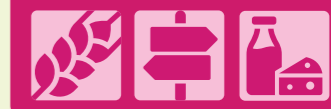


Dorset Food Trail



Follow this sign along the cycling route.

Key

- Dorset Food Trail
- Frome Valley Walking Route
- River Frome
- Roads
- Areas of interest



Maiden Newton

Hog Cliff Nature Reserve

Hog Cliff is a spectacular and varied National Nature Reserve. It's principally important for areas of unimproved chalk downland with species-rich grassland.



Hog Cliff National Nature Reserve

Notton

Nunnery Mead Nature Reserve

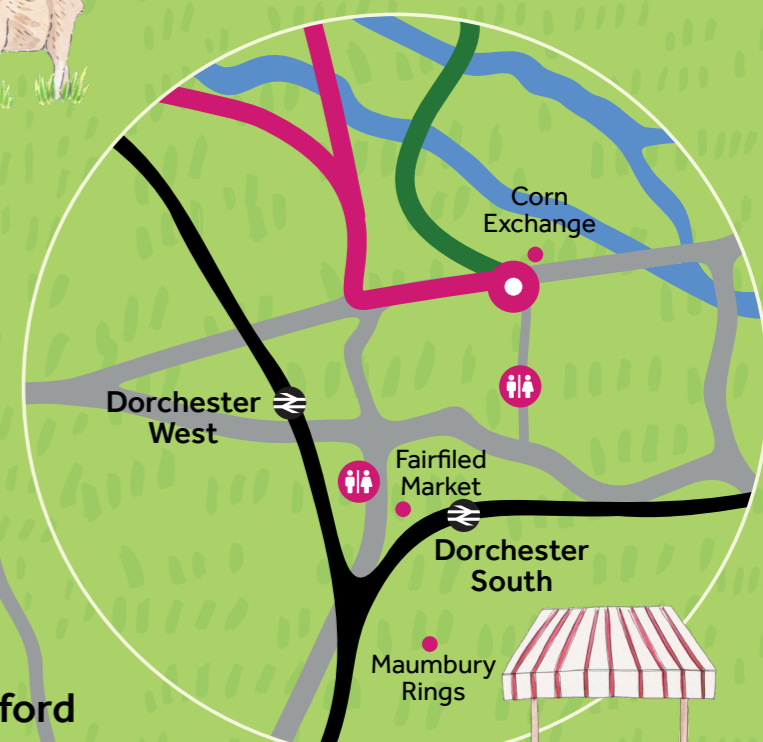
Nunnery Nature Reserve

A tranquil nature reserve on the former water meadows of the River Frome with two sites of archaeological interest.



Roman Aqueduct

This aqueduct supplied water to the Roman town of Dorchester, starting from a point near Frampton and following the contours down the valley of the River Frome to Dorchester.



About The Route

The market trail follows the National Cycle Network (NCN) route 26, which follows a combination of quiet roads, private roads, farm tracks and cycle/foot paths adjacent to larger roads. It is paved for its entire length with the occasional self-closing gate and cattle grid; you won't need specialist bikes. Walkers may choose to follow this or the Frome Valley Trail, which overlaps for much of the route. Both are well signposted. OS Explorer Map 117 covers it all.

It's mostly gently undulating, but there are a few short, sharper climbs. There's no shame in getting off your bike to push!



Dorchester

Roman Aqueduct
Poundbury Hillfort
Poundbury

Dorchester West

Dorchester South

Maiden Castle

St Francis' Church

Throop

Frampton Roman Villa

Frampton

Littlewood Dairy Farm

Muckleford

Bradford Peverell

Stratton

Wrackleford

Charminster

Roman Aqueduct

Poundbury Hillfort

Poundbury

Dorchester West

Dorchester South

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