Cycling is the ideal way to see and experience the Surrey Hills Area of Outstanding Natural Beauty (AONB), get active and improve fitness.

Cycle Surrey Hills is a network connecting over 80km (50 miles) of byways, bridleways and quiet road routes in South West Surrey. There are five interlinking off-road routes providing a variety of options to explore the very best of this beautiful area.

Discover spectacular views, open heathland, fascinating history, an abundance of wildlife, great local pubs and cafés. You can access the trails by road, linking to railway stations, or car parking is available at the suggested start points.

**Key**
- The Loops and Circuit
- Puttenham Loop
- Thursley Loop
- Elstead Loop
- Frensham Loop
- Devils Punch Bowl Loop
- Historic
- Sandy
- Byways open to all traffic
- Footpath
- Bridleway
- Moderate to Difficult

**Nearby Stations**
- Puttenham
- Thursley
- Elstead
- Godalming
- Milford
- Haslemere
- Reigate
- Guildford

**Nearby Pathways**
- Shipwrights Way
- North Downs Way National Trail

**Off-road cycling code of conduct**
- **Ride Responsibly**
  - Show respect for all other users, and take care of the environment.
- **Leave No Trace**
  - Practice low-impact cycling to protect trails and avoid wet and muddy trails. Keep to the line of existing trails, avoid skidding and take your litter home.
- **Control Your Bike**
  - Stay focussed, check your speed, and think about other people.
- **Always Give Way**
  - Let people know you are there. Pass wide and slow, particularly with horse-riders and approach with caution on blind corners and descents.
- **Avoid Disturbing Animals**
  - Farm, pet and wild animals are startled by sudden noise, be considerate.
- **Always Plan Ahead**
  - Know your bike, your equipment, your ability and the area, and wear appropriate safety gear, and helmet.
**FRENSHAM LOOP**

This ride around Frensham Common offers spectacular views and an abundance of heathland and wildlife. Many birds visit the reserve, including great crested grebe, green woodpecker and grey heron.

Substantial archaeological finds have been discovered on Frensham Common including the Iron Age Hill Fort at Hillbury. The area was extensively used by the military during World War II with evidence of slit trenches and rifle range butts.

**THURSLEY LOOP**

This ride around Thursley Common and Elstead takes you through the Thursley National Nature Reserve, one of the largest remaining fragments of heathland in Surrey situated less than fifty miles from the centre of London.

Discover an abundance of rare wildlife, spectacular views, a replica of the Atlantic Wall used by Canadian troops to practise for the D-Day landings and an eye-catching sculpture of a dragonfly landing on a former electricity pylon!

**DEVIL’S PUNCH BOWL LOOP**

This ride around the iconic Devil’s Punch Bowl has the most spectacular views across open heathland. You might even come across grazing cattle and wild ponies! Legend has it that the Devil scooped up a handful of earth and hurled it at Thor, God of Thunder, the depression that remained is the Devil’s Punch Bowl.

Discover the Old Portsmouth Road, the Sailor’s Stone and the gruesome history of Gibbet Hill!

**PUTTENHAM LOOP**

This ride around Puttenham Common offers spectacular views and an abundance of heathland and wildlife. Many birds visit the reserve, including great crested grebe, green woodpecker and grey heron.

Substantial archaeological finds have been discovered on Puttenham Common.

Many species, including great crested grebe, grey heron and the elusive nightjar visit the reserve, making it a popular destination for birdwatchers.

**ELSTEAD LOOP**

This ride takes you across Thursley & Elstead Commons offering some of the finest remaining heathland in Southern England and a nationally important habitat for bird, reptile and invertebrate populations.

Discover a vast expanse of common land, wonderful views and delightful rural villages.

**FRENCHHAM LOOP**

This ride takes you past Frensham Great & Little Ponds traversing some of the oldest and most spectacular scenery in the Surrey Hills. The landscape is beautiful and vast here with far reaching views across Frensham Common and the Ponds nestled amongst the heathland.

Discover medieval bridges, World War II pillboxes, a replica of the Atlantic Wall, used by Canadian troops to practise for the D-Day landings and Surrey’s secret beach!

**WHY CYCLE SURREY HILLS?**

- cycling is the ideal way to experience the Surrey Hills Area of Outstanding Natural Beauty (AONB), get active and improve fitness.
- Cycle Surrey Hills is a network of over 80km (50 miles) of off-road cycle trails in South West Surrey
- There are 5 interlinking routes providing a variety of options to explore the very best of this beautiful area.
- You will need a mountain bike as the trails are mainly on bridleways, that are not suitable for road bikes, and you may need to push through certain sections, particularly when the trails are muddy in winter.
- The trails are also shared with other countryside users so please remember to ‘share with care’ and give way to horses and walkers.

**RIDE INFORMATION**

- **FRENSHAM LOOP**
  - **Start Point:** Frensham Common Top Car Park, Suffield Lane, Frensham, Godalming GU10 3BT
  - **Distance:** 23.8km
  - **Time:** Allow 2.5 hours
  - **Ascent:** 206m
  - **OS Explorer Map:** 133
  - **Refurbishments & Facilities:** The Three Horseshoes Pub, Thursley, The Lodge Barn Café, Thursley, A National Trust Servery & Café at the Devil’s Punch Bowl

- **ELSTEAD LOOP**
  - **Start Point:** Elstead Village, Godalming GU8 6AB
  - **Distance:** 10km
  - **Time:** Allow 1.5 hours
  - **Ascent:** 135m
  - **OS Explorer Map:** 145
  - **Refurbishments & Facilities:** The Three Horseshoes Pub, Thursley, The Little Barn Café, Elstead, Watts Gallery Tea Shop, Compton (open Fri-Sun), The Devil’s Punchbowl

- **THURSLEY LOOP**
  - **Start Point:** The Three Horseshoes Pub, Dyehouse Road, Thursley, Godalming GU8 6QD
  - **Distance:** 12km
  - **Time:** Allow 2 hours
  - **Ascent:** 286m
  - **OS Explorer Map:** 145

- **DEVIL’S PUNCH BOWL LOOP**
  - **Start Point:** Devil’s Punch Bowl, London Road, Hindhead, GU26 6AB
  - **Distance:** 16km
  - **Time:** Allow 2 hours
  - **Ascent:** 308m
  - **OS Explorer Map:** 145
  - **Refurbishments & Facilities:** A National Trust Servery & Café at the Devil’s Punchbowl

- **PUTTENHAM LOOP**
  - **Start Point:** Puttenham Common Top Car Park, Suffield Lane, Puttenham, Godalming GU10 3QB
  - **Distance:** 17km
  - **Time:** Allow 2 hours
  - **Ascent:** 313m
  - **OS Explorer Map:** 145
  - **Refurbishments & Facilities:** The Three Horseshoes Pub, Thursley, The Woolpack, Golden Fleece or The Mill public houses, Elstead

**INFORMATION**

- **Refreshments & Facilities:**
  - **OS Explorer Map:**
  - **Ascent:**
  - **Time:**
  - **Distance:**

**About the Routes**

Cycling is the ideal way to experience the Surrey Hills Area of Outstanding Natural Beauty (AONB), get active and improve fitness.

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**DISCOVER SOUTH WEST SURREY**

LEISURE CYCLING

Celebrating 60 Years of The Surrey Hills Area of Outstanding Natural Beauty

www.surreyhills.org