

# Cycle Around North Devon

**Route 1: Ilfracombe via Woolacombe**  
 18.6 miles, 7.3 miles off-road  
 Shortcut versions: 9.2 and 14.1 miles  
 Height lost/gained: 611 metres

**Route 2: Ilfracombe via Braunton & Marwood Gardens**  
 23.6 miles, 3.5 miles off-road, no shortcuts  
 Height lost/gained: 744 metres  
 \*\*\* ALSO with a Braunton start point \*\*\*

**Route 4: Braunton via the Taw and Torridge Estuary & Bideford**  
 30.1 miles, 13.9 miles off-road  
 Height lost/gained: 482 metres  
 Shortcut versions: Braunton to Barnstaple at 10.7 miles or Barnstaple to Bideford at 17.7 miles

**Route 8: Bradworthy via Kilkhampton & Tamar Lakes**  
 11.7 miles, no off-road, no shortcuts  
 Height lost/gained: 268 metres

**Route 9: Holsworthy via Lower Tamar Lake & Chilsworthy**  
 17.1 miles, 0.5 miles off-road, no shortcuts  
 Height lost/gained: 369 metres



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+44 (0)1271 883131



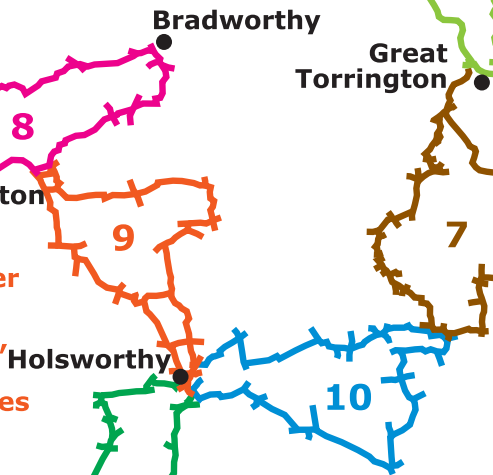
**Route 3: Ilfracombe via Marwood Gardens and Arlington Court (NT)**  
 23.9 miles, no off-road, no shortcuts  
 Height lost/gained: 968 metres

**Route 5: Barnstaple via Chittlehampton**  
 25.9 miles, 3.3 off-road, no shortcuts  
 Height lost/gained: 687 metres



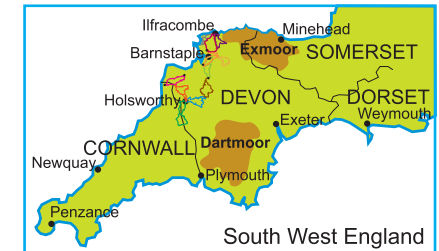
**Route 6: Fremington Quay via Great Torrington**  
 23.5 miles, 12.2 miles off-road  
 Height lost/gained: 612 metres  
 Shortcut version: 13.3 to Bideford

**Route 7: Great Torrington via the Tarka Trail and Sheepwash**  
 24.9 miles, 9.5 miles off-road, no shortcuts  
 Height lost/gained: 573 metres



**Route 10: Holsworthy via Black Torrington**  
 23.3 miles, none off-road  
 Height lost/gained: 589 metres  
 Shortcut version: 20.2 miles

**Route 11: Holsworthy via North Tamerton & Chapmans Well**  
 21.4 miles, 1 mile off-road  
 Height lost/gained: 555 metres  
 Shortcut version: 10.9 miles by avoiding the harder second section



**11 Easy to follow Route Directions**



**No Map Reading Routes Adjoin Others**