

Lepe & Exbury Loop (10 miles)

Traveling along the New Forest's charming coastline and cutting inland, this route takes in stunning sea views. An easy ride on dry summer days. This route can be muddy and challenging in winter so this may be one for those with mountain bikes. Some parts of the route may be overgrown during the summer, so keep an eye out.

Step 1: Start in Lepe Country Park and turn left to follow the road along the coast enjoying the great views over the Solent to the Isle of Wight. As the road begins to turn inland there is a junction, turn left here and head along Inchmery Lane following the road towards Exbury.

Step 2: At the end of Inchmery Lane, you will arrive at a junction where you can see Exbury Tower on your left. Take a right turn here and head into Exbury village. Cycle through the village and pass the Exbury Club on your right. If you want to pop into Exbury Gardens, continue straight on instead, and you will find the entrance shortly after on your left. To rejoin the route, retrace your steps to this point and head into the village. When you arrive at a triangle junction, keep right and follow the main road.

Step 3: The next section of road is very straight for some time. As you round a left bend in the road, keep an eye out for crossroads where a gravel track intersects the road; this can be easy to miss. There is also a road sign warning of a zig-zag road. At this crossroads, take a left turn onto the signed bridleway.

Step 4: As you approach East Hill Farm, continue to cycle through onto the bridleway straight ahead. The bridleway is located between two gates (be aware, this bridleway can be very boggy and muddy in damp conditions).

Follow the bridleway down the edge of a field to the bottom of the slope. Take care as the grassy track is rutted. At the bottom of the slope, take a left turn to continue along a single track and over a small bridge and uphill towards a road (this uphill section can also be challenging in wet conditions).

Step 5: When you reach the road, take a left and follow Lepe Road towards Langley. As you enter Langley, look out for the third turning on the right that takes you down a road called Mopley. Shortly after, take a right at a staggered crossroads (Mopley Close is on the left) to continue down Mopley past Forest Gate and Green Lane. Continue straight ahead onto a wide gravel track and follow this to its end.

Step 6: At the end of Mopley, you will see an equestrian field in front. Take the bridleway on the far right. Along this route there are a number of small upright wooden panels on the ground floor to lift your bike over. Continue along this bridleway until you come to a swing gate. Go through the gate and continue to the junction in the track. Follow the track straight along and do not turn left down the hill as this will take you to Badminton Common. Be aware that this track can become boggy in damp conditions, especially in winter.

Follow the bridleway through the rutted terrain until the surface becomes gravelly again. There are two steep gravel downhill before steep uphills, take care on these sections.

Step 7: Pass through another swing gate and shortly after the track has a junction and take the right that presently ends at a road. Take a right onto Stanswood Road. Following the road for a while, passing Stanswood Farm, an S-bend and Stone Farm, eventually ending up at a T-junction in front of a cottage. Turn left here onto Lepe Road, following signs to Lepe which will take you back to the sea and the Country Park.

Please find a map of the route on the back of this page.

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