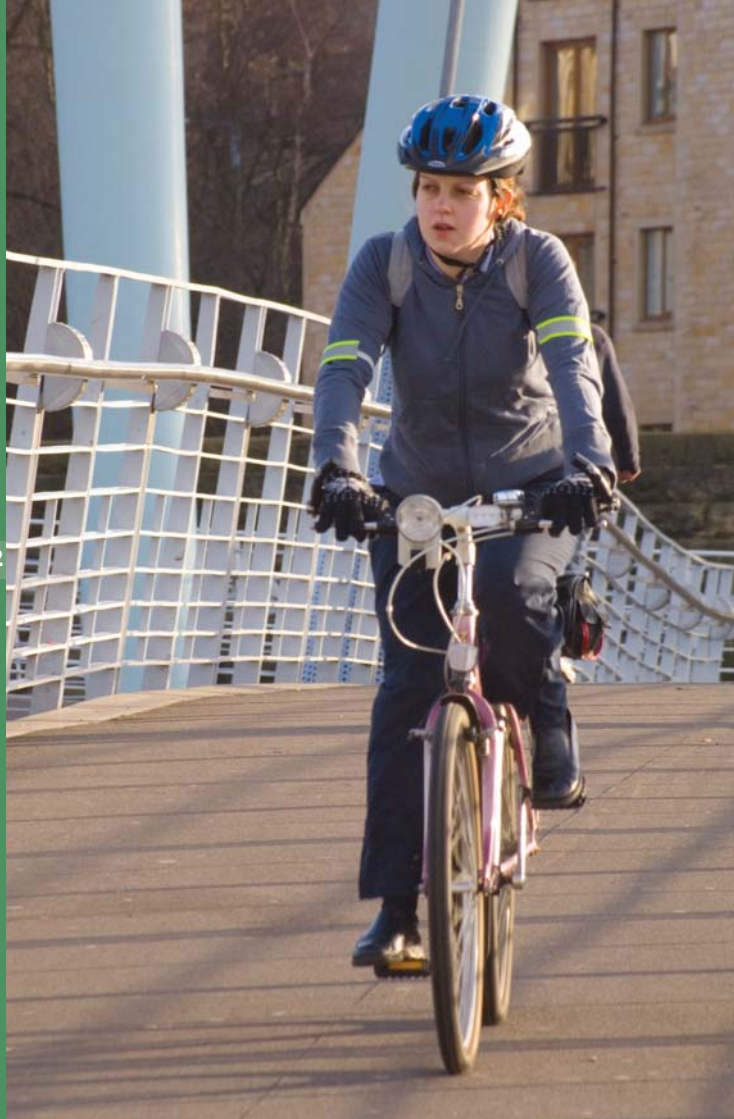


CYCLING FOR ALL

LANCASTER, MORECAMBE & THE LUNE VALLEY



celebrating cycling IN OUR CITY, COAST & COUNTRYSIDE



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WELCOME TO CYCLING FOR ALL

The District is rightly proud of its extensive cycling network - the largest in Lancashire!

We're equally proud that so many people - local and visitors alike - enjoy using the whole range of routes through our wonderful city, coast and countryside.

Lancaster is one of just six places in the country to be named a 'cycling demonstration' town and we hope this will encourage even more of us to get on our bikes and enjoy all the benefits cycling brings.

To make it even easier for people to cycle Lancaster City Council has produced this helpful guide, providing at-a-glance information about six great rides for you, your friends and family to enjoy.

Whether you've never ridden a bike before in your life or you're a seasoned pro, whether you're thinking about beating the traffic and cycling to work or you want to find somewhere safe to take the kids at the weekend, Cycling For All is the perfect guide for you.



I: THE LUNE VALLEY

This easy ride takes you from the bustling heart of the city to the open spaces of the Lune Valley. Fine river views naturally feature at many places along the way, with highlights being the historic village of Halton and the dramatic bend of the river at Crook O'Lune. Keep a look out for kingfishers, herons and cormorants, and maybe leaping salmon too.

Distance approx. 20 km/12.5 miles return.

Ride and terrain: The ride is entirely off-road. As it follows a converted railway track, gradients are minimal - though you may notice that it's very slightly downhill on the way back.

Public Toilets: At Crook O'Lune (point ④) and Bull Beck (point ⑥).

