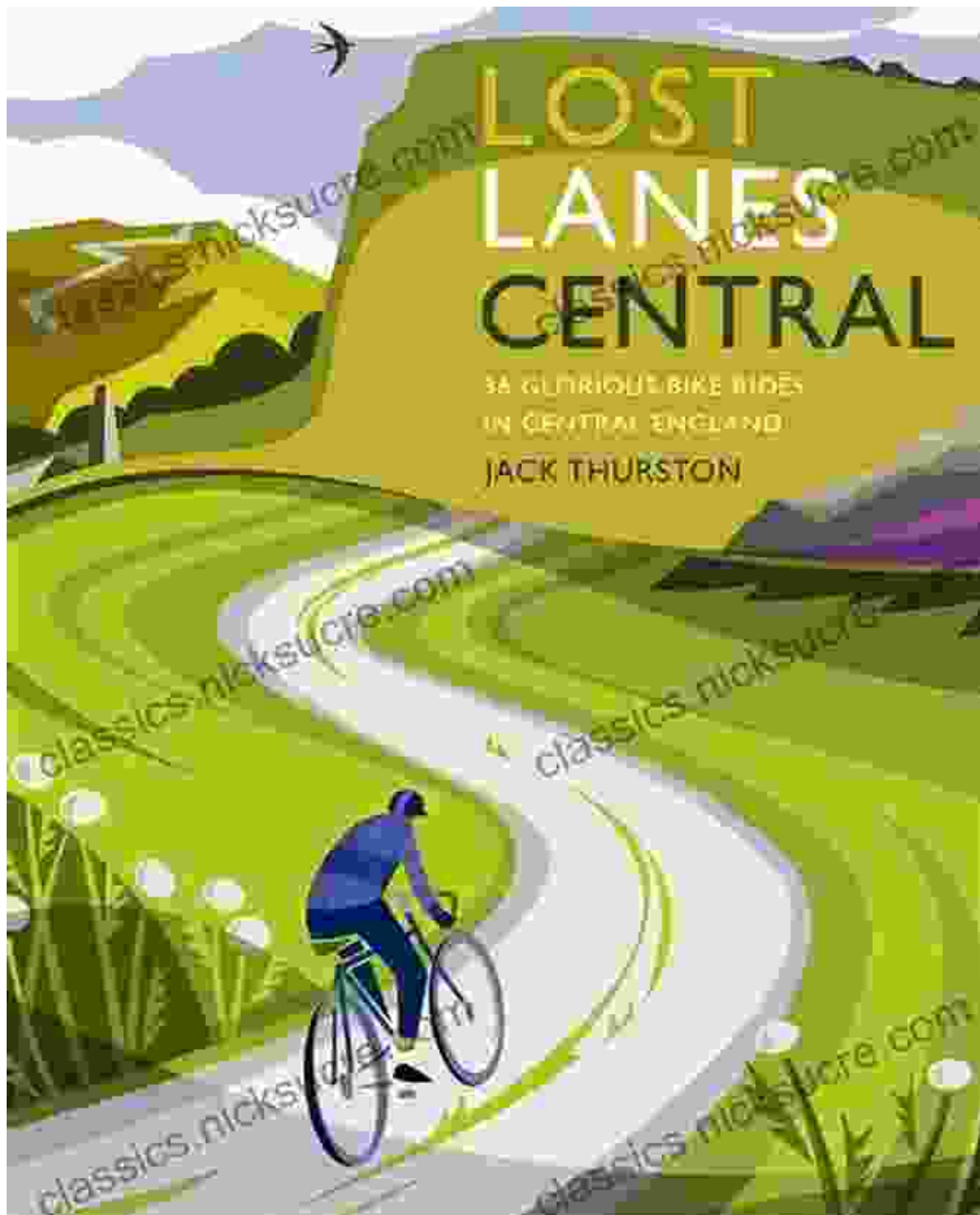
4. The Cotswold Way

Length: 102 miles (164 km)

Difficulty: Moderate

Start/finish: Chipping Campden to Bath

Description: This trail follows the Cotswold Hills, an area of outstanding natural beauty. It's a challenging ride in places, but the scenery is stunning. You'll pass through picturesque villages, rolling hills and ancient woodland.



5. The Grand Union Canal towpath

Length: 137 miles (220 km)

Difficulty: Easy

Start/finish: London Paddington to Birmingham

Description: This is one of the most popular cycling routes in England. It follows the towpath of the Grand Union Canal, passing through London, the Midlands and the countryside. It's a flat route, making it suitable for all ages and abilities.



6. The Kennet and Avon Canal towpath

Length: 87 miles (140 km)

Difficulty: Easy

Start/finish: Reading to Bristol

Description: This towpath follows the Kennet and Avon Canal, passing through some of the most beautiful countryside in England. It's a flat route, making it suitable for all ages and abilities.



