

Mini roundabout at Boyne Hill (Waymarker 3)



Track at junction with Hill Top Road (Waymarker 8)



Path towards cycle track & Bushcliff bridge (Waymarker 6)

## Health Notes

## Remember cycling can:



Make you feel good



Give you more energy



Help you sleep better



Help you reduce stress



Keep your heart strong



Reduce blood bressure



Help manage your weight



Improve your life expectancy







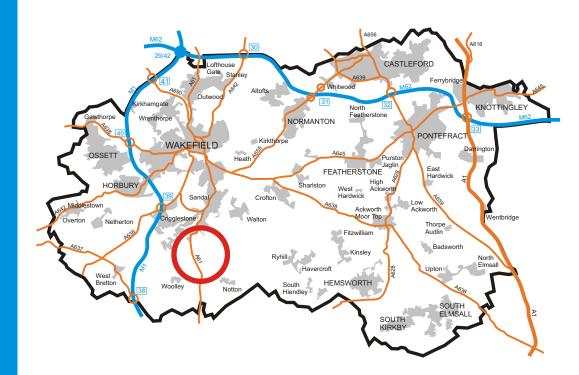
Allow 60 mins



A mainly off road route taking in the peaceful scenery in and around Newmillerdam Country Park.

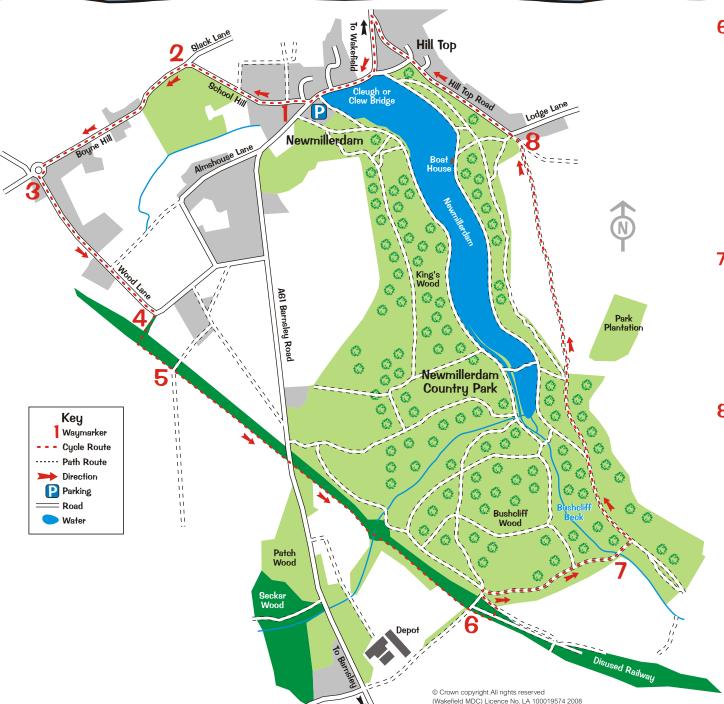


11.2 km / 7.0 miles





- 1 Starting from the pay and display car park (opposite Fox and Hounds public house) at Newmillerdam Country Park. Turn right out of the car park onto Barnsley Road, A61. After 50m, by the Fox and Hounds turn left into School Hill.
- 2 Cycle uphill and at the top, bear left onto Boyne Hill.
- 3 Continue along Boyne Hill until reaching the mini roundabout. (Waymarker 3) Turn left onto Wood Lane.
- 4 As the road bears left, take the track straight ahead. This track goes slightly uphill, and bears left before joining a disused railway track.
- 5 Continue along this track, which can be quite muddy when wet. (Waymarker 5)
  The track passes under the main Barnsley Road, and then continues into
  Newmillerdam Country Park.
  Continue over the viaduct, then under the second bridge.



- 6 150m after passing under a bridge, take the footpath on the left, which doubles back from the disused railway track. Cyclists should dismount here, as this is classified as a footpath. At the top of the hill, turn right. The track becomes wider and it can be used for cycling. After crossing over a bridge over a stream, (Waymarker 6), a short incline leads to a 'T' junction.
- 7 Turn left. Continue cycling uphill through the woods.
  After 350m, the path forks.
  Continue uphill on the right hand track. After going through the woods, the track continues onto an open field. It finally leads out onto Hill Top Road.
- 8 Turn left, and cycle the full length of Hill Top Road. At the bottom of Hill Top Road, turn left onto Barnsley Road, going past the lake and return to the car park.

  (Waymarker 8)