

Further information

www.bishopscastle.co.uk

Nearest Visitor Information Centres

Bishop's Castle: At Old Time in the High St. 01588 638467
Church Stretton: At library in Church Street. 01694 723133
Craven Arms: Shropshire Hills Discovery Centre 01588 676056

Travel Information www.travelshropshire.co.uk

Nearest mainline stations: Church Stretton (13miles)
and Craven Arms (12 miles)

For rail travel call **08457 48 49 50** • www.nationalrail.co.uk

For bus travel call **0871 200 2233** (Traveline)

Ordnance Survey Maps

Landranger 137 Ludlow & Church Stretton

Cycling Contacts

Bikes & Bits: cycle sales & repair, Castle Cars, Station Street,
Bishop's Castle. 01588 638 072

Cycle Plush Hill Cycles: cycle sales, hire and repair.

8 The Square, Church Stretton. 01694 720133

info@plushhillcycles.co.uk • www.plushhillcycles.co.uk

Shropshire Hills Mountain Bike & Outdoor Pursuit Centre

(Cycle & Blazing Bikes): cycle hire sales, camping and training.

Marshbrook, Church Stretton. 01694 781515

blazingbikes@gmail.com www.mtb-shropshire.co.uk

Central Garage: electric bike hire.

Crossways, Church Stretton. 01694 723939

Cycle Go Cycling: mobile bike mechanic. 07950 397335

PI Cycle Repairs: mobile bike mechanic, Conover. 07722

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Cycle Accepts Cycle Shropshire discount card. Visit

www.travelshropshire.co.uk/discount for more details.

Discover Shropshire by bike

It's great to get out and about on a bike in Shropshire. Discover hundreds of miles of National Cycle Network routes along quiet lanes, explore traffic-free trails along old railways and waterways, follow the cycle rides from historic towns and get muddy on mountain bike tracks in woods and forests.

Other Publications

www.travelshropshire.co.uk

Shropshire Council **01743 253008**

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www.castlecyclists.org.uk

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Please note that, while the publishers take 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 leaflet/map should be used solely on this understanding.
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Route 3 – The Clun Challenge

Total distance: **17 miles (27km)**

Taking the flat option: **21 miles (34 km)**

Total Climbing: **440 metres**

- 1 Turn right out of the leisure centre and go straight across the junction with the A488 signed Lydbury North.
- 2 Turn right off the B-road signed Brockton and Bury Ditches Hill Fort. For a flatter route to Clun carry straight on, staying on the B-road:

Flat route alternative to Clun:

- A Turn right off the B-road into Kempton.
- B Follow the road round to the left signed Purslow.
- C At the T-junction turn right onto the B-road signed Clun.

- 3 Follow the road as it passes through Brockton, ignoring roads off to the left and right. As the road leaves Brockton it bends to the left and passes Shropshire Highland Seeds on the right. The road then starts to climb passing through Lower Down.

Bury Ditches is a most impressive Iron Age hill fort and is well worth visiting. Maps and interpretation boards are available at the site.

- 4 Turn right off the main road into the Forestry Commission Bury Ditches woodland, following the wooden fingerpost for the Jack Mytton Way and passing cycle parking stands on the left and picnic tables on the right. The forestry track is good quality and acceptable for most bicycles, but for a road route alternative, stay on the tarmac road and carry straight on, drop down to Clunton and turn right at the unsigned T-junction with B4348 opposite the Crown Inn. Then stay on the B-road and rejoin the main route at reference 7 in Clun.
- 5 Take the left fork down a minor, narrower track signed the Jack Mytton Way.
- 6 Follow the main track round to the right, passing a house on the right. Then follow the track round to the left as it becomes tarmac after which it then passes farm buildings on the right.

- 7 On entering Clun pass the Memorial Hall car park on the right, follow the road round to the right and turn left into Ford Street. Then turn right at the unsigned T-junction with the main road. At the next junction carry straight on signed Bishop's Castle, passing the White Horse Pub on the right.

