

Easy off-road cycling in East Surrey

We are spoilt for choice with a maze of bridleways to explore in Surrey. Currently it is frowned upon to cycle on footpaths but this may change. We are also blessed with many places to get a cuppa-and-cake to break your ride up. There are several riding and walking trails, parts of which are suitable for off-road riding:

- National Cycle Route 21
- The North Downs Way (footpath and bridleway)
- The Greensand Way (footpath and bridleway)

And further afield:

- The Downslink
- The Worth Way

The best places to start from and to meet up locally are:

- Reigate Hill
- Reigate Heath
- Mercers Country Park car park, Merstham (closes at night)
- Milton Heath car park, Dorking
- Ryka's car park, Burford Bridge

You might like to plan your route with a tea stop as a destination. Again there are plenty of bike-friendly stops to choose from:

- Junction 8 at Reigate Hill
- The Village Stores and Tea Room at Headley
- Box Hill National Trust Café
- Ryka's Café at Burford Bridge
- Polesden Lacey cafés
- Leith Hill Tower
- The Village Stores at Peaslake
- Tanhouse Farm

Here are some tried and tested routes that you might like to try – all or in part. They are in order of difficulty. Click on the name of the ride to download the gpx file for that route.

[Leigh-Capel](#): 19 miles of easy riding, mainly on broad tracks and across farmland with little climbing. This route is not suitable in the winter. Tea can be had at Tanhouse Farm. Please be aware that the track at Henfold House crosses a circular training track for racehorses – take extra care.

[Outwood-Horne](#): 22 miles of gentle riding starting from the Inn on the Pond, near Mercers Country Park. Not recommended in wet conditions as there are fields which can become very muddy. The route can be shortened to a 13 mile loop at the Outwood windmill by staying on the road and taking the next bridleway on the left. Or park at Outwood Common near the windmill and ride from there.

[Reigate Heath-Redlands](#): 18 miles with one big climb at Folly Lane and easy riding on broad tracks through farmland and Holmwood Common. Includes a descent off the Redlands hills which can get very sticky in the wet as can the Common.

[Ryka's-Newlands Corner](#): a longer ride of 24 miles with couple of big climbs and long descents following the North Downs ridge to tea at Newlands Corner. Rideable all year round.

[Reigate Hill-Coulsdon](#): 18 miles with some challenging climbs and rooty single track. Tea can be had at Coulsdon Memorial Park within a quarter of a mile of the end of the single track.