

Destination Bristol

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PRESS FACT SHEET – BRISTOL BY BIKE

Cycling and Bristol go together like Wallace and Gromit. Named as England's first cycling city back in 2008, Bristol has flourished as a bike-friendly haven and is home to excellent cycle routes and experiences suitable for every type of rider, from regular pedal-heads and fearless mountain bikers, to occasional leisure riders.

The Festival Way is one of Bristol's newest cycle routes. It's a 9-mile route that will take you from Bristol Harbourside to Millennium Park in Nailsea, via the beautiful Ashton Court Estate. It's a great traffic-free route for families attending events at Ashton Court. **Bristol and Bath Railway** was the first ever route to be created on the National Cycle Network. It's still one of the Network's most popular routes and is an easy 16-mile ride between Bristol Harbourside and the World Heritage City of Bath – perfect for people wanting to take in two fabulous West Country cities in one leisurely bike ride. **The Strawberry Line** is a favourite local ride. Take a train from Bristol to Yatton and then tackle this 11-mile countryside route that passes through Thatchers' cider orchard on the way and ends at the magnificent Cheddar Gorge and caves. You can plot these and other routes on the online map of Bristol-based charity **Sustrans**, creators of the National Cycle Network.

If you prefer a gnarly **mountain bike trail** to a smoothly surfaced route, then head for Ashton Court and Leigh Woods – they are hugely popular with the MTB crowd and are only minutes away from the city centre.

If you arrive in Bristol without your own bicycle it's no problem, you can hire one at **Cycle the City** - an independent bike hire service on the waterfront. You could also book onto one of its popular guided tours like the Ale Trail, which takes in some of Bristol's award-winning ale pubs, or the wine-tasting tour that includes sampling organic, English wines. Guests staying at **The Greenhouse**, one of Bristol's most sustainable and ethical B&Bs, can borrow one of two electric bikes from owner Fran. Or, book an electric bike with **Bristol Electric Bike Hire** and soar up famously challenging hills like Park Street with ease. Bike hire can also be arranged for guests at **Brooks Guesthouse** in the Old City. In autumn 2013, First Great Western introduced a **Brompton folding bike hire scheme** for travellers arriving at Bristol Temple Meads railway station.

After time in the saddle, there's nothing like a good feed and a drink in a cycle-friendly hangout.

Mud Dock cycleworks and café combines sales of bikes and accessories with repairs and servicing, maintenance workshops and managed, covered bike parking for 50 bikes. The café bar above the shop serves excellent food in a stylish, renovated warehouse on the dockside and has a rooftop terrace for outdoor, summer dining with great views over the water. It has been open since 1994 and is one of Bristol's classic cycle outlets.

Cycle the City is based at **No.1 Harbourside** café bar on the waterfront, so when you return your bike you can sit down for a cider, a hot meal made with locally-sourced, seasonal produce, and live music.