

ACTIVITY  
DESCRIPTION  
TIME  
DISTANCE  
OPTIONS

**CYCLE - GRAVEL CYCLE - MTB**  
**SOUTHERNESS - CARSETHORN**  
**2.30-3 HRS**  
**23 miles**

As this ride takes in a significant amount of beach riding, check tide times. There may also be softer areas of sand so care should be taken. Advise 2.5 width tyres.