Clun is an attractive little town with pubs, tea and coffee shops, a museum and a fine old bridge over the River Clun. The castle, now a spectacular ruin, was largely the work of the Fitzalans who also happened to be Earls of Arundel. Once its strategic role ended in the Middle Ages it was developed into, and partially rebuilt, as a grand hunting lodge with ornate gardens.

- 8 Turn left off the A-road signed to Bicton.

- 9 Entering Bicton, ignore a left to Whitcott Keysett and carry straight on signed Bishop's Castle. Shortly afterwards turn left signed Mainstone.

- 10 Go straight over the crossroads signed Mainstone and continue on the road ignoring a left to Middle Knuck.

- 11 At the T-junction turn left signed Mainstone.

- 12 Ignore a left signed Lower Edenhope and carry straight on signed Bishop's Castle.

- 13 Carry on, signed Bishop's Castle ignoring the right to Cefn Einion.

- 14 At this four-way junction bear right signed Bishop's Castle.

- 15 Ignore the left that goes back on yourself signed Upper Broughton and carry on down hill signed Bishop's Castle.

- 16 At this T-junction in Bishop's Castle turn right signed Town Centre. Then ignore the first left (Castle Street) and carry straight on. At the T-junction (opposite Yarborough House Coffee Shop) turn right into the High Street and down a steep drop. Carry straight on at the bottom of the hill until you reach the Six Bells Inn, then retrace your route back to the leisure centre.



Route 4 – The Anchor Adventure

Total Distance: **28miles (45km)**

Taking Mountain Bike Short Cut: **26 miles (42km)**

Total Climbing: **720 metres**

- 1 Starting at the leisure centre turn left onto the road towards the town centre. Shortly afterwards, as the road bends to the right at the Six Bells Inn, leave the main road and carry straight on, signed Bishop's Moat. Continue straight on for a few miles, climbing continuously.

- 2 At the T-Junction turn left signed Bishop's Moat.

- 3 At this junction with a central island, fork left and then immediately turn right signed Pantglas (follow the wooden fingerpost signs for the Kerry Ridgeway).

The Kerry Ridgeway is an ancient high-level route that since time immemorial has formed part of a link between central Wales and the English Midlands. It remained a drovers road until the coming of the railways in the 19th Century.

- 4 Turn left at the Dog and Duck cottage signed Lower Edenhope. Carry straight on, signed Pantglas, if you want to follow the mountain bike shortcut.

- 5 At the T-junction, which is also something of a forked junction, bear right signed Two Crosses. Then carry straight on, climbing gradually for about three miles.

- 6 At this five-way crossroads turn right and back on yourself which is unsigned, but it does have a Forestry Commission welcome board. Ignore the fact that there is a 'no through road' sign.

- 7 At this unsigned forked junction take the left fork, which is tarmac but of poorer quality than the road has been up until this point.

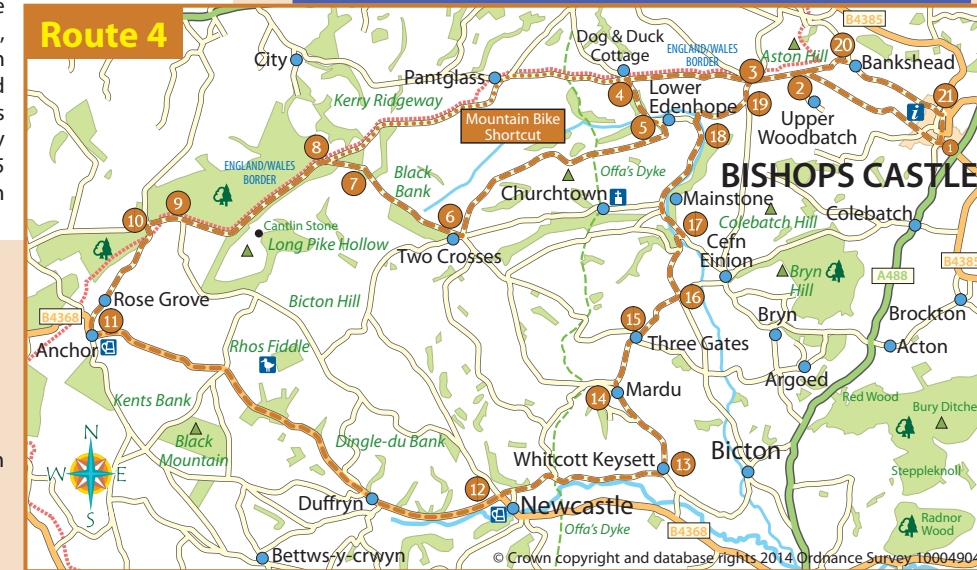
- 8 Follow the track as it bends to the left and becomes a stone forestry track rather than tarmac. There is a Kerry Ridgeway wooden fingerpost on the bend. Keep following the Kerry Ridgeway signs and ignore any tracks off to the left and right.