Refreshments: Pubs and tearoom in Caton, refreshments usually at Crook O'Lune (point ④) and Bull Beck (point ⑥).

① START.

Leave the Millennium Bridge by the upper exit on the south bank, and head up-river. Wriggle through an underpass beneath a busy road and continue along the cycle-track, under Skerton Bridge and past Skerton Weir.

Look out for: Historic Skerton Bridge, an engineering landmark in its day; cormorants in winter near the weir; the Lune Aqueduct carrying the canal high overhead. The cost of the Aqueduct - built between 1794 and 1797 - nearly crippled the Lancaster Canal company and meant that a corresponding structure across the Ribble at Preston was never built.

② The Lune Aqueduct. 3.4 km/2.1 miles.

Continue straight ahead, passing under the M6, to a small parking area where the route crosses a minor road.

Look out for: A fine view of Halton-on-Lune (mentioned in the Domesday Book) soon after the motorway bridge.

③ Crossing of Denny Beck Lane.

5.4 km/3.4 miles (car parks).

Keep straight ahead along the track, passing the old railway station. Further on the route goes through a small tunnel then dips down to cross the river; just beyond this the Crook O'Lune car park and picnic area are above on the left.

Look out for: More weirs; salmon fishermen and perhaps some of the fish themselves leaping out of the water. There are several pieces of artwork along here too, including some controversial upside-down trees and a giant heron.

④ Crook O'Lune. 7.4 km/4.6 miles.

Parking, toilets.

Follow the track across another bridge and into the outskirts of Caton village.

Look out for: great views from the bridge. The sharp bend of the river is what geographers call an incised meander.

⑤ Access to Caton village centre.

8.4 km/5.3 miles. Parking.

Keep following the track, with care where it crosses some farm access roads.

⑥ Opposite Bull Beck car park and picnic area. 10.2 km/6.4 miles.

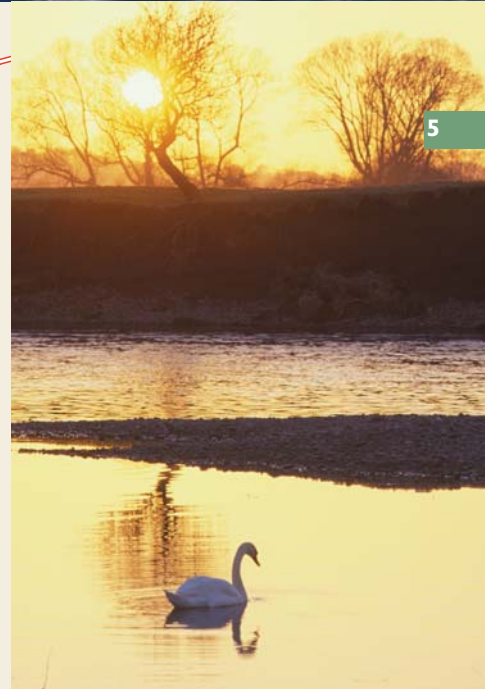
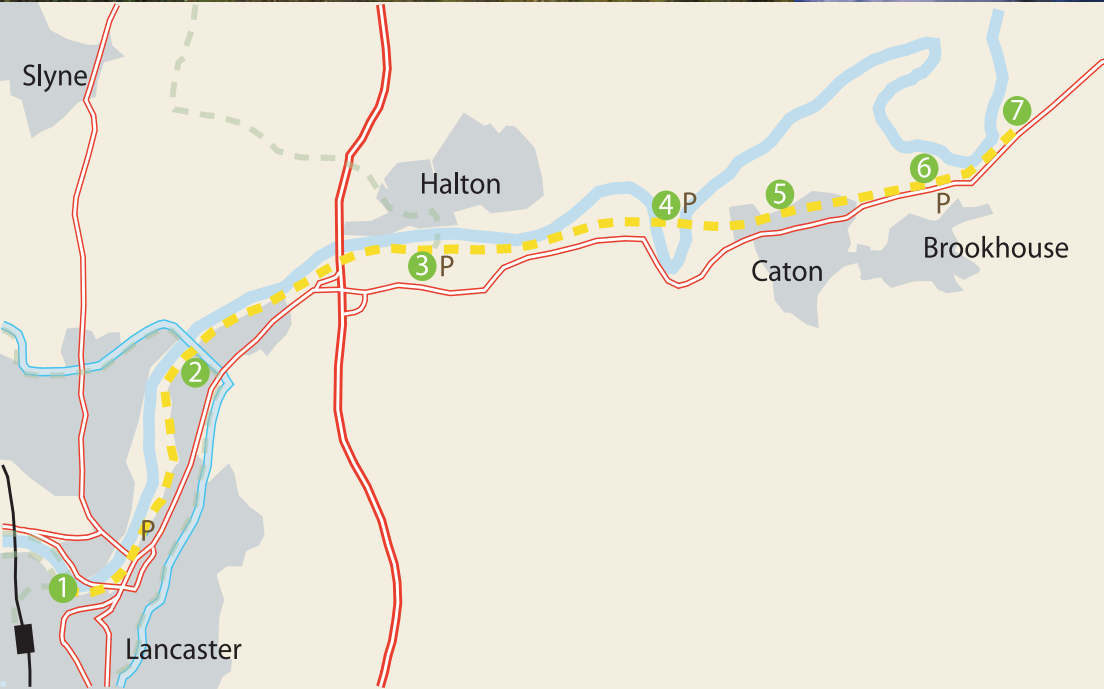
TAKE CARE if crossing the main road to/from the car park and picnic area. The cycle route simply continues straight along the track.

