

CYCLING FOR ALL²

LANCASTER, MORECAMBE & THE LUNE VALLEY



celebrating cycling

celebrating cycling IN OUR CITY, COAST & COUNTRYSIDE





CONTENTS

Ride 1. The Beautiful South	4
Ride 2. Over the Heights	6
Ride 3. Rough Riders	8
Ride 4. Estuaries and Mosses	10
Ride 5. The Proof of the Pudding	12
Ride 6. Call of the Cols	14
Ride 7. Northern Tour part 1	16
Ride 8. Northern Tour part 2	17
Background information	19

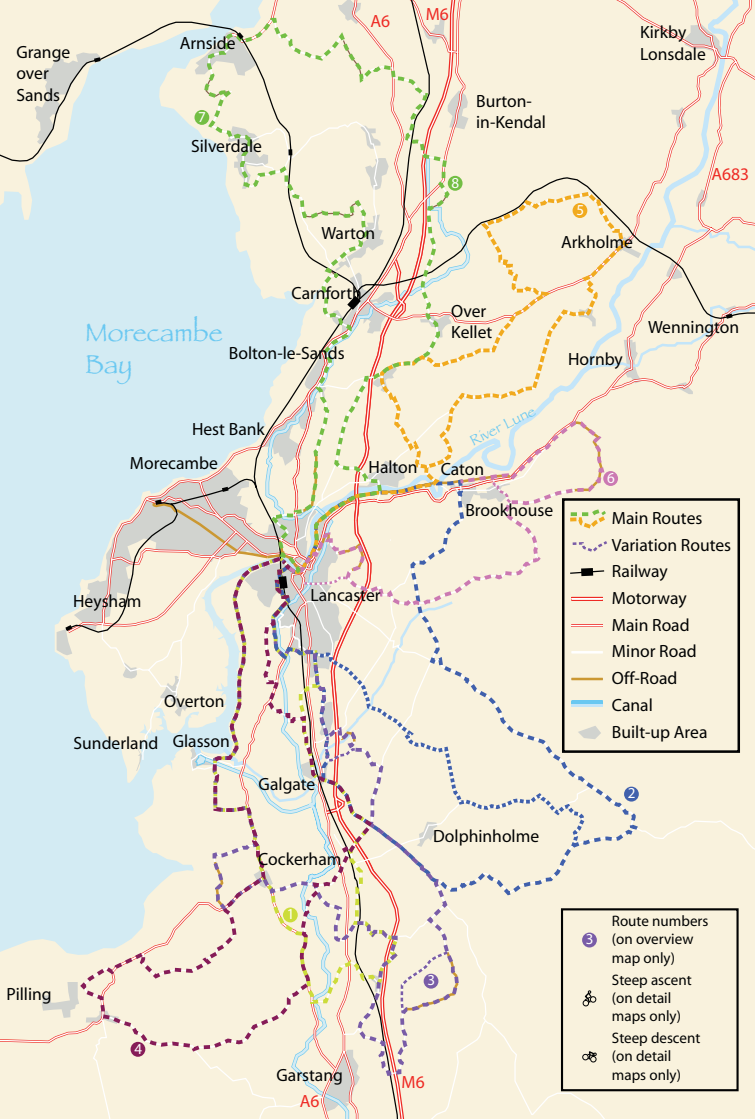
WELCOME TO CYCLING LANCASTER'S CITY, COAST AND COUNTRYSIDE

The Lancaster District is rightly proud of its extensive cycling network - the largest in Lancashire! As well as dedicated routes, the district has many quiet lanes, byways and bridleways, offering a wide range of cycling opportunities in gloriously diverse scenery.

Lancaster was one of the first six places in the country to be named a 'cycling demonstration' town and this has encouraged even more of us to get on our bikes and enjoy all the benefits – and the sheer fun – of cycling.

To make it even easier, Lancaster City Council has produced this helpful guide, providing at-a-glance information about eight great rides ranging from 32 – 55km (20 – 34 miles). Some are generally flat, while others are decidedly hilly. Some can be tackled on any serviceable bike; a few are best on a mountain bike, though tarmac alternatives are given.

These rides should be suitable for anyone with some cycling experience; they're certainly not just for hardened athletes. However for absolute novices and younger children, Lancaster City Council also produces a Cycling For All guide featuring shorter routes mostly on traffic-free trails.



RIDE 1. THE BEAUTIFUL SOUTH

42.1 km / 26.2 miles.

Opening alongside the Lune Estuary, the route then explores rolling green farming country before heading to the pretty village of Scorton on the edge of the Bowland Hills

Ride and terrain: Apart from a short stretch on the A588, this route is mostly on quiet lanes plus some sections of cycle-path. There are few steep hills. Possible on any serviceable bike.

Public Toilets: Conder Green, Cockerham and Scorton.

Refreshments: Pubs at Cockerham, Winmarleigh, Galgate; cafés at Wallings Farm, Old Holly Farm, Scorton, Cleveley Bank. More just off-route at Conder Green and Glasson Dock.



A Start

Leave the Millennium Bridge by the lower exit on the south bank, and follow the cycle-path along St George's Quay; at Carlisle Bridge join the road and follow it to its end. Continue ahead on a narrower, surfaced track (Lune Estuary Path). On reaching Railway Crossing Lane continue south, following the old railway alongside the estuary to emerge at a larger car park.

Look out for: The 18th-century waterfront, from Lancaster's maritime heyday; birds on the estuary and the salt-marshes alongside, especially in winter.

B Conder Green. 8 km / 5 miles. Toilets

From the car-park continue along the old railway, over a small bridge and along the sea-wall. When the road on the left comes close, join it, turn left a short way then right (Glasson Dock is easily reached by continuing along the sea-wall.) Go over the canal then straight ahead on a narrower lane. Reach a T-junction and turn left.

At the next T-junction meet the A588 and turn right. Continue into Cockerham

and bear left by the Manor Inn, on the B5272.

C Cockerham. 14.2 km / 8.8 miles.

Pub, toilets

Continue for 5km/ 3 miles, passing Wallings Farm (coffee shop and ice-cream parlour) and the Patten Arms pub. Take the next left turn and climb over a canal bridge. Follow the road to Old Holly Farm (café). Meet the A6, turn left and immediately right, signed to Scorton. Take care at a sharp bend where the road goes under the railway.

D Scorton. 22.5 km / 14 miles.

Cafés, toilets

At the T-junction in the village go left (cafés just to the right, toilets a little further). Follow the road over the M6, then turn next left, recrossing the motorway. Pass a picnic site, then the lake of Cleveley Mere. Climb a short steep hill before reaching Cleveley Bank farm (café). Keep left here, cross over the railway and turn right at a T-junction. Ride through Hollins Lane, Forton; continue beside the railway then pass

under it. Pass two right turns then bear right up Whams Lane. At the next junction (Five Lane Ends) turn left and follow the road into Galgate.

E Galgate. 31.8 km / 19.8 miles. Pubs

Go straight across at the traffic lights, go under the railway bridge and follow the road round to the right, climbing out of the village and along the ridge of Burrow Heights. Cross the railway again and descend to the A6. Turn left then quickly right into Bailingg Lane (please note this does involve crossing the A6 at a busy point - if you prefer not to do this then turn right in Galgate, onto Chapel St, just before the traffic lights and follow the route through the university). Turn left onto the cycle path and follow this off-road route beside the stream, then go straight ahead onto Whinfell Drive/ Claughton Road, take the third left onto Hala Road and go straight across at the lights.

