



Northumberland Duathlon Bike Route

Sprint - 19Km : Standard 38Km.

Strava Course Links

Bike course - full loop in / out of Country parks:

[https://www.strava.com/segments/22709586?](https://www.strava.com/segments/22709586?invite=true&fbclid=IwAR3bOBoOKNfn5DxMChXzqL_I2gZmmqnIiVKmCPeXoT2z42dIAWHrBtmVg&branch_match_id=863350585907583226)

[invite=true&fbclid=IwAR3bOBoOKNfn5DxMChXzqL_I2gZmmqnIiVKmCPeXoT2z42dIAWHrBtmVg&branch_match_id=863350585907583226](https://www.strava.com/segments/22709586?invite=true&fbclid=IwAR3bOBoOKNfn5DxMChXzqL_I2gZmmqnIiVKmCPeXoT2z42dIAWHrBtmVg&branch_match_id=863350585907583226)

Bike course – coast road loop only

[https://www.strava.com/segments/22706045?](https://www.strava.com/segments/22706045?invite=true&fbclid=IwAR2AHHMaOBttI4Dy0WCQrM53Kp5qEFAQnj_3CKs5BzOmn9WITUEjtVktZ2I&branch_match_id=863350585907583226)

[invite=true&fbclid=IwAR2AHHMaOBttI4Dy0WCQrM53Kp5qEFAQnj_3CKs5BzOmn9WITUEjtVktZ2I&branch_match_id=863350585907583226](https://www.strava.com/segments/22706045?invite=true&fbclid=IwAR2AHHMaOBttI4Dy0WCQrM53Kp5qEFAQnj_3CKs5BzOmn9WITUEjtVktZ2I&branch_match_id=863350585907583226)