

## ROUTE 7

**Moderate Effort**

**Hilly**

**Typical Ride Time 2 Hr 20**  
(excl. long stops)



[www.parkcycle.co.uk](http://www.parkcycle.co.uk)

**Distance**

**12.5km / 7.8 miles**

**Route**

**RoG - SG - PP - HC - KG - HG - HC - PL - RiG - SG - RoG - Parkcycle**