Continue down Ashford Road (last section of this road is for buses and cycles only), turn left into Ashton Road using the cycle lane, after 100m turn right onto the Lancaster Canal.



F Lancaster Canal. 38.2 km / 23.7 miles

Leave the canal towpath just before bridge 98 (just before Chancellors Wharf) then backtrack slightly along Aldcliffe Road to turn right onto Brook Street. Then turn left, pass under the railway bridge and turn right onto a cycle path. At a cross-roads turn left, pass under the railway then turn right on a cycle-path. Follow this skirting sports fields; near a children's playground emerge onto Wingate-Saul Road and follow it to its end. Turn right, then left on Fairfield Road. At the end turn right then turn left on a cycle-path near the station. Where this ends turn right and under the railway then immediately left on another cycle-path, which leads back to the Millennium Bridge.



RIDE 2. OVER THE HEIGHTS

47.4 km / 29.5 miles.

Venture out onto the heathery moors of the Forest of Bowland Area of Outstanding Natural Beauty. This is the highest ride in this guide, reaching 280m/920ft above sea-level; the climbing is mostly gradual and of course the views are stunning.

Ride and terrain: The ride's all on tarmac. As it's hilly, a good range of gears is a big help – and make sure your brakes are in good order before the descent of Quernmore Brow.

Public Toilets: Crook O'Lune.

Refreshments: Pubs in Galgate, the Fleece Inn, then pubs in Caton and snack bar at Crook O'Lune. There's a long stretch in the middle with nothing.

A Start

Leave the Millennium Bridge by the upper exit on the south bank. Turn right and follow the cycle-path below Castle Hill. Turn right, go under the railway, then turn left on another cycle-path. At its end turn right then turn left on Fairfield Road. At the end turn right then left on Wingate-Saul Road. At the end turn left to join the cyclepath and skirt the playing fields. At the end turn left under the railway and then turn right onto Brook Street using the cycle contraflow.

Turn left onto Aldcliffe Rd - access canal on the right (opposite Regent Street). Continue south along canal towpath to Ashton Road (see signs for university), use cycle lanes on Ashton Road for 100m and then turn right onto Ashford Road.

B Scotforth. 4.9 km / 3 miles. Pubs

At traffic lights go straight ahead onto Hala Road. At the end turn right. Go straight across the T-junction onto a cycle-path. Where it meets the road again turn left over a small bridge. At a T-junction turn left

on a lane into Bailrigg village. Turn right on another cycle-path over a cattle-grid. Follow this winding path into the University grounds and at the main perimeter road turn right. At a roundabout go straight ahead. Where the perimeter road swings left, bear right down Green Lane on the adjoining cyclepath.. Keep straight ahead, cross Hazelrigg Lane (two short sections of cycle-path) and continue down Chapel Lane into Galgate. Pass the mill complex then bear left on Chapel Street.

C Galgate. 9.8 km / 6.1 miles. Pubs

At the end turn left, dip under the motorway and climb gently into open country. Continue to the crossroads by the Fleece Inn. Go straight ahead. As the road descends, take care where it narrows. Cross the River Wyre at Street Bridge; just beyond take the middle of three roads and climb to a T-junction. Turn left and continue steadily climbing onto the moors.

The road dips into a little valley; a sharp bend after the bridge is followed by the

very steep but short climb of Cam Brow. Just after this a left fork marks the start of the shortcut.

D Road junction on moor. 20.8 km / 12.9 miles.

For the main ride continue straight ahead. Follow the road down to a farm and up to a T-junction. Turn left. Keep straight ahead past the chapel at Emmetts. Descend to Lower Lee then climb again, with some steepish early sections then more gently through open moorland. The climb tops out near Jubilee Tower.

Look out for: Jubilee Tower is a popular viewpoint, though the views are arguably even better a bit further on.

E Jubilee Tower. 29.6 km / 18.4miles

At Quernmore Brow the descent gets much steeper, with sharp bends near the bottom. Turn right at a crossroads. Continue through the valley then up to a T-junction at Postern Gates. Turn right and continue into Caton. Bear right on Copy Lane. At a T-junction turn left and





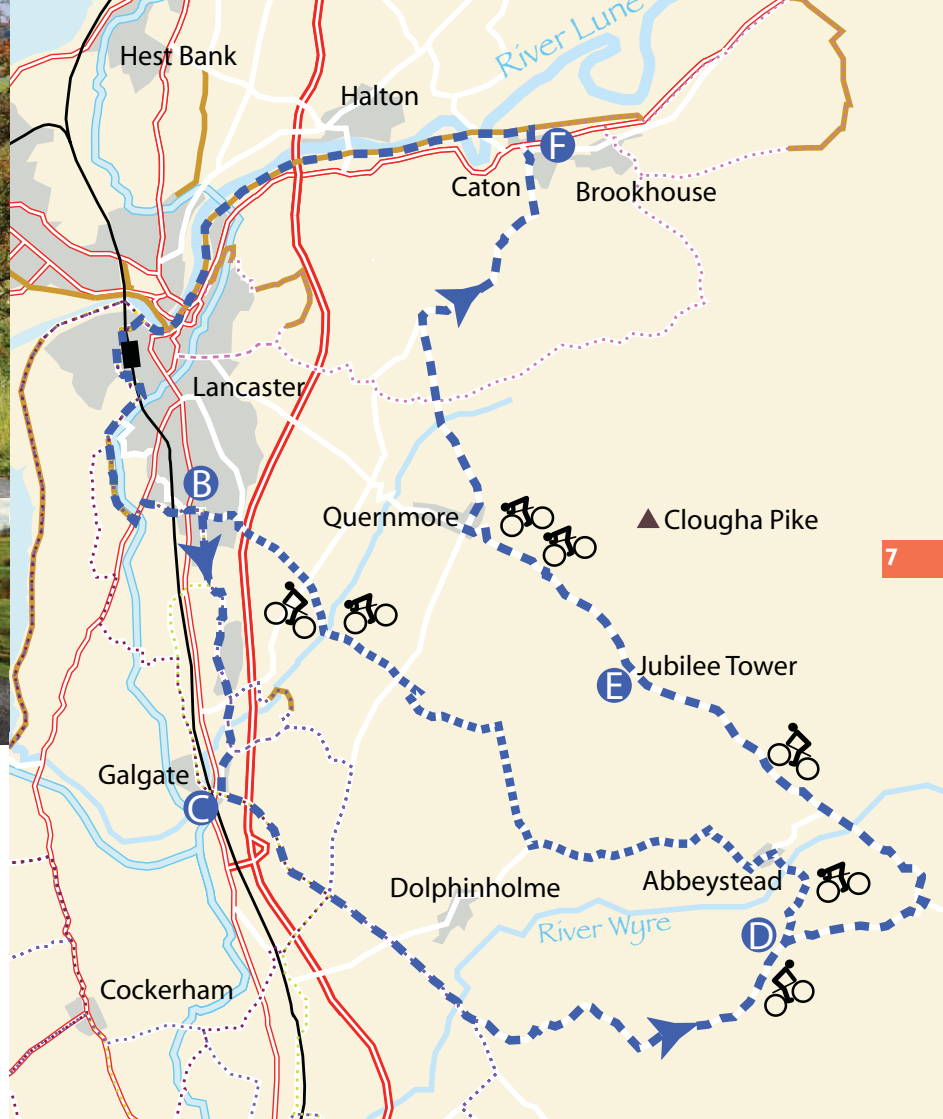
meet the A683 at a mini-roundabout.