The Cantlin Stone marks the burial place of a pedlar, by the name of William Cantlin, who collapsed and died in the area in 1691. The neighbouring parishes disputed which of them should incur the costs of his burial. Bettws-y-Crwyn undertook the duty and when parishes were adjusted in 1875 gained several hundred acres on its northern boundary on the evidence of the stone.

- 9 Ignore an unsigned tarmac road off to the left and carry straight on passing an interpretation panel for the Kerry Ridgeway on the right.

- 10 At this unsigned crossroads turn left down-hill onto a tarmac road, leaving the Kerry Ridgeway which continues straight on.

- 11 At the junction next to the Anchor Pub, turn left signed Newcastle. Then stay on this road, ignoring more minor roads off to the left and right, until you reach Newcastle.



- 12 Entering Newcastle the road bends to the right. On this bend, leave the main road carrying straight on signed Whitcott Keysett.

- 13 As the road bends round to the right, turn left signed Mardu.

- 14 In Mardu turn right signed Three Gates.

- 15 At the dog-legged junction go straight on signed Cefn Einion.

- 16 At the cross roads turn left signed Mainstone, and continue on the road ignoring a left to Middle Knuck.

- 17 At the T-junction turn left signed Mainstone.

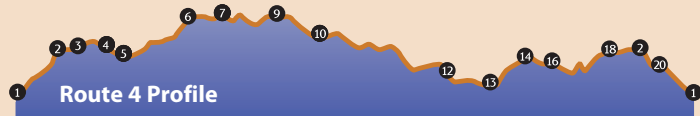
Mainstone's Church contains a stone, after which the village and the parish are named. The stone is still in place in front of the pulpit, and was used in the weighing of agricultural produce, as well as by local youths to test their strength.

- 18 Ignore a left signed Lower Edenhope and carry straight on signed Bishop's Castle.

- 19 Carry on, signed Bishop's Castle ignoring the right to Cefn Einion. You then arrive at the junction you passed earlier at reference 3, bear right signed Bishop's Castle. At reference 2, instead of turning right signed Lydbury North, which was the route you came up earlier, carry on straight signed Bishop's Castle.

- 20 Ignore the left that goes back on yourself signed Upper Broughton and carry on down hill signed Bishop's Castle.

- 21 At this T-junction in Bishop's Castle turn right signed Town Centre. Then ignore the first left (Castle Street) and carry straight on. At the next T-junction turn left into Welsh Street signed to the Town Centre. At the next T-junction (opposite Yarborough House Coffee Shop) turn right into the High Street and down a steep drop. Carry straight on at the bottom of the hill until you reach the Six Bells Inn, then retrace your route back to the leisure centre.



