



Pain
 ■■■■■■■■
Length
 ■■■■■■■■
Character
 ■■■■■■■■
Overall: 7/10



I LIKE - The superb views which almost take your mind off the pain

I HATE - I have to ride it twice a year, once to check the route of the Kidderminster Killer 200, and then in the event



WHERE IS IT?

Climbs up the west side of the Long Mynd, Shropshire, through village of Asterton and to the viewing point high on the Mynd, opposite Church Stretton.

ASTERTON FACTS

- 3,700m/4,046yds long
- 225m to 475m altitude
- 250m of climbing
- 25 per cent in bottom third
- Short steep descent into Church Stretton

MY PERSONAL BEST

9min 35sec



Memory-Map OS Landranger Central England Region 2

KILLER CLIMB

Dave Pountney goes to the Bank

Have you got a Killer Climb in your area?

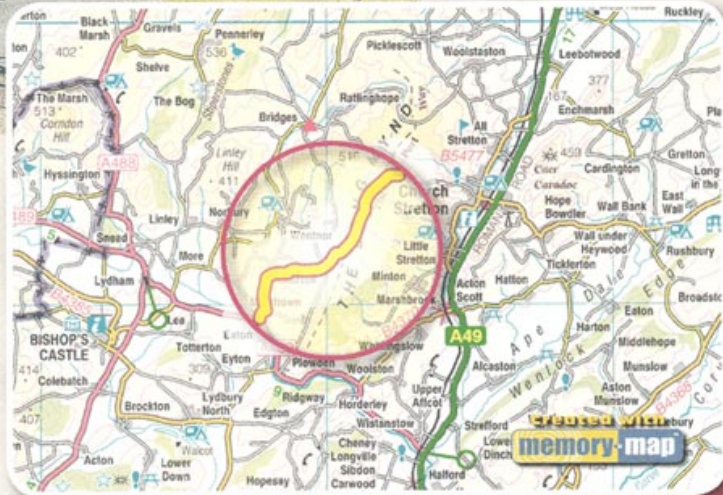
Then why don't you tell us about it...

Write to us at: CW, IPC Media Ltd, Leon House, 233 High Street, Croydon CR9 1HZ. Or email CW at cycling@ipcmedia.com

NEXT WEEK
 Cairn O'Mount

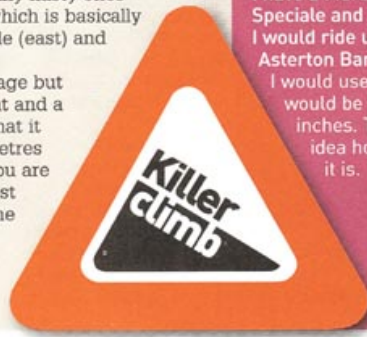
I AM the organiser of the annual Kidderminster Killer 200 Audax ride, which takes place on September 10 this year. It's a great ride which undulates through Worcestershire, Shropshire and parts of Hereford and Powys. Of its 3,937 metres of climbing there are many nasty ones but the best is Asterton Bank on the Long Mynd, which is basically a massive rock ridge with Wenlock Edge on one side (east) and Offa's Dyke on the other.

The climb starts a little way before Asterton village but it really climbs after Asterton and after a sharp right and a bumpy cattle grid it rears up to 25 per cent. After that it barely drops below 20 per cent. The whole 3,700 metres is a constant struggle to stay upright but at least you are rewarded with stunning views to the north and west as the hillside drops vertically away on your left. The views are best experienced on foot — which you might well be by the time you reach the top of this idyllic and challenging climb.



I BE MOSTLY RIDING...

I have a Mercian Strada Speciale and this is the bike I would ride up big hills like Asterton Bank on. The gear I would use up the Bank would be 28x32 which is 33 inches. That gives you an idea how long and hard it is.



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