F **Caton village.**
40 km / 24.9 miles. Pubs.

Go straight ahead down a short road and track to meet a cycle-path. Turn left and follow the cycle-path past Crook O'Lune and back into Lancaster.

Shortcut: This option does shorten the ride, but only by about 9km / 5.5 miles, and still has some steep hills. However it is more sheltered if the weather should deteriorate.

Bear left at point D, descend into the valley and turn left at a T-junction. Ride through Abbeystead, then take the second turn right on Procter Moss Lane. Follow this then keep straight on at three successive crossroads. After crossing over the M6 take the first left and descend the steep Hala Hill. At the bottom meet the outward route and retrace back to the start.



RIDE 3. ROUGH RIDERS

54.5km / 33.9 miles.

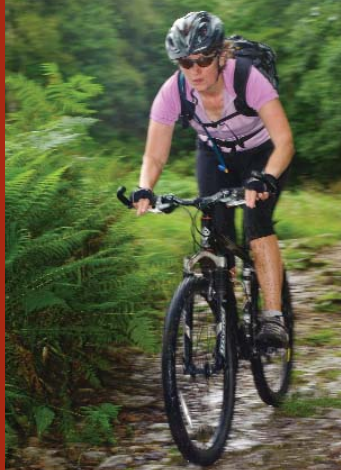
This ride seeks out as much legal off-road action as possible in the rolling country south of Lancaster. It's unlikely to satisfy hardcore mountain-bikers but does link some pleasant tracks, using quiet lanes wherever possible to make the connection. The undoubted highlight is the lovely descent of Grizedale.

Ride and terrain: Mostly on quiet lanes and rough tracks. Experienced mountain bikers will find it tame, but novices should approach with caution. Naturally, a genuine mountain bike is ideal, though full suspension is unnecessary. The ford at Barrow Greaves and the salt-marsh after Cockerham are difficult after wet weather.

Alternatives are given for the tougher off-road sections but even so, some of the lanes are quite rough: the route is unsuitable for thoroughbred road bikes.

Public Toilets: Scorton, Cockerham

Refreshments: Pubs in Galgate, The Fleece and in Cockerham. Cafés in Scorton and at Cleveley Bank farm.



8



A Start

Follow route 2 as far as Lancaster University. Leaving the campus, where the route crosses a road via two short sections of cycle-path, turn left on this road (Option 1: keep straight ahead).

B Hazelrigg Lane. 8.4 km / 5.2 miles

Pass under the motorway and turn right. Follow the lane, which becomes a track, winding past Barrow Greaves to a deep ford and stepping stones (the choice is yours!). Climb to a lane and turn right, then turn left on Langshaw Lane. At a T-junction turn right and soon descend to Five Lane Ends. Bear left (not the sharp left which goes back uphill) to the crossroads by the Fleece Inn.

Go straight ahead and descend (take care where the road narrows) to cross the River Wyre at Street Bridge. Keep right and continue to a crossroads. Turn right then first left. This lane crosses a ford

(dangerous on narrow road tyres), near Syke's Farm. Continue to the road-end. (Option 2: turn right after the ford).

C Road-end above Fell End farm. 19.4 km / 12.1 miles

Keep straight ahead on a stony track. This descends gently into woodland and runs alongside Grizedale reservoir. Go through the gate by the dam. The track descends more steeply. Take care; watch out for walkers. More rough sections follow as the track levels out. Go through another gate and keep straight ahead, near the beck, to reach a narrow lane.

Turn left. At a T-junction turn right on Keeper's Lane. At the next T-junction turn right again (NCN 6), cross the motorway and follow the lane round right. Continue to another T-junction and turn right on a busier road into Scorton.

D Scorton. 28.6 km / 17.8 miles.

Toilets, cafés

Keep straight ahead through the village, joining Ride 1. Climb over the M6, then turn first left, recrossing the motorway. Pass a picnic site, then the lake of Cleveley Mere. Climb a short steep hill before reaching Cleveley Bank farm (café). Keep left here, cross over the railway and turn left at a T-junction in Hollins Lane village (Ride 1 goes right).

Cross the A6 into Ratcliffe Wharf Lane. Follow this round right then turn right on Winder Lane. In Forton village turn left at a T-junction and follow the lane to another T-junction. Turn left and continue over the canal then up to a T-junction on the edge of Cockerham. Turn right, then left on the A588 (Option 3: turn right).

E Cockerham. 36.5 km / 22.7 miles.

Pub, toilets

Follow the road about 1.5 km/ 1 mile.



Just before Cocker Bridge turn right at a Lancashire Coastal Way sign. Follow the edge of the salt-marsh, below an embankment, to Patty's Farm then turn right on a lane. Keep straight ahead at the next junction, following Hillam Lane to the A588. Turn left and then next left on Moss Lane. There's a brideway across the fields but it's indistinct and not very interesting, so continue to the next right turn. Follow the lane to a junction and go ahead over the canal bridge. At roundabout turn left heading towards Glasson Dock then turn right to get onto the Lune Estuary cycle path heading north to Conder Green.

F Conder Green. 46.5 km / 28.9 miles. Toilets

Continue along the Estuary Path and then along St George's Quay back to the Millennium Bridge.

Tarmac options

1 – avoids the ford at Barrow Greaves.

