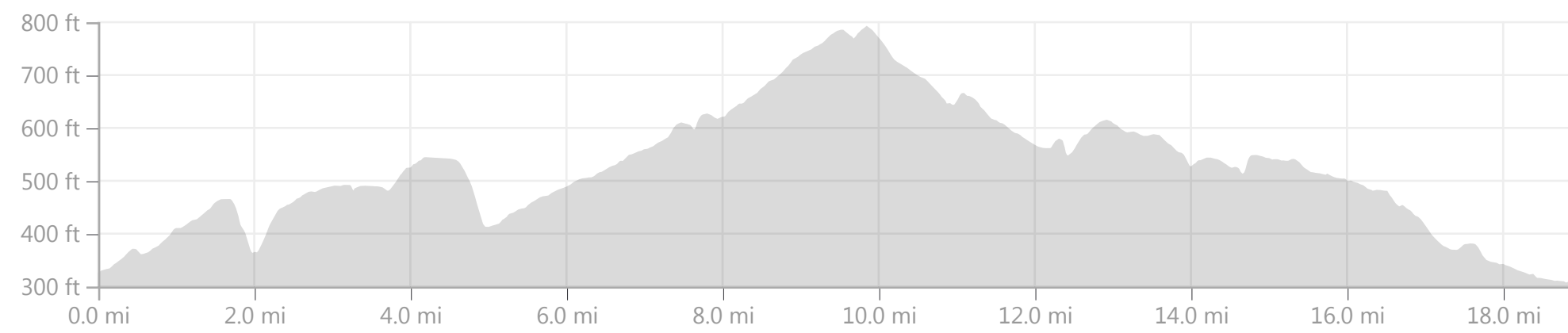
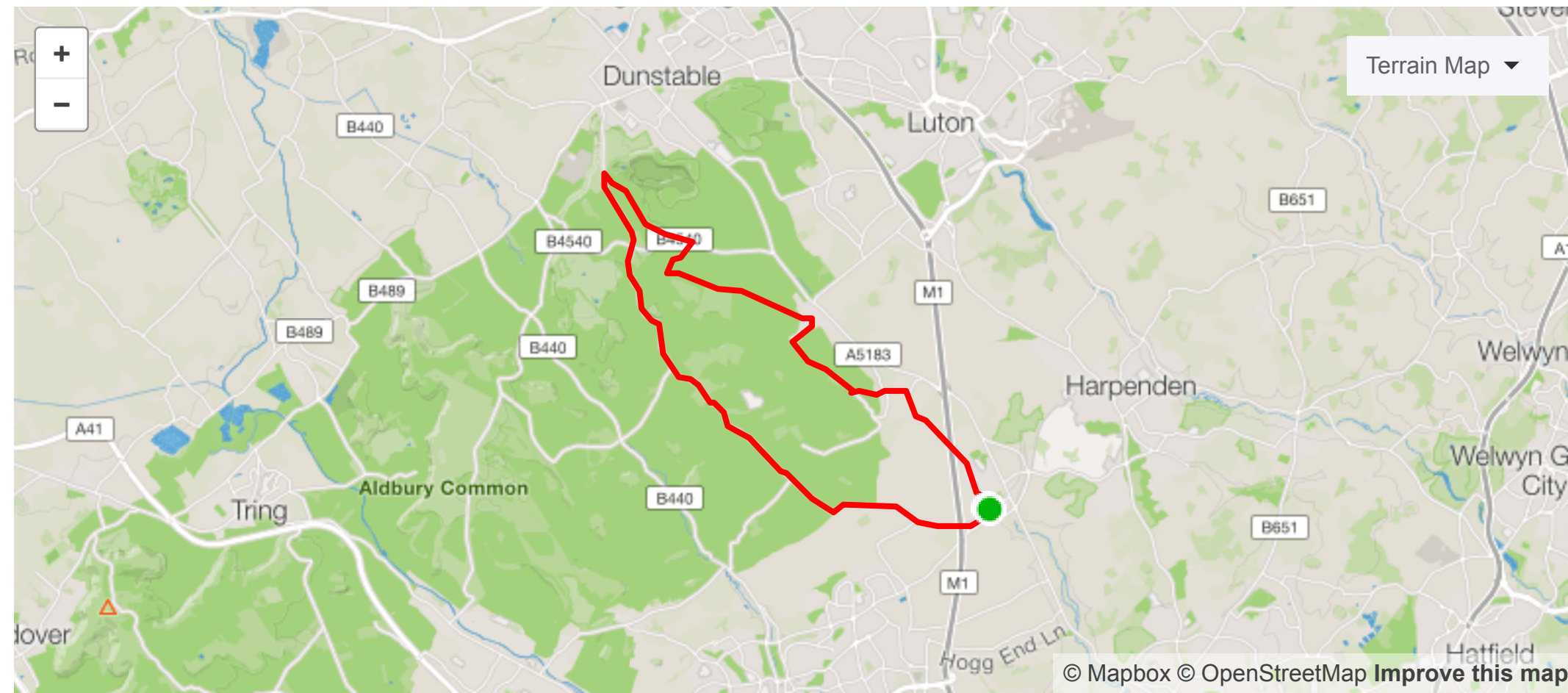


Strava Cycling Route



Redbourn to Dunstable Downs. A 20 mile circular cycle route on quiet lanes to Dunstable Downs with an optional visit to the Visitor Centre.



By Pam C.
Created on May 31, 2019

18.95mi 972ft Road
Distance Elevation Gain Ride Type

[Sign up for Strava](#)

Segments

Name	Distance	Elev. Diff.	Avg. Grade
Race to the Chequers	2.62 mi	13 ft	-0.0%
Gaddesden sprint	0.07 mi	30 ft	7.2%
Gaddesden Flat Out	1.39 mi	63 ft	-0.9%
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%
Gaddesden Lane down to M1	2.08 mi	167 ft	-1.5%
Gaddesden lane flat out	0.34 mi	25 ft	-1.3%
the last kilo	0.59 mi	37 ft	-1.2%
The last ten	0.17 mi	11 ft	-1.2%

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](#)