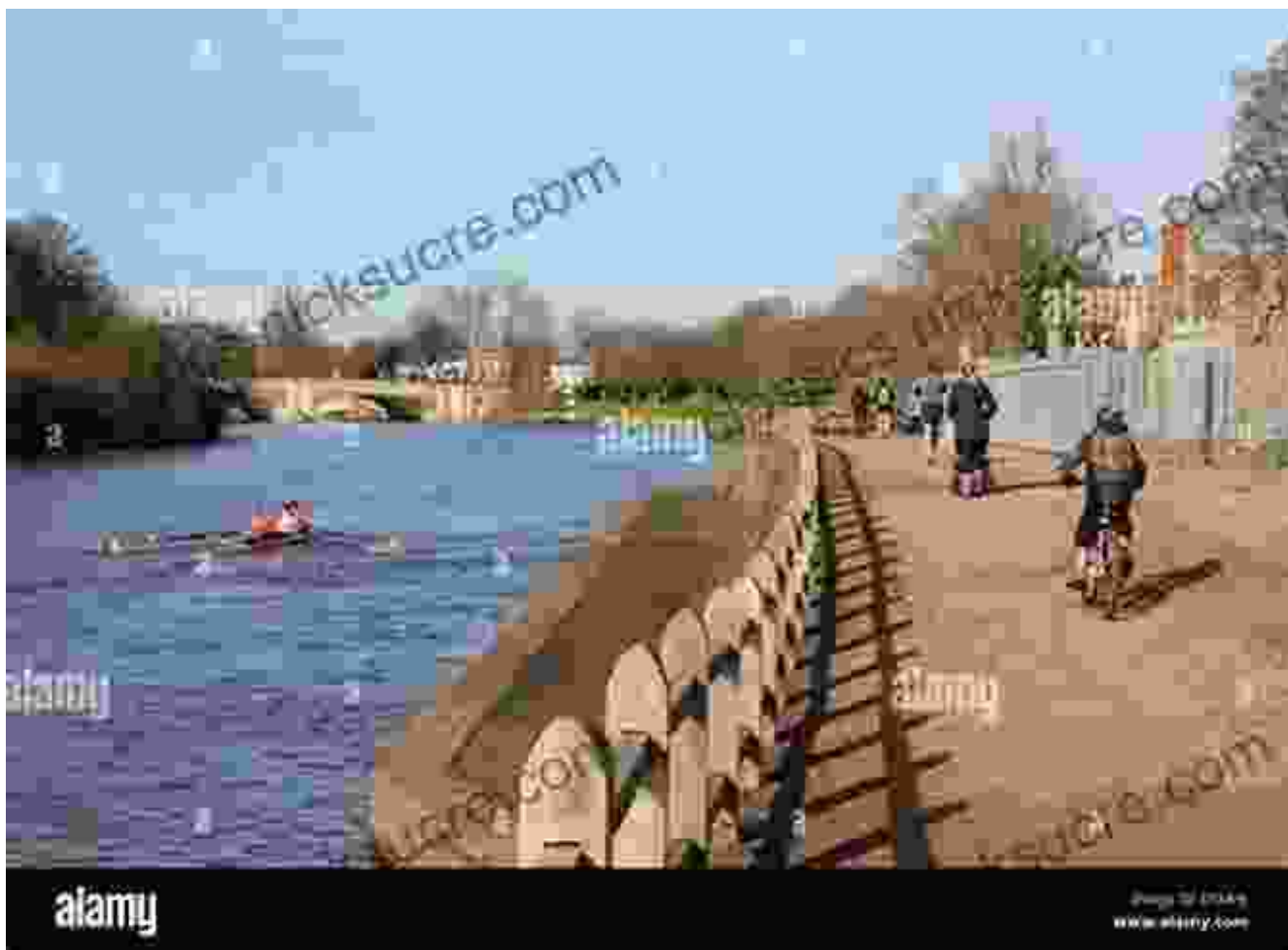
7. The River Thames towpath

Length: 42 miles (68 km)

Difficulty: Easy

Start/finish: Oxford to London

Description: This towpath follows the River Thames, passing through some of the most historic and beautiful towns and villages in England. It's a flat route, making it suitable for all ages and abilities.



8. The River Wey towpath

Length: 21 miles (34 km)

Difficulty: Easy

Start/finish: Woking to Guildford

Description: This towpath follows the River Wey, passing through some of the most beautiful countryside in Surrey. It's a flat route, making it suitable for all ages and abilities.



9. The Basingstoke Canal towpath

Length: 33 miles (53 km)

Difficulty: Easy

Start/finish: Basingstoke to Greywell

Description: This towpath follows the Basingstoke Canal, passing through some of the most beautiful countryside in Hampshire. It's a flat route, making it suitable for all ages and abilities.

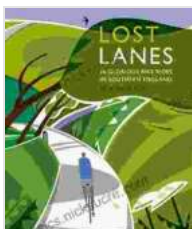


10. The Chichester Canal towpath

Length: 7 miles (11 km)

Difficulty: Easy

Start/finish: Chichester to Birdham



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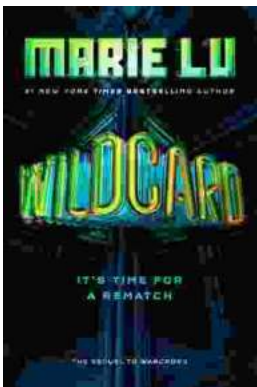
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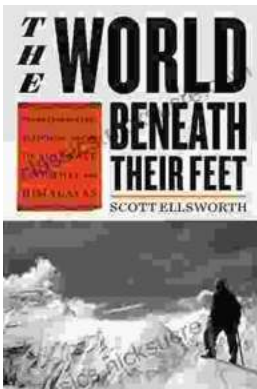
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