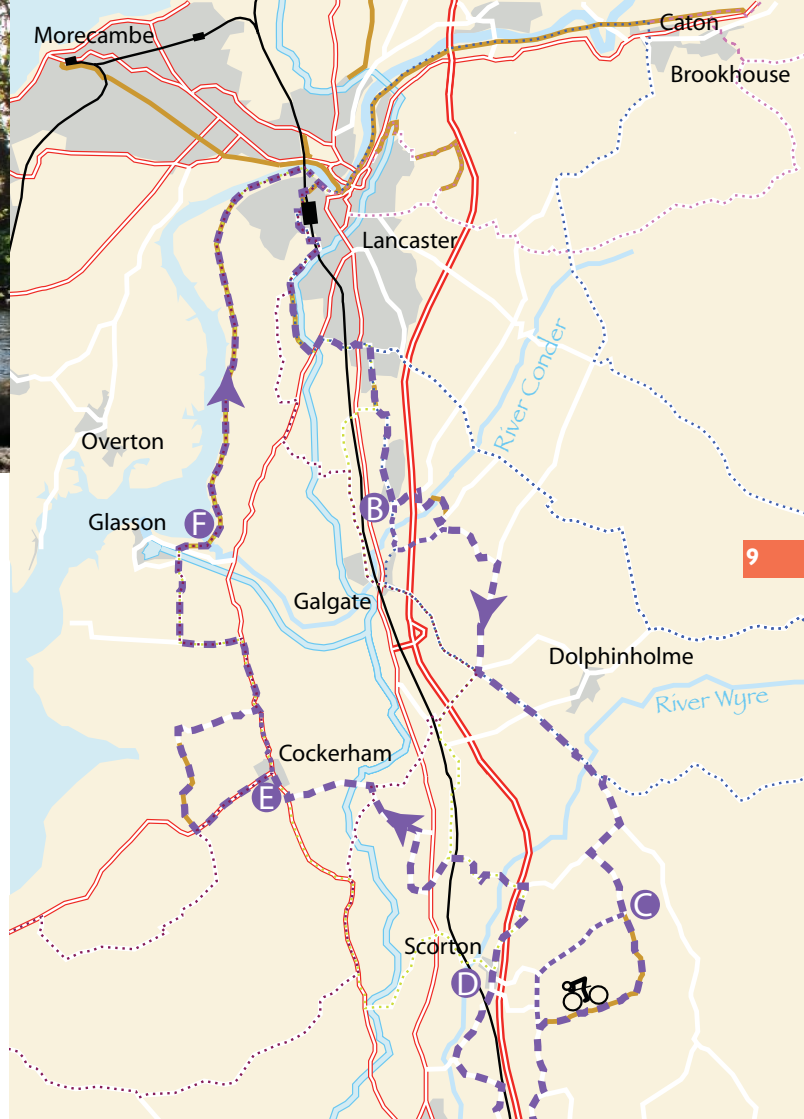
Follow Chapel Lane into Ellel then take the first left. Go under the motorway, climb a steep rise and at the next junction turn right on Langshaw Lane to rejoin the main route.

2 – avoids the rough descent of Grizedale.

After the ford near Syke's Farm, take the first right. Follow the lane round and after a steep descent the main route rejoins just before a ford (often dry).

3 – avoids the rough, sometimes muddy, track of the Lancashire Coastal Way, but has more traffic.

Follow the A588 north from Cockerham, past the end of Hillam Lane where the main route rejoins.



RIDE 4. ESTUARIES AND MOSSES

49.9 km / 31 miles.

This route aims for the wide-open country around Pilling; once a landscape of meres and marshes, it has nearly all been drained and tamed, but the huge skies remain. As the land dried out, it also shrank, and in places the road stands well above the surrounding fields of black soil.

Ride and terrain: The first third of the ride is undulating, with one short steep climb at Tarnwater Lane. The ride's on tarmac throughout and any serviceable bike will do fine.

Public Toilets: Cockerham, Conder Green.

Refreshments: Pubs at Winmarleigh, Stakepool, Pilling and Cockerham; the Bay Horse Inn is a top-notch gastro pub. Also pubs just off route at Conder Green and Glasson Dock. Snack-wagon sometimes near Lane Ends Amenity Area.

A Start

Access Lancaster canal as per ride 2. Leave the towpath where Aldcliffe Road diverges from the path and follow this road into Aldcliffe village. Follow the road round left and continue straight ahead where other lanes go left and right, to ride through the hamlet of Stodday (please notes these lanes are particularly narrow). The lane leads round left and meets the A588 at a T-junction. Turn right and speed downhill then turn left on Tarnwater Lane. Climb a steep hill then cross over the canal where it runs through a deep cutting (called Deep Cutting!). Climb to another T-junction and turn right along Burrow Heights.

B Burrow Heights. 7.3 km / 4.5 miles

Follow the lane down and into Galgate, swinging left under the railway to reach the traffic lights. Go straight ahead, climb gradually, dip under the motorway and continue climbing gently into open country.

At a crossroads (Five Lane Ends) turn right on Whams Lane. Descend to a T-junction and turn right. The road ducks under the railway. Turn left, pass the Bay Horse Inn and continue to the A6.

C A6 crossing. 13.9 km / 8.6 miles

Go straight ahead into Cockerham Road. After about 1 km turn left on School Lane, then first right. At a T-junction turn right and descend to the canal at Stoney Lane Bridge. Continue to a T-junction with the B5272 and turn left then follow the road round right, joining Ride 1. Pass the Patten Arms pub then turn right on School Lane (a different one!) into Winmarleigh. At a T-junction by the school turn right. The lane soon descends and runs out onto the open level of Winmarleigh Moss.

Look out for: This is Island Lane; a slight rise (in a car you'd hardly notice it) midway along is home to Island Farm and Island Wood. Before the marshes were drained this was indeed an island. Look north to a

line of trees (along Crawley's Dyke); here an area of damp heath land gives a clue to how the landscape must once have looked.

D End of Island Lane.

21.9 km / 13.6 miles

At a T-junction turn right and continue along the road to another T-junction where it meets the A588 at Stakepool, opposite the Elletson's Arms. Turn right then go first left on Taylor's Lane. Pass a converted windmill then turn right on Backsands Lane (or go left to explore Pilling village). Pass the Lane Ends Amenity Area just before rejoining the A588. Turn left.

E A588, Lane Ends.

28.2 km / 17.5 miles

Turn 1st right on Gulf Lane. Follow the quiet lane past the microlight flying centre to a T-junction. Turn left (Crimbles Lane) and ride up to the A588 again (or straight across to join the Lancashire Coastal Way as for Ride 3). Turn right and ride into Cockerham.

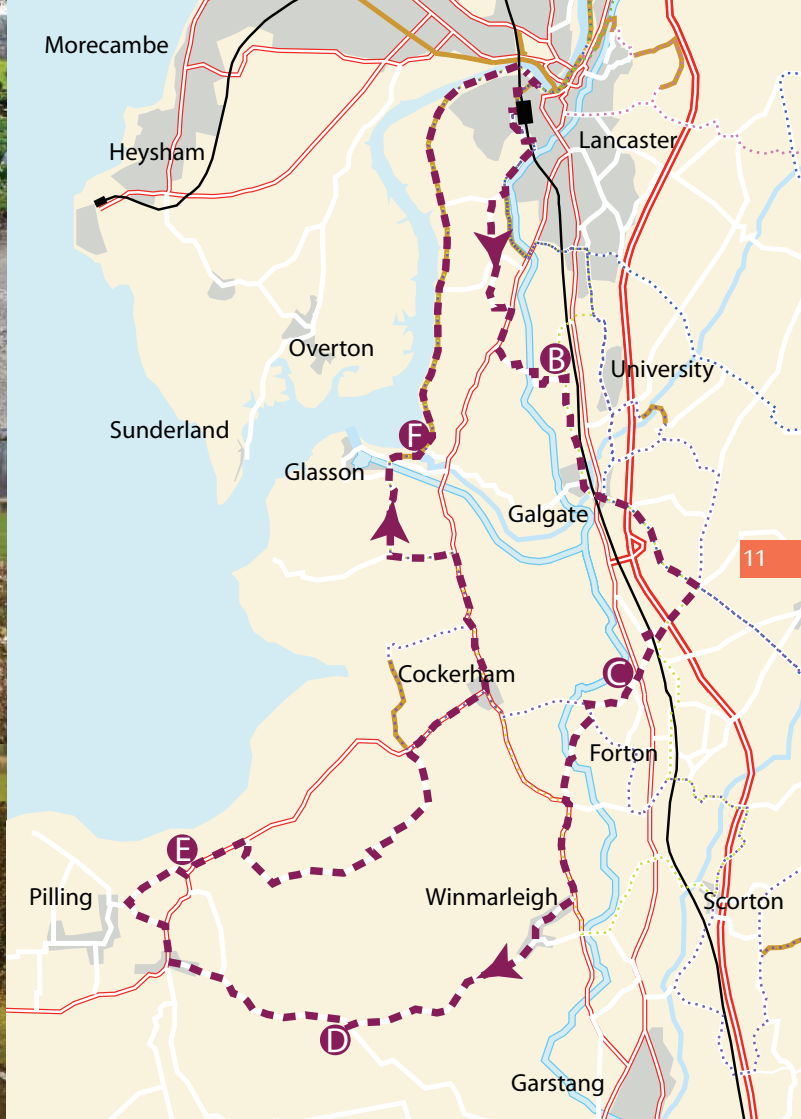




Follow the A588 north from Cockerham. Take the second left on Moss Lane, then go first right and follow the lane to the outskirts of Glasson Dock. Cross the canal and join the cycle-path along the sea-wall; turn right.



