

RIDE 2

The Frome Valley

“Water unwinds
old ways
round our hills”

The Frome Valley

Following the River Frome and Sydling Water up and down their respective valleys and through water meadows. Look for traces of the Roman aqueduct which once brought water to Dorchester and for the flash of Kingfishers, Marsh Marigolds and Brown Trout.

Ancient Sydling is pure Thomas Hardy Country, one of Dorset's prettiest villages. The chalk downs bring skylarks and windy open views.

Be impressed by the 180ft naked figure of the Cerne Abbas Giant, make your own mind up about the popular legend! Round off in Dorchester with shopping for Dorset food.

Trains to Trails Explore the secrets & delights of Dorset AONB combined with a relaxing train trip, download leaflet from dorsetaonb.org.uk



CHALK RIVERS & streams are one of the rarest habitats in the world for wildlife. There are 3 chalk rivers, and their numerous chalk streams, within the Dorset AONB.



FEEL THE WIND ON YOUR FACE!

Steep slopes & spectacular views. Wonderful butterfly habitat and birdlife, especially skylarks. Ancient barrows and medieval field systems contribute to visible archaeology. Explore the Dorset Downs on the footpaths above the Cerne and Sydling valleys.

VILLAGE STROLLS

Maiden Newton, Frampton & Sydling – pretty riverside villages to visit.

THE FAMOUS CERNE ABBAS GIANT

The 180ft Giant shares the hillside above the village with Bronze Age barrows and medieval field systems. One of the largest chalk figures in Britain, he is the most controversial. Is he an ancient symbol of spirituality, Roman Hercules or a fertility symbol? With tea shops, pubs & riverside walks, Cerne Abbas is certainly worth a detour.

THOMAS HARDY'S HOUSES

Walk in Hardy's footsteps from his birthplace at Bockhampton to his grand house in Dorchester. Experience the heath and woodland which inspired his novels. nationaltrust.org.uk

DURNOVARIA OR DORCHESTER?

Go back in time at Maiden Castle - largest hillfort in Britain which is the size of 50 football pitches. Follow up with a trip to Dorset County Museum (Dorchester) to see the magnificent chieftain's gold brooch or the Swanage crocodile or how the Romans lived at The Roman Villa. Finish off with a Durnovaria Town Walk, a Ghost Walk or Ratty's Trail – whatever takes your fancy.

KNOB THROWING IN CATTISTOCK

Attractive village and interesting church. Every May, Cattistock is home to the unique Dorset Knob Throwing Festival with Knob related games and a food festival with over 75 local food and drink producers. dorsetknobthrowing.com