FREE

Bishop's Castle Cycle Rides



Four cycle rides following quiet lanes and bridleways through Bishop's Castle borderland
From 11–28 miles (18–45 km)
www.bishopscastle.co.uk



About the cycle routes

Explore the dramatic landscape of Bishop’s Castle and the Shropshire Hills on these four graded cycle routes, Route 1 being the easiest:

Route 1 – Long Mynd Motivator

Leads you part way up the Long Mynd, offering stunning views of the Onny Valley, and passes a selection of fine pubs.

Route 2 – The Full Monty

A figure of eight ride through beautiful countryside offering you the chance to enjoy the delights of Montgomery, with plenty of refreshment stops en route.

Route 3 – The Clun Challenge

Takes you along a beautiful woodland trail to Clun with its wide choice of teashops and pubs.

Route 4 – The Anchor Adventure

A challenging ride along the Ridgeway with spectacular views, visiting some beautiful, remote hamlets along the way.

Where to start

All four routes start from Bishop’s Castle’s Community College and leisure centre. There’s parking available in Harley Jenkins Street or at the Auction Yard on Station Street (see town map).

Cycling code cycle with care!

- Always follow the Highway Code
- Be considerate to other users, and give way to pedestrians and horse riders
- Take particular care at junctions, when cycling downhill and on loose surfaces
- Ride in single file on narrow or busy roads
- Consider wearing a helmet and high visibility clothing

Cycle route 1

Cycle route 3

Short cut / alternative route

Cycle route 2

Cycle route 4

Café

Castle

Post Office

Picnic Area

Toilets

Pub/Inn

Tourist Information

Caravan/Camping Site

Car Park

Cycle Shop

Shops

Church

Nature Reserve

Youth Hostel

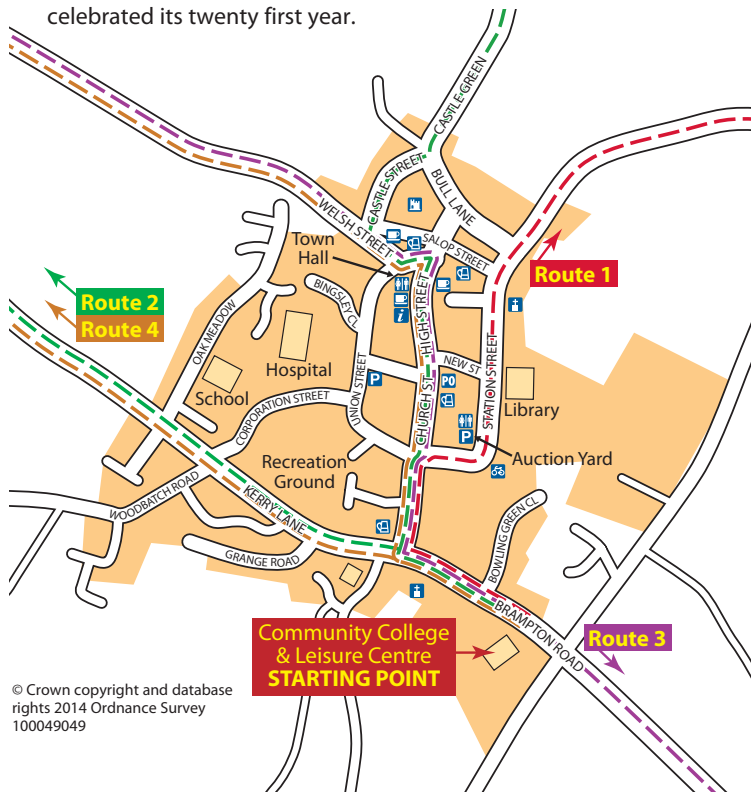
Bishop's Castle

The town of Bishop’s Castle takes its name from the castle built by the Bishops of Hereford, in their capacity as Marcher Lords, to defend and dominate their Lydbury estate. Within two hundred years of the Norman Conquest, a small market town had been established between the castle and the church. The medieval plan, of a main street and two back lanes, has survived and evidence of burgrave plots and cross-lanes, or shuts, can be seen. Of the castle there is little to be seen.