F Conder Green. 41.9 km / 26 miles.
Toilets
Finish via the Lune Estuary Path as for Ride 3.



RIDE 5. THE PROOF OF THE PUDDING

46.2 km / 28.7 miles.

A beautiful ride, exploring the Lune Valley and quiet corners in the hills to the north. Great views crop up seemingly at every turn, especially over the Lune to the Three Peaks in Yorkshire.

Ride and terrain: There's one short but very steep climb after Halton Park and several longer but more gradual ascents; the Lord's Lot climb is particularly satisfying. The route is all on tarmac and can be enjoyed on any serviceable bike.

Public Toilets: Crook O'Lune

Refreshments: Snack bar at Crook O'Lune, pubs at Arkholme, Redwell and Nether Kellet; café at Docker Park Farm.



A 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. Continue under the Lune Aqueduct and then under the M6, eventually crossing a minor (but busy) road. Keep straight ahead, past the old railway station. Go through a small tunnel then descend to cross the river; slant up left to the Crook O'Lune car-park and picnic area. Ride through the car-park to the road.

Look out for: Historic Skerton Bridge; 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.

Fine views of Halton-on-Lune (mentioned in the Domesday Book) after

the motorway bridge; artworks beside the track, including some controversial upside-down trees and a giant heron.

B Crook O'Lune. 6.5 km / 4 miles.

Toilets, snack bar

Turn right – take care as it can be busy. Turn right again on a bend and ride past Halton Park, a fine old manor house, before a short steep climb. Continue to a T-junction. Turn right on a busier road then first right off it, signed for Aughton. Continue along the road with some fine views soon appearing. The road skirts above the main part of Aughton (pronounced Affton) village; if you want to explore this quiet backwater a short loop road drops down on the right and rejoins further on. Aughton is principally known for its Famous Aughton Pudding Festival, traditionally held every 21 years. At the last one, in 1992, the villagers produced a world-record plum pudding weighing 3.28 tons.

Continue to a T-junction and turn right. Descend into Gressingham and as the hill levels out turn left.

C Gressingham. 16 km / 9.9 miles

Follow the lane to a T-junction with the B6254 and turn right. A long straight descent leads into Arkholme. Turn left at the crossroads by the Bay Horse pub (or turn right to explore the village street, which runs down towards the river).

Follow the road over a short climb and into the valley of Beckerthwaite Beck, where it runs almost parallel to the railway line (from Carnforth to Settle and Leeds). Turn left, signed for Docker Park Farm; climb a short hill to pass the farm. Descend into another valley (River Keer) and continue alongside the railway to a T-junction. Turn left.

D End of Keer Holme Lane.

25 km / 15.5 miles

Ride past Capernwray Hall and embark on a fine climb, never too steep, which winds through several bends before topping out at Lord's Lot Wood. Descend to meet the B6254 and turn right. Ride past the isolated Redwell Inn then fork left. The road rises onto a little ridge with fine views. Turn right on Swarthdale Lane.



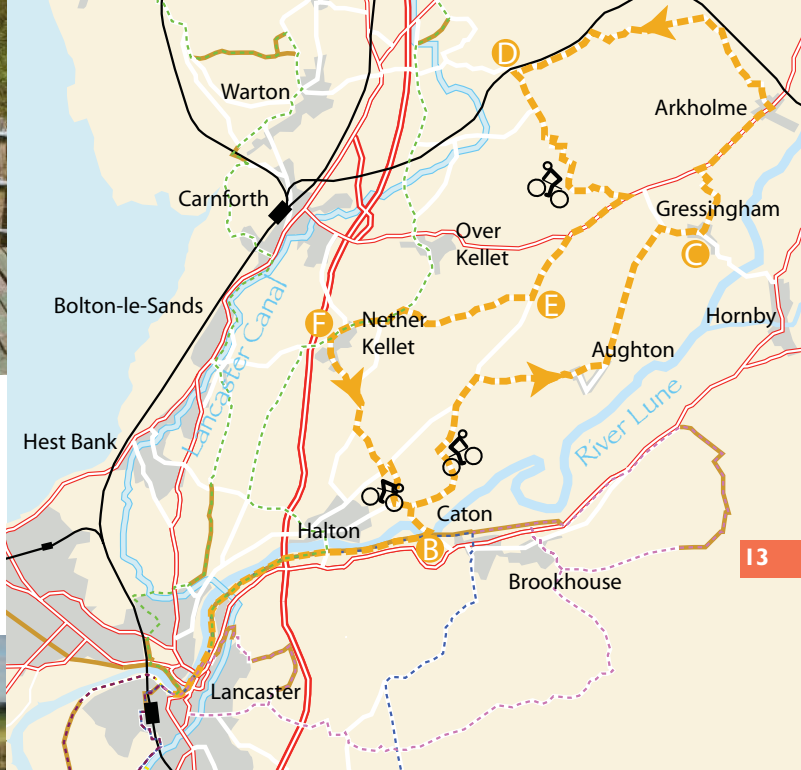
E Swarthdale Lane. 29.6 km / 18.4 miles

Continue to a T-junction. Turn left and soon descend into Nether Kellet.

F Nether Kellet. 35.2 km / 21.9 miles. Pub

Fork left after the Limeburners Arms and continue along Shaw Lane. This gets very narrow so take care: ride in the centre to

be seen. Turn right, and at the next junction bear left and climb then descend to a T-junction. Turn left then shortly right down Green Lane; descend steeply to Halton Green and another T-junction just beyond. Turn left and the road soon leads back to Crook O'Lune; enter the car-park and rejoin the cycle-path back to Lancaster.



RIDE 6. CALL OF THE COLS

33.6km / 20.9 miles.

Flex your climbing muscles on this action-packed little ride; between Dolphinlee Bridge (point **B**) and Claughton (Point **F**), there's scarcely a metre of level road. The challenge is matched by the rewards; this ride, more than any other, shows just how close Lancaster is to some truly stunning scenery. On a clear day it's truly memorable.

Ride and terrain: This short ride packs in plenty of hills and some roughish tracks, so don't underestimate it. A mountain bike is best, though you don't need full suspension. An alternative route avoiding the off-road stuff is much shorter but still takes in a couple of tough climbs. Steep descents mean good brakes are a must too.

Public Toilets: Bull Beck, Crook O'Lune.