Look out for: The sweeping bend of the river. The shallow waters here are very popular with anglers.

⑦ End of cycle-track. 10km/6.2 miles.

A footpath continues along the river bank but cyclists must either join the busy road or turn round and retrace their route.





2: THE LUNE ESTUARY

This is an easy ride, with a seafaring atmosphere. Starting along St George's Quay, the heart of the old Port of Lancaster, the ride ends up at Glasson Dock, which developed in the 19th century, largely thanks to its link to the Lancaster Canal. (An optional extra loop goes to the historic remains of Cocksands Abbey). Although Heysham is now the main port, Glasson still serves commercial traffic as well as pleasure-boating.

Distance approx. 19.3 km/12 miles to Glasson Dock (point 5) return; add 6.8 km/4.25 miles for the extra loop.

Ride and terrain: Initially on road along St George's Quay, then converted railway track. All of this is flat. The loop beyond Glasson is mostly on quiet lanes with a short climb, and includes one section of rougher track, which can be muddy after heavy rain.

Public Toilets: At Conder Green (point 4) and Glasson (Point 5).

Refreshments: Pubs on St George's Quay near the start, and at Conder Green near the end, plus several pubs and cafes at Glasson Dock.

1 START.

Leave the Millennium Bridge by the lower exit on the south bank, and ride along St George's Quay, following the road to its end.

Look out for: The 18th century waterfront, from Lancaster's brief period as a major port. The remaining warehouses are mostly now converted to residential use. Pride of place goes to the Customs House (1764), now the city's Maritime Museum.

2 2 km/1.25 miles (car parking possible nearby).

Continue straight ahead on a narrower, surfaced track, leaving the city behind. The old railway trackbed joins from the left, at a slightly higher level, but it's easier to stay on the lower track till it ends at a small parking area.

3 End of lane below Aldcliffe.

3.75 km/2.3 miles (small car park).

Go through a gate to continue along the cycle-track, following the old railway alongside the estuary, to emerge at a larger car park.

Look out for: Birds on the estuary and the salt-marshes alongside, especially in winter. What appear to be benches for very tall people at several points are actually elbow rests for binocular users.

4 Conder Green. 8 km/5 miles.

Parking, toilets.

From the end of the car park continue along the old railway, over a small bridge and along the sea wall into Glasson Dock.

Look out for: More wildlife; the skeletons of long-abandoned boats half-buried in the salt-marsh.

In Glasson itself there may be small merchant ships loading or unloading in the outer harbour, while the inner harbour presents a colourful scene with its mixture of sailing yachts and traditional narrowboats from the Lancaster Canal.

5 Glasson Dock harbour bridge.

9.3 km/5.8 miles. Toilets, parking, refreshments nearby.

Cross the little swing-bridge between the inner and outer harbours and continue straight ahead up the hill.

Look out for: Great views from the top, especially across the estuary to Sunderland Point.