The Bishops lost their control of the estate in the sixteenth century and in 1573 the town obtained a royal charter of incorporation, and some years later won the right to return two members of parliament. This legislation continued until the 1832 Reform Act when the town, with a population of only 2,000, lost that right. The borough status was however retained until 1967. At that point it was the smallest borough in England.

Bishop’s Castle today is an attractive and prosperous little town with lots going on. It still retains its weekly livestock market, has a good range of coffee and tea houses plus two museums and six pubs, two with their own breweries which produce an excellent range of beers. Cyclists suffering from dehydration or caloric depletion have a good choice of locations for solving their problems.

Bishop’s Castle is also a lively town with frequent fairs and festivals and an agricultural show drawing in the punters. It is also home to the Tandem Triathlon, an event of world renown, which recently celebrated its twenty first year.



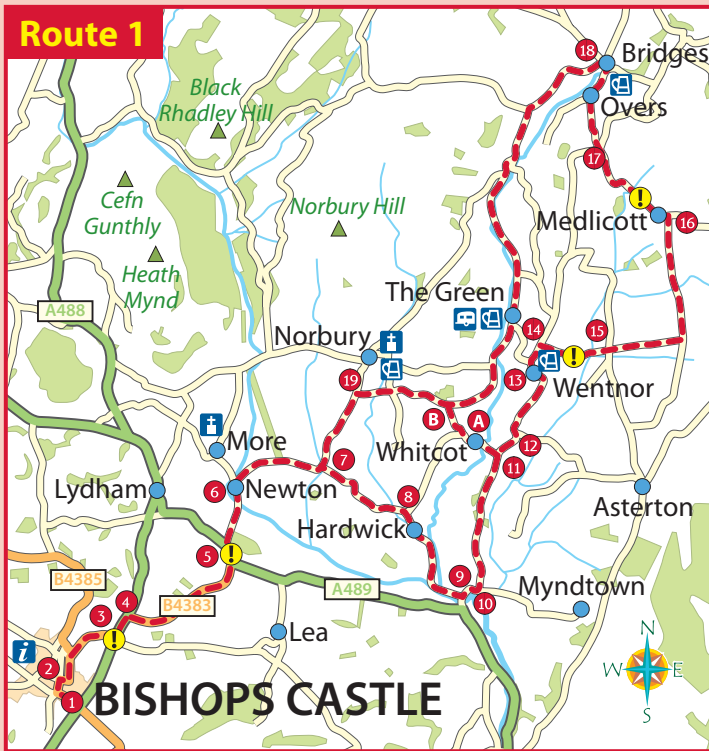
Route 1 – Long Mynd Motivator

Total distance: 20 miles (32km)
Taking the flat option: 13 miles (21 km)
Total Climbing: 275 metres

- Starting at the leisure centre turn left onto the road towards the town centre. At the Six Bells Inn follow the road round to the right signed Community Hospital
- Follow the road round to the right leading into Station Street and signed Through Traffic. Follow the main road as it climbs, following signs for Shrewsbury.
- Turn left onto the A488 signed Shrewsbury. **Take care** on this fairly busy road.
- Turn right off the A488 signed Craven Arms, opposite a house called Lower Lodge.
- Turn left onto the A489 signed Newtown and then almost immediately turn right off the A489 signed More. **Take care.**

Bishop’s Castle Railway Immediately after turning off the A489 there is a tree plantation on the right hand side and a gateway leading into what looks like a goods vehicle trailer park. This is the site of Lydham Heath station. Information about the famous, or notorious, Bishop’s Castle Railway can be obtained from the railway museum in the town.

- Ignore turning to the left signed More.
- Turn right on a sharp bend signed Hardwick.



- Ignore an unsigned road off to the left and continue on into Hardwick passing a pond on your right.
- The pond at Hardwick** is a pleasant place to stop. There is a bench, set against an ancient tree, and a footbridge across the River Onny. The pond is populated by water birds and there is a heronry in the area.
- At this unsigned T-junction turn left (there is a bridge over a brook to the right).
- Follow the road round to the left, following the sign for Wentnor, ignoring the road off to the right which is signed Myndtown.
- At this unsigned junction at Crifin House (Downes Furniture) continue straight on. To take the short cut route, turn left.