Refreshments: After the hard work's over. Snacks at Bull Beck and Crook O'Lune. The Fenwick Arms in Claughton featured on the TV show Ramsay's Kitchen Nightmares in 2006 and became the centre of the Campaign for Real Gravy. The shorter route passes the Black Bull pub in Brookhouse.

A 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 (an engineering landmark in its day). Pass an exit to a small car-park and continue to another track branching right, out to Caton Road (A683). Cross the road at an island and turn left along the wide pavement. Cross a couple of side roads and immediately after the second bear right up a surfaced track to a bridge over the canal.

B Dolphinlee Bridge. 1.7 km / 1.1 miles

Cross the bridge and follow the track right. Meet a road and turn left. Keep left, skirting the Ridge Estate, until you start to descend on the east side of the ridge. Turn left on a concrete track. At a junction overlooking the motorway, turn right and ride past Lancaster Farms (Young Offenders Institution) then bear

left on a road alongside the cemetery to a T-junction.

C Moor Hospital. 5.3 km / 3.3 miles

Turn Left. Descend past the Moor Hospital then climb, over the motorway and onto a ridge. Pass the end of Newlands Road then turn right on Littlefell Lane. Turn first left down Stock-a-Bank Road, descending steeply to a cross-roads. Go straight ahead and soon start climbing again, with a very steep section before the road begins to level off below the rocks of Baines Crag; the top is just beyond.

Look out for: the gaunt Moor Hospital, Grade II listed, currently derelict but earmarked for residential development; rock-climbers occasionally use Baines Crag as an esoteric practice ground.

D Summit of Littledale Road.

11.7 km / 7.3 miles
Descend steeply into Littledale then up to

a crossroads. Go straight ahead (it's a roughish track). When it rejoins the road go straight ahead down a long straight then turn right. (The road route goes straight ahead, but you could always enjoy the long steady climb to the wind farm then retrace from the road end and straight down into Brookhouse).

E Outskirts of Brookhouse. 15.2 km / 9.4 miles

Turn right again on Quarry Road. This is a long climb but nowhere near as steep as the Col du Baines. Where the road ends near the wind farm keep straight ahead on a track along the side of Caton Moor, past Moorcock Hall and then down to a bridge near the clay workings which serve the Claughton brickworks. Follow the track round left and enjoy an exciting descent. After a slight rise join a surfaced track which runs straight down the hill – and soon turns rough again.





Look out for: During the descent Clougha Hall stands high on the left; it originally stood on the outskirts of the village, but was demolished and rebuilt on its present site in the 1970s.

F Clougha (A683).

21.5 km / 13.4 miles

Turn left along the A683 for approx. 3km / 2 miles to Bull Beck.

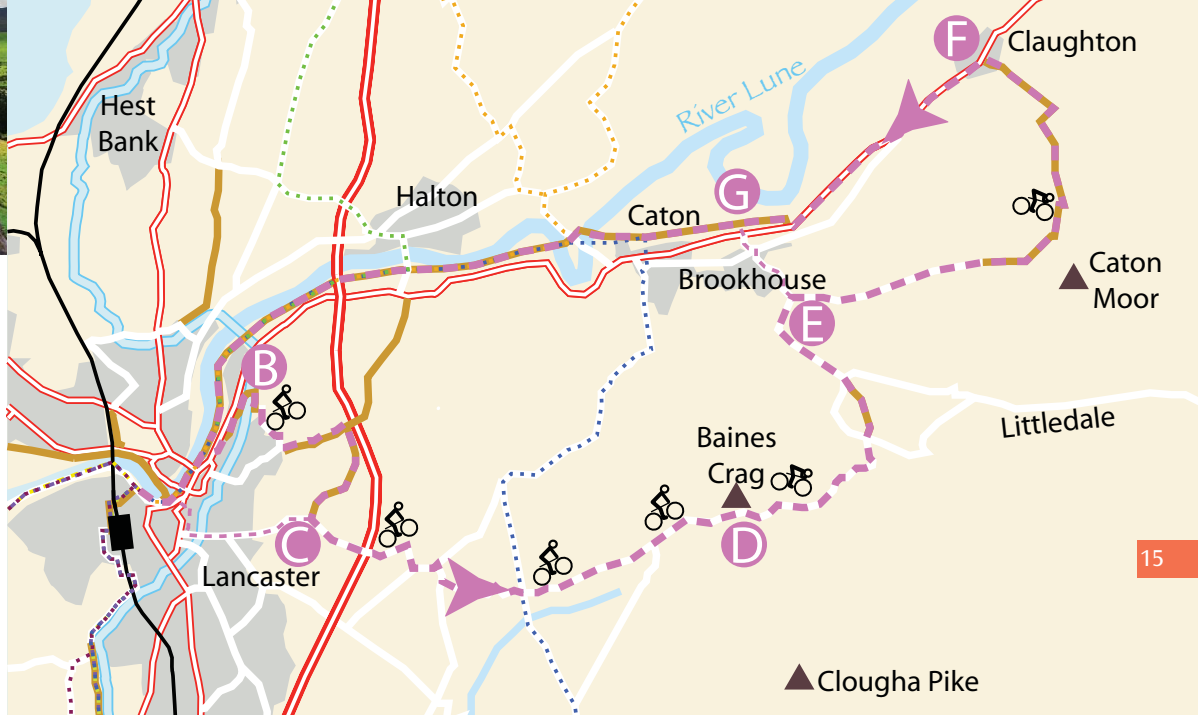
G Bull Beck Picnic Area.

25 km / 15.5 miles. Snacks, toilets

Cross the A683 to join the cycle-path on the line of a disused railway which leads past Caton to Crook O'Lune (River Lune Millennium path). Continue along the cycle-path all the way back into Lancaster.

The road route:

Start as for the main route but don't enter the underpass: instead follow the pavement round to the right (skirting Sainsbury's car-park) to a lights-controlled crossing. Cross and go left, then right up Phoenix Street. Follow the signed route across St Leonardsgate and into a car-park; turn right on the upper level and straight ahead along Edward Street. Go right then left into Bulk Street then turn left on Nelson Street; climb steadily ahead up East Road and Quernmore Road, passing the gates of Williamson Park.



The main route joins from the left near the Moor Hospital. Follow it over the motorway and continue to the Baines Crag climb. At the crossroads after the descent turn left and follow the road all the way down to Brookhouse and a crossroads next to the Black Bull. Go straight ahead down a narrow lane which meets the A683. Go straight across to join the cycle-path and turn left, rejoining the main route.



RIDE 7. NORTHERN TOUR PART I

32 km/ 19.9 miles.

Many experienced riders will happily tackle the entire northern tour in a day, but it lends itself to a more leisurely approach, either staying overnight in Arnside, or as two separate rides, using the good train service between Lancaster and Arnside. The mix of scenery – pastoral, coastal, woodland, wetland, even some rocky bits – means there's never a dull moment.

Ride and terrain: The main route includes several short but delightful off-road sections; none are very difficult but a mountain bike is recommended. Tarmac alternatives are given.

Public Toilets: Silverdale, Arnside.

Refreshments: Pubs in Bolton-le-Sands, two in Warton, two in Silverdale village plus the eccentric Woodlands Hotel on the outskirts. Cafés at Wolf House and Silverdale village. Wide choice in Arnside.