6 Tithebarn Hill. 10.2 km/6.4 miles.

Continue until the road swings left: here make a sharp right turn into Marsh Lane. TAKE CARE here - it's easy to overshoot; watch for traffic at the bend.



Past a caravan site the lane gives way to a rough track. This follows a line of trees then bears left to cross a bridge in a dip. Continue to Crook Farm. Bear left to meet a road on the sea wall, and follow it till it ends at a small parking area.

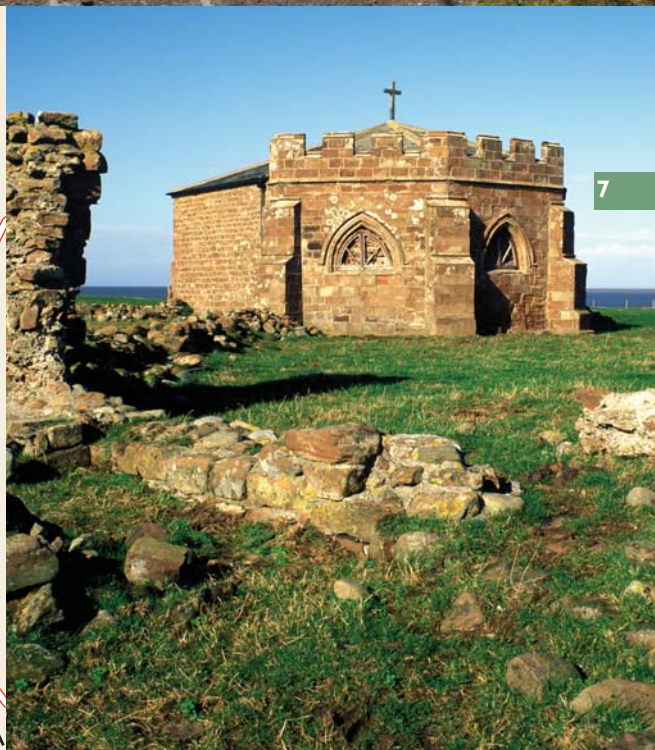
Beyond this there's no right of way for bikes but it is well worth continuing on foot the short distance (about 400m) to the ruins of Cockersands Abbey.

Look out for: The stony foreshore attracts a different range of birds. At low tide you can venture out a short distance and may find shellfish and other marine life.

Cockersands Abbey was founded in the 12th century, when the site was virtually an island. The one building that still stands is the Chapter House. Fragments of masonry remain and a sign-board fills in more of the story.

7 Cockersands Abbey car park.
12.8 km/8 miles

Retrace a short way to a road junction and turn right, inland. Go left at the next junction and left again at the next, signed for Glasson. Follow the lane north to a T-junction on a bend. Turn right, over the canal and down to a mini-roundabout. Go left and then almost immediately right to rejoin the cycle-track on the sea wall. Turn left to return to Glasson Dock, turn right to retrace towards Lancaster.





3: TIDAL TRAILS

It's a good idea to consult a tide-table before embarking on this ride as there are two places where the route can be under water during high spring tides (the name is misleading: spring tides occur on a monthly cycle throughout the year). These tides block the one road in to the small village of Sunderland - more often called Sunderland Point - contributing to its remarkably isolated and untouched atmosphere.

Distance approx. 19.7 km/12.2 miles return (to the road end at Sunderland Point); add 6.9km/4.3 miles for optional extension.

Ride and terrain: Initially on dedicated cycle-tracks, later on reasonably quiet roads. Some small hills in the middle part.

Public Toilets: At Sunderland Point.

Refreshments: Pubs at Snatchems and in Overton.

① START.

Leave the Millennium Bridge on the north side, and follow the track parallel to the river, passing under Carlisle Bridge (carrying the main West Coast rail line). Soon after this look for a branch track on the left opposite an interpretative sign (no. 2). Follow this, alongside the river, until it rejoins a minor road.

Look out for: Good views across to the 18th century waterfront, with the Castle and Priory Church rising behind.

② 3 km/1.9 miles.

Turn left, soon passing the Golden Ball pub at Snatchems. At the next junction turn left. Pass one lane branching to the left and after a short climb turn second left. Signs to Overton and Sunderland at both junctions.