Shortcut:

- Ignore an unsigned road off to the left, with a green in the centre of the junction, and carry straight on.
- Turn left at a T-junction signed Bishop’s Castle
- Ignore an unsigned road off to the right and continue straight on signed Wentnor (sign is broken).

Wentnor is set on a ridge with views in every direction. The village is compact and attractive, most of the houses and farms built of brick and local stone. The church at the south end of the ridge was rebuilt in the 19th Century, but still retains some of its original Norman features. The Crown Inn, a 16th Century building, still caters for weary travellers.

- As you come into Wentnor ignore a road off to the left signed Bishop’s Castle and carry straight on signed Prolley Moor.
- Just after passing the Crown Inn turn right signed Prolley Moor. The road then drops fairly steeply with a bend at the bottom. **Take care.**
- Carry straight on at this crossroads signed Medlicott. Then after a one kilometre climb follow the road sharply round to the left, again signed Medlicott.
- Follow the road as it bends to the left, and then back to the right, passing a building made of a mixture of stone and brick on the left. Shortly afterwards ignore the concrete track off to the left marked Lowerhouse Farm, carry straight on through the closed gate and the road drops steeply. Take care as the road is muddy. Go through another gate and then up a very steep climb for a short distance. The road is a little rutted.
- Arrive in a farm yard with a white road sign (titled Coates). Bear left signposted Bridges. Leaving the farm yard, go through a gate which has a cattle grid to its right, and carry straight on down a fairly steep road crossing a cattle grid part way down.
- Immediately after the Horseshoe Inn turn left at an unsigned T-junction and then a little further on turn left at another T-junction signed Wentnor. Then continue on this road for approximately four miles ignoring more minor roads off to the left and right.
- Ignore a road off to the right for Norbury and carry on until reference 7 and then retrace the route from earlier to Bishop’s Castle.



Route 2 – The Full Monty

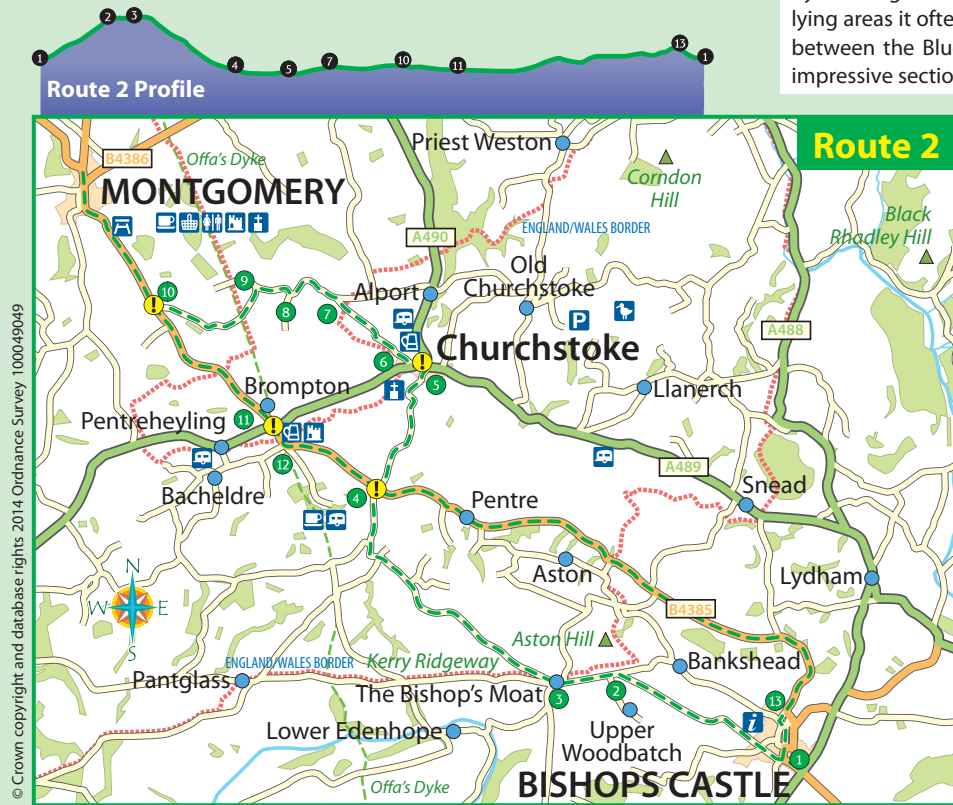
Total distance: 20 miles (32km).
Doing the lower loop only (Half Monty): 11 miles (18km)
Total Climbing: 360 metres

