

Trail Trips - A Ride With Nature

Old Moor to Sprotbrough

Old Moor to Sprotbrough and return - 21 miles (34km)

Suitable for walkers and cyclists - The section is also suitable for families who can shorten the route accordingly by turning back at Conisbrough if desired

TPT Map 2: Derbyshire and Yorkshire



RSPB Old Moor visitor centre



Leave the car park via the bridge



Keep left when the Trail splits

Start the route at RSPB Old Moor nature reserve, leaving the rear of the car park over the bridge towards the information sign and turn left (east). Shortly after leaving Old Moor the Trail splits so stay left up the slight slope. Turning right at the fork takes you off around Manvers Lake which is well worth the detour. Travel east towards Bolton upon Dearne. Take care crossing the main road at the end of the Brookfield Estate section (turn right and proceed on the road under the viaduct, turning immediately left after the bridge—see photographs). Continue on the Trail to Harlington, proceed south east past the now closed down Earth Centre and Conisbrough, where the castle is prominent. Keep going on and see the amazing viaduct across the river Don before reaching the Yorkshire Wildlife Trust nature reserve Sprotbrough Flash.

On the way you will see all the local beauty and biodiversity. The surface is excellent and rides smoothly.

The Old Moor reserve is a wonderful place to watch wildlife. The skies, fields and open water are teeming with birds throughout the year. In the summer the grasslands are ablaze with butterflies and orchids. At Sprotbrough over 100 different species of bird can be seen annually including great crested grebe, gadwall, reed warbler and green and great spotted woodpecker. Larger mammals include deer and fox, there are also six species of bat.



At the end of Brookfield Estate turn right



Proceed on road under the viaduct



Turn left immediately after the bridge



Wetlands in the Dearne Valley



Start of Brookfields Park



Conisbrough Castle from the Trail

There is ample car parking space at Old Moor, where you can find the Gannets Café in the visitor centre which is well worth a visit. Toilets are also available within the centre. When you arrive at Sprotbrough you will find the Boat Inn where refreshments can be purchased and there are also toilet facilities.

Getting there: There is a train service to Wombwell where you can join the trail or ride/walk down to Old Moor. The Trans Pennine Trail runs into Old Moor from the west as do various other cycleways. If travelling by car the local infrastructure is excellent with easy access from both the M1 motorway (J36), then follow the Dearne Valley Parkway (A6195) from the A1 at Marr (J37), thereafter take the A635 and the A6195.



The River Don viewed from the Trail

Useful information: As you approach Harlington you will spend a few hundred yards on road, take care to follow the signs and you will have no problem. Leaving the Trail turn left on the road until you arrive at Harlington village where you turn sharp right. Keep straight on through the village until you see the next sign turning off road down Mill Lane to the Trail.



Leafy Glen just off the River Don near to Sprotbrough

En route you will find Conisbrough Castle, where you can see kestrel. The Castle is well worth a visit if you want to detour. You can leave and rejoin the trail at Conisbrough.

Close by the trail there is also the YWT Denaby Ings nature reserve, another local beauty spot.

Worth noting is the fact that the return journey from Sprotbrough is tougher than the outbound journey (the difference is slight but it does make a difference with tired legs).

You can find some cycling gear (puncture repair kits, etc) at the Old Moor visitor centre if required.



Barges at Sprotbrough Lock



Sprotbrough Flash Nature Reserve



The viaduct crossing the river Don



End of the route at Sprotbrough Lock