Look out for: The name Snatchems may well refer to the former activities of press-gangs hereabouts. The historic pub is still occasionally cut off by the tide. There are good views from the hill-crest (a 'drumlin' formed by glacial deposits), with the Lakeland Fells prominent on a clear day.

③ Crossroads in Overton village. 7.4 km/4.6 miles.

Continue straight ahead; the road soon dips down and sweeps out onto the tidal marshes.

Look out for: Wading birds on the estuary and the creeks in the salt-marsh.

④ End of tarmac road at Sunderland. 9.8 km/6.1 miles. Parking, toilets.

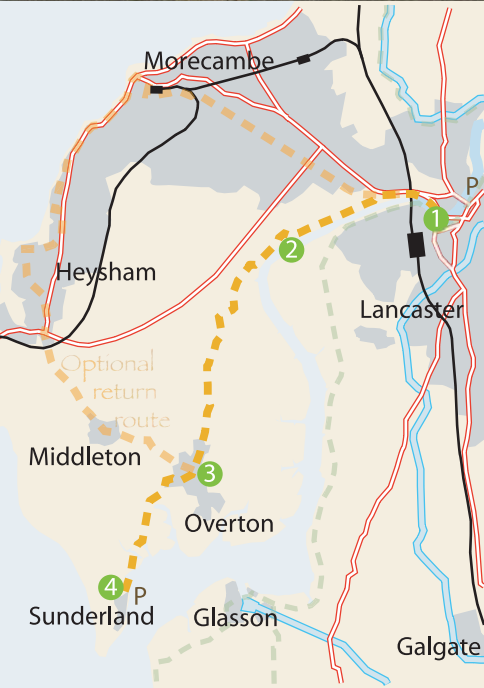
If you have a mountain bike and are confident on rough tracks you can ride this stretch: if not it's well worth doing it on foot anyway. Follow the village 'street' then turn right on the bridleway (sign to Sambo's Grave). When you reach the western shore (leave bikes here) turn left a short way to Sambo's Grave.

Look out for: Historic mariners' houses; colourful fishing boats. Sambo's Grave is a poignant spot and a telling reminder that Lancaster's 18th century prosperity was heavily dependent on the slave trade.

Optional extension: 26.6 km/16.5 miles round trip total (busy roads!).

Retrace to the cross roads in Overton and turn left. Pass through Middleton village. It's the next 2 km that are the least comfortable for cycling. Go straight across a large roundabout and fork left near the top of the rise beyond. Go left on School Road, near Heysham Old Hall, then left again on Crimewell Lane to descend into Heysham village. Bear right on Main Street, which gives access to the historic St. Peter's Church and St Patrick's Chapel.

Turn left up Knowlys Road to rejoin the main road. It's quite wide here and not too bad for cycling and you can soon escape left on Royds Grove and follow quiet streets through Sandylands, emerging alongside the promenade for a while. Rejoin the main road again for the last stretch back in to Morecambe and then consult Route 4 (see page 10) to find the cycle-track back to Lancaster.





4: JOURNEY TO THE SEA

Although it has its moments, the point of this ride is mainly as a natural route from Lancaster to the breezy shores at Morecambe (or vice versa). It's a cheaper, healthier and often quicker way to get there than driving.

Distance approx. 11.6 km/ 7 miles return.

Ride and terrain: Level riding throughout, and traffic-free apart from the last 200m.

Public Toilets: None en route but plenty in Morecambe.

Refreshments: None en route but plenty in Morecambe.

1 START.

Leave the Millennium Bridge on the north side, and follow the track parallel to the river, passing under Carlisle Bridge. Keep straight on along the track

Look out for: Lancaster's 18th century waterfront.