- Starting at the leisure centre turn left onto the road towards the town centre. Then shortly afterwards, as the road bends to the right at the Six Bells Inn, leave the main road carrying straight on, signed Bankshead and Bishop’s Moat. Then carry straight on for a few miles, climbing continuously.

National Boundary This ride crosses the English/Welsh boundary no less than six times. There are no border formalities so passports are not needed.

- At the T-Junction turn left signed Bishop’s Moat.
- At this junction with a central island, fork right signed Court House. Then follow the road as it drops, ignoring roads off to the left and right.

The Bishop’s Moat was possibly the original Bishop’s Castle, built to the Norman Motte and Bailey pattern, to defend the Manor of Lydbury from Welsh incursions and to dominate the ridgeway and the Camlad Valley from its height of 370 metres. The 9m high motte (mound) is situated to the west of the bailey (yard). A well preserved bank surrounds the oval shaped bailey, which measures 90m by 60m.



- Turn right at this unsigned T-junction. **Take care** and use the mirror opposite to look right. Then turn left at the very next junction (again unsigned).
- As you enter Churchstoke, passing a church and the Court House Hotel on your left, turn left at the T-junction with the A489 signed Bacheldre. **Take care.** Then ignore the first right signed Welshpool.
- Turn right at an unsigned junction into Coed Lane.
- At the T-junction turn left signed Montgomery.
- Turn right at this unsigned junction (left leads to a farm but is a tarmac road of the same quality as the road, so it could cause confusion).
- Follow the road round to the left, ignoring a tarmac road off to the right that leads to a farm.

Montgomery pubs and teashops cater well for the hungry and thirsty cyclist. The museum and the castle, towering over the town, are well worth visiting. The views from the castle are superb.

- To go into Montgomery, turn right at this unsigned T-junction. Otherwise turn left. **Take care** as visibility to the right is limited.
- Go straight on at this staggered junction with the A489, following signs for Bishop’s Castle, and pass the Blue Bell Pub on your left on the junction.

Offa’s Dyke This remarkable earthwork, built in the 9th Century AD by the King of Mercia, is crossed twice by the cycle route. In the low lying areas it often shows up as little more than a ditch and bank but between the Blue Bell pub and the entrance to Mellington Hall an impressive section can be seen.

- Pass a road off to the right which leads to Mellington Hall, which serves morning coffee, lunches and evening meals. Then carry straight on following the B4385 and ignoring roads off to the left and right until you reach Bishop’s Castle.

Motte & Bailey Castle Close to Offa’s Dyke at Brompton, a reasonably well preserved motte is visible from the road, illustrating the strategic nature of the Camlad Valley in troubled times.

- On the outskirts of Bishop’s Castle turn right off the B-road into Castle Street signed to Bishop’s Moat. At the next T-junction turn left into Welsh Street signed to the Town Centre. At the next T-junction (opposite Yarborough House Coffee Shop) turn right into the High Street and down a steep drop. Carry straight on at the bottom of the hill until you reach the church and retrace your route earlier following the road round to the left back to the leisure centre.