

Strava Cycling Route

10 miles via Flamstead. A circular cycle route through the quiet lanes from Redbourn to the picturesque village of Flamstead and back. There are two pubs in the centre of Flamstead for refreshment and also a village shop. After Flamstead the route continues on quiet lanes through the countryside back to Redbourn

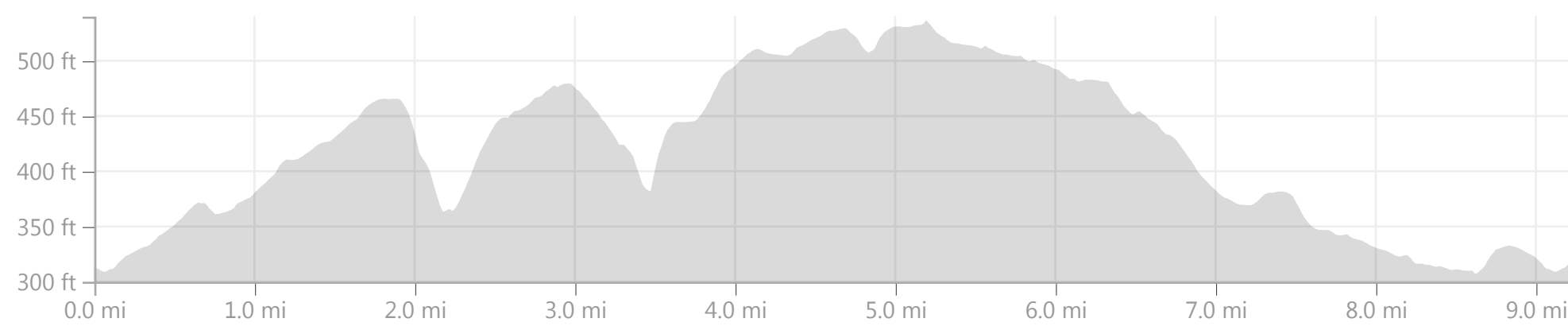


By Pam C.
Created on March 18, 2019

9.25mi 502ft Road
Distance Elevation Gain Ride Type

A circular cycle route through the quiet lanes from Redbourn to the picturesque village of Flamstead and back. There are two pubs in the centre of Flamstead for refreshment and also a village shop. After Flamstead the route continues on quiet lanes through the countryside back to Redbourn

Sign up for Strava



Segments

Name	Distance	Elev. Diff.	Avg. Grade
Gaddesden Row Sprint	0.57 mi	27 ft	-0.9%
Redbourn Sign Sprint	0.22 mi	11 ft	-0.9%
STAR WARS	0.66 mi	72 ft	-2.0%
RCC Time to drop the bomb	1.22 mi	94 ft	-1.1%
Gaddesden Lane down to M1	2.08 mi	167 ft	-1.5%
Gaddesden lane flat out	0.34 mi	25 ft	-1.3%
sprint to bridge	1.17 mi	68 ft	-1.1%
the last kilo	0.59 mi	37 ft	-1.2%
The last ten	0.17 mi	11 ft	-1.2%
Gaddesden Ln last corner to m1	0.09 mi	8 ft	-1.6%

Strava Routes

Make the most of your run or ride with Strava Routes. They're community curated and backed by Strava activity data to help you choose the right roads and paths. [Learn more](#)