2 Low bridge (under new road). 2.5 km/1.5 miles.

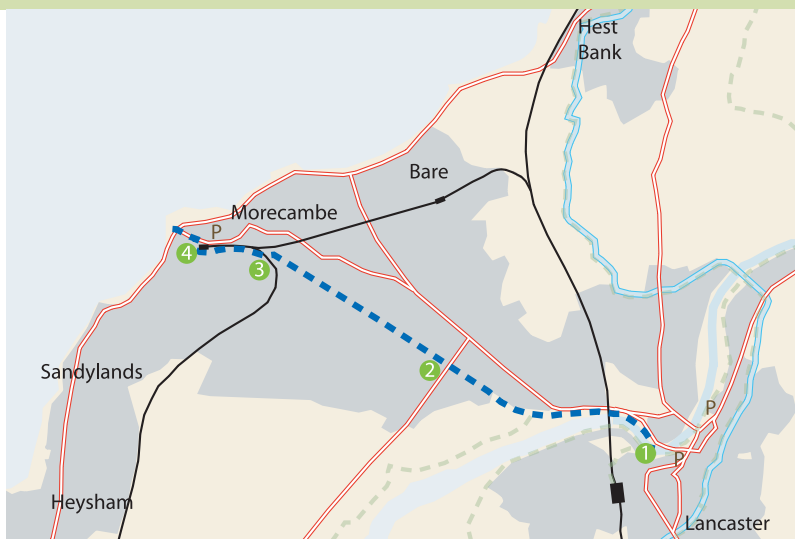
Keep on along the track; where it forks keep straight ahead. Cross the access lane to the Trimpell sports ground and soon after bear left across another minor road to a gate where the route crosses a railway line.

3 Railway crossing. 4.6 km/2.8 miles.

This is the line between Morecambe and Heysham port and carries very few trains, but of course TAKE CARE crossing the line. Continue until the track ends just past Morecambe railway station.

4 End of cycle-track 5.4 km/3.4 miles.

Turn right on the road just ahead. Go left at a roundabout and follow Central Drive to the Promenade. Turn right and the Prom is almost immediately on the left.



Morecambe Tourist Information Centre is only a few metres away in the former railway station.





5: BRIEF ENCOUNTERS BY BIKE

The towpath of the Lancaster Canal can be followed between Lancaster and Carnforth with fine views at several points. (Please note that cycling is not currently permitted further north or south). Canal permits are required for this route and can be downloaded at www.waterscape.com/cycling or telephone 01923 201120.

At Carnforth, the railway station has been restored to celebrate the prominent role of its curved platforms and notably the station clock in the iconic 1945 film 'Brief Encounter'.

Distance approx. 12 km/7.5 miles from Lune Aqueduct to Carnforth railway station.

It's easy to do this as a one-way ride, returning either by train or, more unusually, by Waterbus. Alternatively, vary the return ride by using part of the next route between Bolton-le-Sands and Hest Bank.

Ride and terrain: easy level riding on canal towpath.

Public Toilets: None en route.

Refreshments: Pubs beside canal at Hest Bank, Bolton-le-Sands and Carnforth, restored Brief Encounter tea room at Carnforth station.

GETTING TO THE CANAL

You can join the canal towpath at many points. If you start from the Millennium Bridge (as all the other routes do) there are two main alternatives:

A Follow Route 1 (see page 4) as far as the Lune Aqueduct (3 on map). This is the shortest route but you'll have to carry your bike up a long flight of steps to reach the towpath. 3.4 km/2.1 miles.

B A longer route, avoiding steps, on cycle tracks and quiet streets. 5.7 km/3.5 miles. Leave the Millennium Bridge by the upper exit on the south bank, and turn right along the old railway. Meet a road, go right under a bridge then left onto a new cycle track across Giant Axe field. Emerge near the station, turn right then follow signed cycle route via Fairfield Road and Wingate-Saul Road.

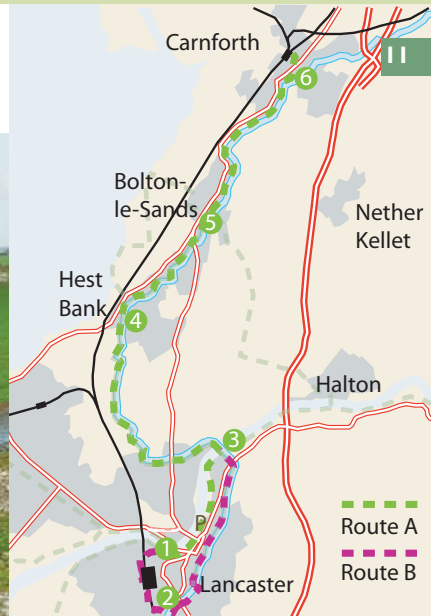
At end turn left on signed cycle route to Carr House Lane. Follow this to Aldcliffe Road. Turn right briefly then bear left up a track to cross Basin Bridge (2 on map) and join the towpath.