Accommodation: Arnside has a range of accommodation, including a YHA hostel on Redhills road (on the main route); see www.southlakeland.gov.uk, www.arnside-online.co.uk/accom



A Start

Leave the Millennium Bridge on the north bank, and bear left alongside the river to lights and a crossing just before Carlisle Bridge. Cross into Ryelands Park and follow the track parallel to the railway. Cross a road, enter Noel Road and at the end turn left on Barley Cop lane. Take the sixth turn right (just before the road turns under the railway) on Hammerton Hall Lane. Follow this over the canal (Tarmac option 1: join the towpath) to the A6. Turn left and then right into Green Lane and continue until it swings over the canal.

B Green Lane. 3.7 km / 2.3 miles

Don't cross the canal but go ahead on a track which swings left and climbs steadily. Cross a road into Ancliffe Lane. Follow this into Bolton-le-Sands and down to a T-junction opposite the Blue Anchor.

Turn right then left and down to a canal bridge. Join the towpath and continue north. Pass over several bridges; the canal eventually runs parallel and just above the A6 main road. Continue under another bridge then descend a short slanting path to the A6. Follow it a short way to a mini-roundabout. Take care crossing the busy A6

C Crag Bank. 10.9 km / 6.8 miles

Turn left on Longfield Drive. This swings right and becomes Crag Bank Road, then makes a sharp right and narrows, becoming Crag Bank Lane.

Follow the lane, emerging beside the estuary of the River Keer. Cross a handsome wooden footbridge on the left, and ride up the track beside railway sidings to a T-junction. Turn right then go

straight ahead into Warton. Keep left at the T-junction and ride past two pubs and the church. Pass Crag Lane (Option 2: turn left)

D Warton. 16.4 km / 10.2 miles. Pubs

Follow the main street then turn left on Coach Road. Climb past the last houses; here there's a bridleway on the left but the first climb is wickedly steep. Continue up Coach Road for approx. 400m / 440yds then turn left on a permissive bridleway. Swing left where it reaches an open area and continue to meet a walled stony track (Occupation Lane). Turn right and climb gently then descend enjoyably to meet a road. Turn right and descend to Crag Foot. Continue almost straight ahead, cross a level crossing, then climb a slight rise to a T-junction.



E T-junction. 21.9 km / 13.6 miles

Turn left, then left again on Hollins Lane. Follow this to Wolf House (gallery, café) then round to the right. Continue to a T-junction with Shore Rd and go right (the Silverdale Hotel is just to the left). Climb a rise then left on Emesgate Lane. Continue past the church then look for a narrow lane on the left and go left again at a T-junction.

Follow the road out of the village, past a caravan site, then just above the shore. Pass the turning for Far Arnside then climb gradually to the entrance to Arnside Tower Farm: the tower itself is prominent on a knoll behind the farm. (Option 2: stay on the road).

Look out for: Arnside Tower is a pele tower, a mediaeval structure built for defence against Scottish raiders.

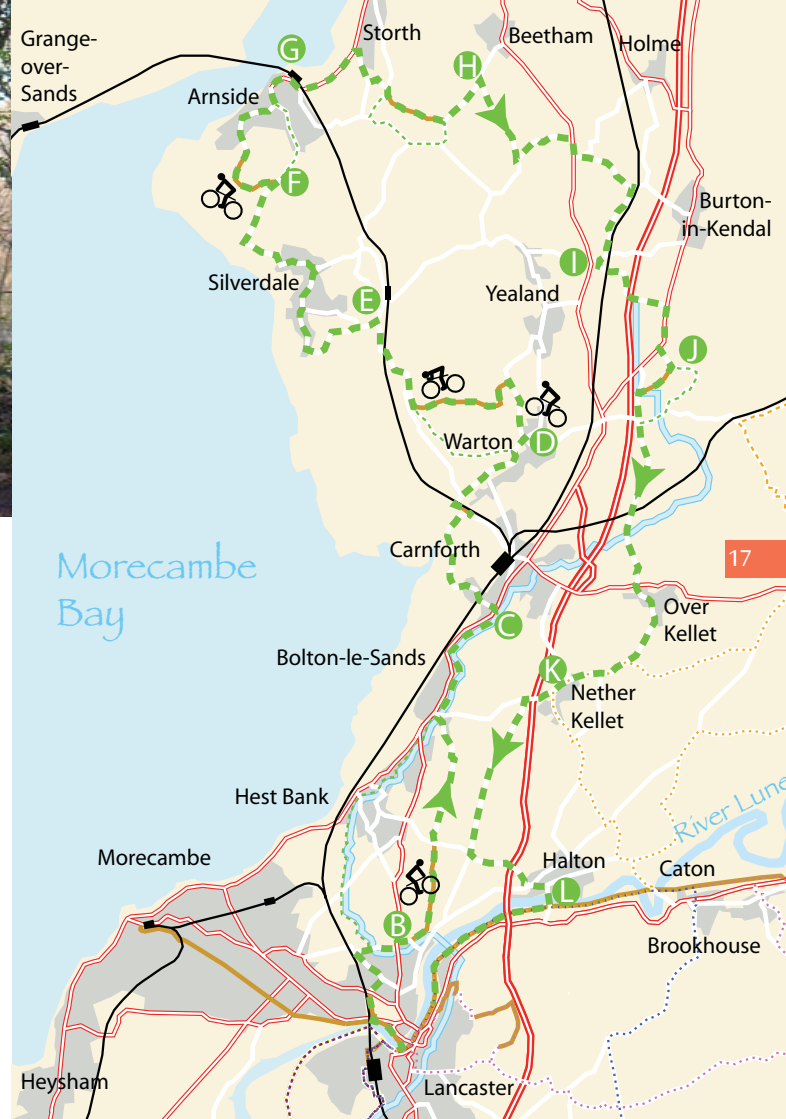
F Near Arnside Tower. 28 km / 17.4 miles

Turn sharp left on a bridleway, climbing gradually below the steep screes of Arnside Knott; keep following the main track to a gate near the top then down to a car park. Continue ahead down the road (Saul's Drive, then Knott Lane, then Red Hills Road) to a T-junction. Turn left and descend to the promenade in Arnside. Turn right and ride past several pubs and cafés before reaching the railway station.

Road option 1: join the towpath and follow it to Bolton-le-Sands.

Option 2: follow Crag Lane to Crag Foot.

Option 3: keep straight ahead and the road leads naturally round and down to Arnside promenade.



RIDE 8 NORTHERN TOUR PART 2

32.6 km / 20.3 miles.

This ride takes an inland route back to Lancaster, but continues to beguile with frequent changes of scenery

Ride and terrain: As for ride 7.

Public Toilets: Arnside

Refreshments: Café at Wildlife Oasis, pubs at Over Kellet, Nether Kellet, Halton.



Ⓒ Start

From Arnside village ride past the railway station then turn left under the railway. Turn first right, signed Storth, and keep right along Carr Bank Rd. Pass Keasdale Road then take the next left. Pass Hazelslack Tower and arrive at a T-junction. Turn right then fork left on a byway, Dollywood Lane. (Road option 1: keep right.) At the end turn left. Climb steadily to Slack Head.

