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# Cycling in Lancaster and Morecambe

Our Network. With an extensive network of traffic cycle paths, outstanding scenery and 20mph speed limits in residential areas Lancaster and Morecambe are one of the best places to cycle in the country.

## • Salt Ayre Sports Centre

 Supermarkets The centrepiece of the area's cycle network: Our Lady's Catholic College. The bridge takes you into the city centre from

# Lancaster Canal (Lancaster to

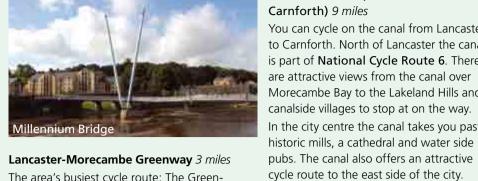
nistoric mills, a cathedral and water side

Aqueduct cost £48,000 to build in 1803. Carnforth) 9 miles There is now a cycle ramp from the Lune You can cycle on the canal from Lancaster Aqueduct to the riverside cycle path below. to Carnforth. North of Lancaster the canal is part of **National Cycle Route 6**. There are attractive views from the canal over Morecambe Bay to the Lakeland Hills and canalside villages to stop at on the way. In the city centre the canal takes you past

**Lune Aqueduct** 

The outstanding feature of the Lancaster

Canal. Ride across the Lune Aqueduct, one of the seven wonders of the canal age. The



The area's busiest cycle route: The Greenway takes you from the Millennium Bridge in Lancaster City Centre to Morecambe Promenade. It is the quickest way of getting from Lancaster to Morecambe. The cycle path was originally one of the first electrified railways in the country.

- There are links from the Greenway to:
- Lancaster and Morecambe College

You will find the following cycle facilities in Lancaster City Centre: Cycle lanes on the main one way street

- Contraflow cycle lanes on side streets giving you access to the city centre
- Toucan crossings making it easy for you to cross to the city centre East West cycle routes via Church Street
- Extensive cycle parking means there is somewhere safe to leave your bike
- Within the pedestrian area cycling is allowed in Church Street and Upper

You can cycle round the city centre using the canal, side streets and cycle paths. The University of Cumbria, hospital, rail station and White Cross are close to the Loop.

## **Cycling to Lancaster Railway Station** There is a direct cycle path from the

Millennium Bridge to the railway station and a linking cycle path to the south. You will find cycle parking on Platforms 3 and 5. Combining cycling with train journeys is a great way of avoiding the stress of motorway



## Cycling to Lancaster University from Cycling to Lancaster University Lancaster University has one of the highest cycling rates the railway station

in the county. There is a traffic-free path from The most pleasant way of cycling to the University to Scotforth via Bailrigg Lane. Lancaster University from the railway From Scotforth you can take cycle routes station is via the canal, cycle paths and to the east and west sides of Lancaster or minor roads on the west side of Lancaster. continue on the canal or the A6 into the city centre. Within the university there is extensive Cycling to the University of Cumbria There are signed cycle routes through the

## university and covered cycle parking. • From the City Centre, Canal and Millennium Bridge the best route to the University is via Quarry Road and side streets on the east side of the

- city centre. From the west you can follow the cycle route through the hospital
- From the railway station use side streets to cross the city centre.

Skerton and Ryelands Park

n Skerton there are cycle paths across

elands Park and along the river linking to

**Morecambe Promenade** 5 miles One of the best cycle routes in the country. There are stunning views across the Bay to the Lakeland Hills from the Promenade Places to stop on the way include the art deco Midland Hotel, the Stone Jetty, Heysham

**Morecambe to Heysham Inland Route** Follow the inland cycle route along quiet roads and a cycle path by Heysham High

There is now a continuous cycle path along Westgate linking Morecambe West End with

There are inland cycle routes via South Road or by a cycle path on the south side of



# **River Lune Millennium Park**

Celebrating Lancaster's maritime past, the park links the Lune Valley with the estuary. From the Millennium Bridge, there are the following cycle paths:

Lancaster-Crook O'Lune & Caton 6 miles Cycle upstream past the Lune Aqueduct to the Crook O'Lune, a viewpoint out over the Lune Valley, Caton and Bull Beck.

**Lancaster to Glasson Dock** 5 miles Cycle down the Lune Estuary, passing the Maritime Museum and St George's Quay to Glasson a 18th century dock.

**Lancaster to Snatchems** 2 miles Ride along the north side of the estuary to

Snatchems with its historic pub. You can continue on minor roads to Sunderland an historic quayside village at the mouth of the Lune. Watch the tides as the village gets cut off at high tide.