Once on the towpath there's absolutely no way to get lost; the following reference points are given to measure your progress. These distances are measured from the Lune Aqueduct.

- 4** Hest Bank (Bridge by Hest Bank Hotel) 4.8 km/3 miles.
- 5** Bolton-le-Sands (Bridge at) 7.6 km/4.7 miles.
- 6** Carnforth (Canal Turn pub) 11.2 km/7 miles.

To reach Carnforth railway station from here, leave the towpath through the pub car park. Turn right on the main A6 (walk this short stretch if it's too busy), go through some traffic lights and then bear

left on Haws Hill. Follow this down to its end and the station entrance is on the left.





6: HALTON AND THE BAY

This is a more demanding ride, but correspondingly rewarding, taking in historic villages, lush countryside, expansive hilltop views, a secret valley and the vast spaces of Morecambe Bay. It does include sections of other rides, but a good half of the distance is quite independent.

Distance approx. 24 km/15 miles circular route.

Ride and terrain: A real mixture including cycle-tracks and canal towpath, and some public roads (generally not too busy). There's one substantial climb (about 60m/200ft) and a few other minor undulations.

Public Toilets: None en route.

Refreshments: Pubs in Halton and Hest Bank. Two cafes in Hest Bank.

① START.

Leave the Millennium Bridge by the upper exit on the south bank, and follow the cycle track (as for Route 1, see page 4) to Denny Beck Lane.

② Denny Beck Lane. 5.4 km/3.4 miles (car parks).

Cross the river. **TAKE CARE** as the bridge is narrow and shared with cars. Turn left at a crossroads and climb slightly to a mini-roundabout. Go across into Foundry Lane and continue climbing; the gradient gradually eases as the road crosses over the M6. Go straight across a crossroads (**TAKE CARE:** fast-moving traffic) then next right on Anccliffe Lane. Follow this into Bolton-le-Sands.

Look out for: Grassy mounds on the left above the steepest part of Foundry Lane are the remains of a Norman motte-and-bailey fortress. Good views to the Bowland Fells after crossing the motorway. Anccliffe Lane runs through a quiet, almost secret, little valley.

③ Bolton-le-Sands. 10.1 km/6.2 miles.

Turn right at a T-junction opposite the village shop and immediately left down St Michael's Lane, over the canal and down to the main A6. Go straight across, or use the adjacent pedestrian crossing. Continue on St Michael's Lane, over a level-crossing, and emerge onto the shore of Morecambe Bay. Follow the shoreline left to Pasture Lane.

Look out for: Historic houses in the centre of Bolton-le-Sands, stunning views over Morecambe Bay.

④ Pasture Lane. 11.7 km/7.3 miles.

Bear left down the lane to a T-junction by the railway. Turn right and come out to the shore again. Follow the very stony track left along the shore for about 600m then continue on a road running parallel, to reach a level-crossing.

Look out for: This last section was once part of the historic route across Morecambe Bay. Many of those coming ashore would celebrate surviving the treacherous crossing with a drink (or several!) in the Hest Bank Hotel

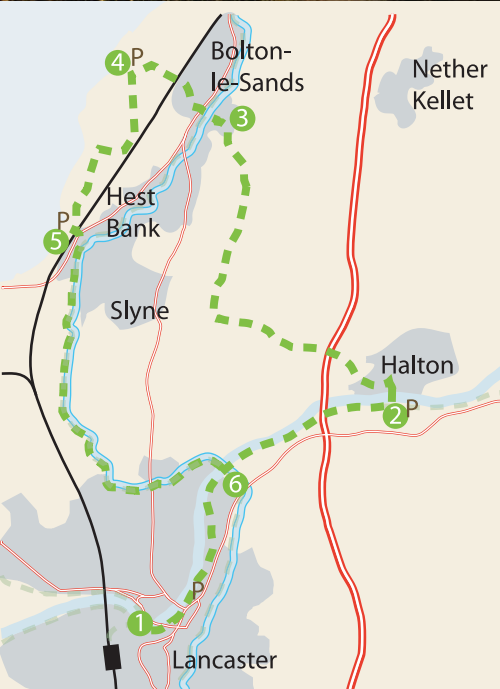
⑤ Hest Bank level crossing. 15.5 km/9.6 miles.