Look out for: Hazelslack Tower, another pele tower, smaller than Arnside Tower but in better repair.

⒣ Slack Head. 5 km / 3.1 miles

Near the top of the climb turn sharp right. Descend a long straight and pass a caravan site then go sharp left. Keep right and ride to the A6 by the Wildlife Oasis. Turn right for 300 metres then go left on Moss Lane. Just before the railway turn right on Hilderstone Lane. At the end turn right.

Ⓓ Cinderbarrow. 11 km / 6.8 miles

Turn next left, and left again on Cinderbarrow Lane. Ride over the railway, alongside the canal and then near the M6 before crossing over the motorway. At a T-junction with the A6070, turn right, then first left, Whitebeck Lane, signed for Priest Hutton. At a left bend turn right on a track, Kirkgate Lane. (Option 2: keep straight on).

Ⓙ Kirkgate Lane. 14.7 km / 9.1 miles

At the end turn left then at a cross-roads keep straight ahead on Kellet Lane, passing several small lakes (old gravel workings now popular with anglers). Continue over a canal bridge controlled by lights. At a T-junction turn right into Over Kellet. At the village green take the middle road, ride straight over the crossroads and pass left of the village shop.

Continue up Nether Kellet Road past the Eagle's Head pub and on through open country (ride 5 joins from the left) and down into Nether Kellet.

Ⓚ Nether Kellet. 22.6 km / 14 miles

Keep straight ahead (ride 5 forks left after the pub). Cross over the motorway then turn left on Kellet Lane (NCN 90). Follow this past the TV transmitter then at a crossroads turn left on Foundry Lane, signed for Halton. Descend into the village and at a mini-roundabout go straight ahead into Low Road. Just after the Greyhound pub turn right on Mill Lane.

Ⓛ River Lune. 28.1 km / 17.5 miles

Cross the river on the narrow iron bridge then turn right through a small car-park to join the Lune Cycle-Path back to Lancaster.

Road options

1 – keep right where Dollywood Lane goes left, then keep taking left turns to rejoin the main route on the climb to Slack Head.

2 – keep taking right turns through Priest Hutton and Borwick. At a cross-roads turn left on Kellet Lane.

BACKGROUND INFORMATION

FURTHER INFORMATION

Other cycle rides leaflets and a dedicated cycling map are available free of charge from Visitor Information Centres and other points such as museums and libraries, or go to www.celebratingcycling.org/maps.

Lancaster Visitor Information Centre:

The Storey, Meeting House Lane, Lancaster, LA1 1TH
Tel: (01524) 582394. Fax: (01524) 382849
Email: lancastervic@lancaster.gov.uk

Morecambe Visitor Information Centre:

Old Station Buildings, Marine Road Central,
Morecambe, LA4 4DB
Tel: (01524) 582808. Fax: (01524) 832549
Email: morecambevic@lancaster.gov.uk

Bowland by Bike

5 stunning cycle routes in and around the Forest of Bowland:
leaflet downloadable from www.forestofbowland.com

WEBSITES

Celebrating Cycling website: www.celebratingcycling.org
Lancaster and Morecambe general visitor website:
www.citycoastcountryside.co.uk

CYCLE HIRE/ SALES/ REPAIRS:

The Edge Cycleworks (Sales/ Repairs)

2 Chapel Street, Lancaster, LA1 1NZ 01524 840800
www.theedgecycleworks.com Open Monday–Saturday

Leisure Lakes Bikes (Hire/ Sales/ Repairs)

103 Penny Street, Lancaster, LA1 1XN
01524 844389 www.leisurelakesbikes.co.uk
Open 7 days, late nights Thursdays

Sunshine Cycle Hire (Hire)

Cooper's Amusements, 202/203 Marine Road West,
Morecambe, LA4 4BU 01524 414709
www.sunshinecyclehire.co.uk

Oggy's Cycles (Sales/ Repairs)

34 Regent Road, Morecambe, LA3 1QN 01524 832860
www.morecambecyclecentre.co.uk
Open Mon–Sat

Halfords (Sales/ Repairs)

Unit 2, Bulk Road, Lancaster, LA1 1DT
01524 846889 www.halfords.com Open 7 days

Smalleys (Sales/ Repairs)

28–30 Parliament Street, Lancaster, LA1 1DQ
01524 63478 Open Monday–Saturday

Lakeland Cycles (Hire/ Sales/ Repairs)

3 Whin Drive, Bolton-le-Sands, LA5 8DB
01524 735465 Open Tuesday, Wednesday, & Saturday

Pedal Power (refurbished bikes)

8 Ridge Square, Patterdale Road, Lancaster, LA1 3HR
01524 65328

LOCAL CLUBS AND ORGANISATIONS

www.celebratingcycling.org/groups

Bog Trotters

Lancaster-based mountain bike club. www.bogtrotters.org

CogSet

Lancaster's own cycling club for young people
<http://cogset.org.uk/>

COLT

The new City of Lancaster Triathlon club offer regular organised cycle rides Saturday and Sunday morning meeting at Total Fitness in Lancaster. Richard Mason (Captain) richard@coltriathlon.co.uk
www.cityoflancastertriathlon.co.uk

CTC

The UK's national cyclists' organisation – Lancaster & S.Lakes district. Social rides usually 40 – 70 miles. Secretary: Mike Hutchinson - 01524 36061
www.ctclancaster.org.uk

Dynamo

Lancaster and District Cycle Campaign. Membership Secretary – 01524 63641 – uk.geocities.com/dynamocyclecampaign

Garstang Cycling Club

Racing and social rides. Secretary: Paul Robinson - 01995 640300 info@garstangcyclingclub.net
www.garstangcyclingclub.net

Lancaster Cycling Club

Racing-oriented club. Membership Secretary: Bob Muir - 01524 62250 www.lancastercc.co.uk

Lune Racing Cycling Club

Racing-oriented club. Secretary: Mr T Sweeney – 4 Victoria Avenue, Lancaster, LA1 4SY
www.lunerc.org.uk

Rough-Stuff Fellowship (South Lakes)

UK oldest off-road cycling touring club. The Group has rides on the first Saturday and third Sunday of each month starting from various locations in North Lancashire and the South Lakes Area. Simeon Orme, 8 Beech Road, Halton, Lancaster, LA2 6QQ
01524 811843 www.southlakesgroup.org.uk/

THE NATIONAL CYCLE NETWORK

Launched in 1995 and now covering over 20,000 km / 12,000 miles of quiet roads and off-road routes, the NCN continues to grow. NCN routes in our area include National Route 6, ultimately due to link London to the Lake District and already connecting Preston, Lancaster, Kendal and Windermere. Regional Route 90 is the Northern Loop of the Lancashire Cycleway, a 400 km / 250 mile figure-8 tour of the county. National Cycle Network: <http://tinyurl.com/cghx5d>
Lancashire Cycleway: <http://tinyurl.com/c58tho>
Coming in 2010 a new Coast to Coast route from Morecambe to Bridlington.



Explore Lancaster's glorious City, Coast and Countryside in the best way possible: by bike. Here are eight great routes ranging from 32 – 55 km (20 – 34 miles); some are generally flat, while others are decidedly hilly. Some can be tackled on any serviceable bike; a few are best on a mountain bike, though tarmac alternatives are given.



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