

The 3 pubs cycle ride

This 9 mile cycle ride takes in 3 Ruby Country villages, each with a shop and pub.

1. Park in the Village Square in Sheepwash and then follow National Cycle Route (NCR) 27 northwards towards past the Village shop on the left. Follow this road until it bends sharply left at Swardicott Cross. Just before this there is a vineyard on the right.
2. Follow this road to next T junction at Downs Farm. Turn left and head in the direction of Black Torrington.
3. After a while the road bends sharply to the right and then the left. At the next junction take the left fork and then drop downhill to the River Torridge, crossing Black Torrington Bridge. Follow the road as it winds its way into Black Torrington and keep on the road keeping an eye out for the Village Shop on the right.
4. At the shop follow the road to the left and then keep on through the village. Follow this road until Windmilland Cross on the main A3072 Holsworthy to Hatherleigh road is reached. Cross the road and follow the lane signed "Ruby Way". At the bottom of this lane past Hole Farm on the left, a wooden barrier and more signs are reached. Turn left onto the Ruby Way.
5. Follow the Ruby Way towards Highampton. This section of the old railway line is also used by walkers and horses, so beware. When the road is reached, turn left and head into Highampton.
6. Once in the village cross the busier A3072 and follow the lane signed to Sheepwash. Just before the village, the road heads down to the River Torridge, crosses Sheepwash Bridge and then climbs in to the village.

Directions - Sheepwash, Black Torrington and Highampton

DISTANCE	9 miles
ROUTE	Quiet country lanes, crossing the busier A3072 twice and an off road section
MAP	OS Explorer 112 or Landranger 190
START/FINISH	Grid reference SS487063
PARKING	Sheepwash Village Square
FACILITIES	Half Moon Inn and shop in Sheepwash, Torridge Inn and shop in Black Torrington, Golden Inn and shop in Highampton