Go up to the main Coastal Road and straight across to climb Station Road. Turn left at the top then just before the bridge go down a ramp onto the towpath; double back under the bridge and follow the towpath to the Lune Aqueduct.

Look out for: Wide variety of waterside vegetation in summer, ducks, moorhens and swans on the canal; good views from the Aqueduct.

⑥ Lune Aqueduct. 20.9 km/13 miles.

After crossing the Aqueduct, descend the steps (on foot!) and rejoin the cycle track from the outward leg.



CYCLING ONLINE

Find out everything that's going on in the Lancaster District via our new cycling website www.celebratingcycling.org. This one-stop shop provides all the information you need from maps and event details to road safety and training.

Another cycling site can be found at www.lancashire.gov.uk/environment/cycling/. This site is full of useful information on guided rides, the county wide network and much more - great if you're planning on going further afield.

Other useful websites include:

www.sustrans.org.uk
www.bikeforall.net
www.ctc.org.uk
www.cyclingengland.co.uk

OTHER GUIDES

If you're looking for something a little more adventurous then you're bound to find something here. Further information about these guides and others can be found at www.lancashire.gov.uk/environment/cycling/

Lancashire Cycleway

The Lancashire Cycleway is around 260 miles long and comprises two circular routes which meet in the historic village of Whalley in the Ribble Valley. Where possible the Cycleway follows minor roads, and takes you through a host of different landscapes from the rugged Bowland Hills and West Pennine Moors to the rich pastures of the Fylde Plain and the outstanding coastal scenery at Silverdale.

The Cycleway can be completed as one long tour or in two halves, or as a number of short rides. With attractive scenery, the Lancashire Cycleway is a challenging and rewarding route to complete.

A guidebook to Lancashire Cycleway has been produced by Jon Sparks, an acclaimed photographer and writer based in Lancaster. The book is full colour, with detailed maps and route profiles, accommodation details and information about places of interest on the way.

Bowland by Bike

Eleven stunning routes to explore in and around the Forest of Bowland Area of Outstanding Natural Beauty (AONB). This is a spectacular area for biking enthusiasts of all types and levels.

Routes vary in length from 9km to 56km, as well as in difficulty. Mountain bikes are required for two of the routes. The Guide provides routes details plus further information on facilities and accessibility by public transport.

What better way to explore this area of beautiful unspoilt countryside, picturesque villages and dramatic open moorland than by bike?



LOCAL ORGANISATIONS

Budgie Bikes

Budgie Bikes is part of Budgie Transport based at Lancaster Railway Station. Hire a Budgie Bike from just £1.50 per hour and travel around the District's hidden treasures, using traffic free tracks and trails. Bikes are also available from a number of retailers - see www.budgietransport.co.uk for more details.

Budgie Transport also operate the Waterbus which travels between Lancaster and Camforth from April to October. Bikes travel free.

Also available through Cyclepoint at the Station are left luggage facilities, cycle storage (from 20p per hour) plus repairs and sales.

More information at www.budgietransport.co.uk or call on 01524 389410.





Pedal Power

Pedal Power is a local cycle training and recycling project. They save unwanted bikes from landfill by stripping and rebuilding them to order for customers. A wide range of bikes and equipment is on offer.

Pedal Power also provides valuable volunteering and training opportunities for local people. Courses are available in cycle maintenance and repair and cycling skills.

A Saturday Cycle Surgery is held on the first Saturday of every month. Come down for FREE minor repairs and tuition on basic skills.

Find them at Unit 28, Lake Enterprise Park, Caton Road, Lancaster, LA1 3NX. Tel: 01524 65328.

TOURIST INFORMATION CENTRES

For further information about cycle routes, maps and refreshment stops, please contact one of our two Tourist Information Centres:

LANCASTER TIC

29 Castle Hill, Lancaster LA1 1YN
Tel: 01524 32878
lancastertic@lancaster.gov.uk
www.visitlancaster.co.uk

MORECAMBE TIC

Old Station Buildings, Marine Road Central, Morecambe LA4 4DB
Tel: 01524 582808
morecambetic@lancaster.gov.uk
www.visitmorecambe.co.uk

If you require accommodation, please contact our Accommodation Booking Hotline on 01524 582393





celebrating cycling

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Promoting City, Coast & Countryside

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