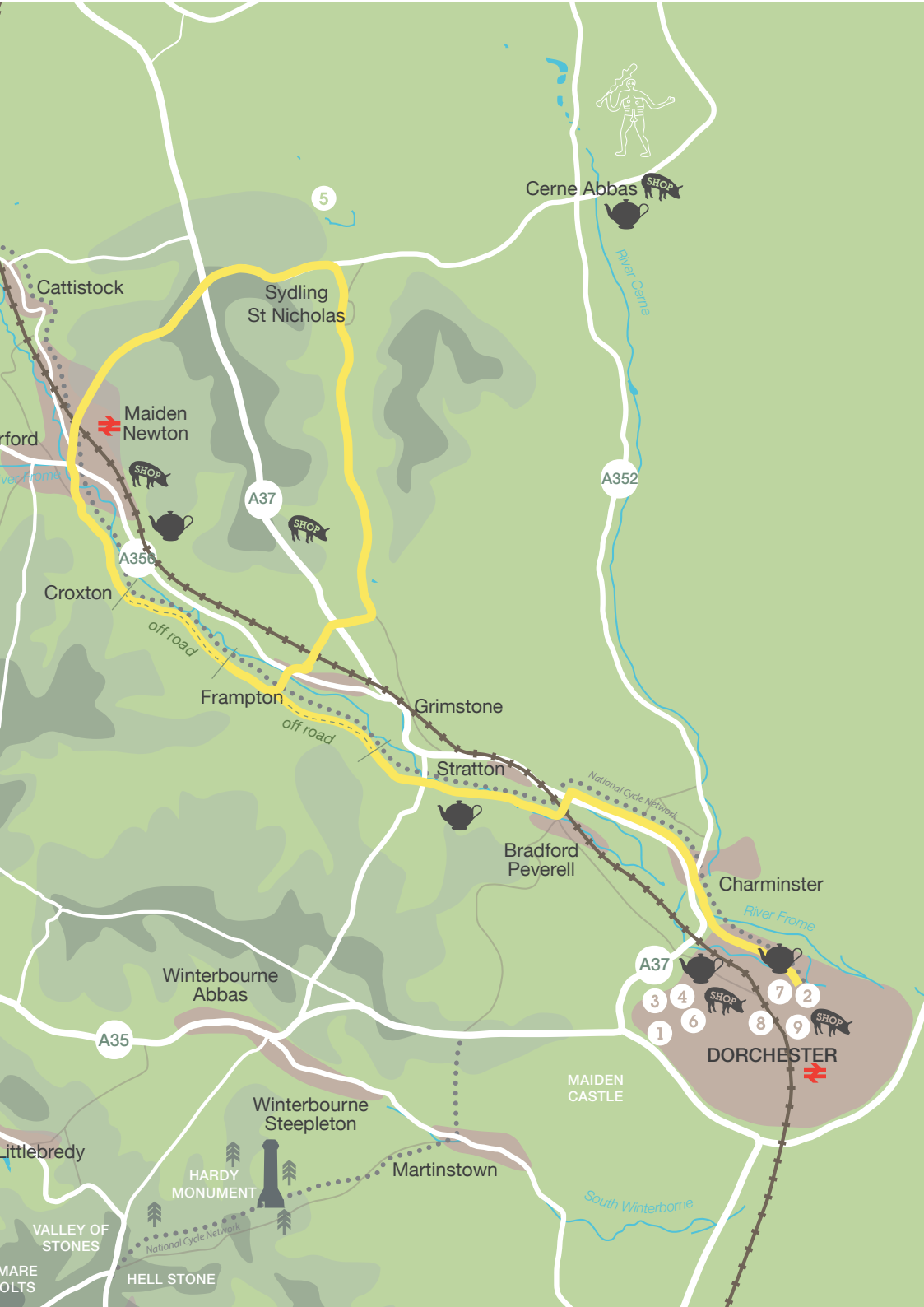
REMEMBER TO ALWAYS FOLLOW THE HIGHWAY CODE

RIVER FROME

The river supplied water to public baths and fountains in Roman Dorchester by means of an aqueduct. You can see traces of its route at Bradford Peverell.



Casterbridge to Thomas Hardy and **Durnovaria** to the Romans, visit Dorchester's historic sites & museums. visit-dorchester.co.uk



- 
Eat & drink
- 
Great view
- 
Farm shop
- 
Steep bit
- 
Your route
- 
NCN route

MAIN: 17 MILES
CERNE: + 2½ MILES

EAT THE VIEW

- 1 ANGEL CAKE COMPANY**
Everything for the home cake decorator angelcakecompany.co.uk
- 2 CRAFTY CRAB**
Sustainable local fish and shellfish shelleysplace.com
- 3 DORSET CEREALS**
Home of the world famous cereals dorsetcereals.co.uk
- 4 BRACE OF BUTCHERS**
Local meat, deli, breads & vegetables braceofbutchers.co.uk
- 5 WOOLSERY CHEESE**
Handmade goats cheese using traditional methods woolserychese.co.uk

- 6 OLIVES ET AL**
Café & deli including their own range of olives olivesetal.co.uk
- 7 NO.35 COFFEE HOUSE**
Specialist coffee and homemade sandwiches and cakes coffehouseandkitchen.com
- 8 THE GILDED TEAPOT**
Fine loose teas from around the globe thegildedteapot.com
- 9 MORRISH & BANHAM**
Local wine, beer & cider morrishandbanham.com



Full list of Dorset Food & Drink members can be found at dorsetfoodanddrink.org



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