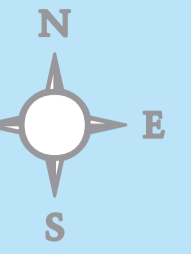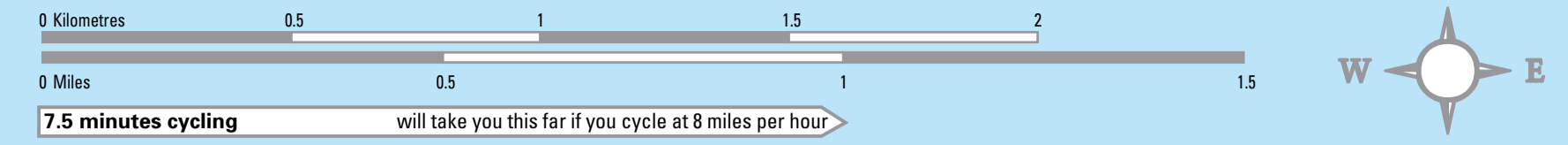# Lancaster City Centre

Key

- Main roads
- Minor roads
- On-road cycle routes
- Traffic-free cycle path
- Proposed traffic-free cycle path
- Pedestrian area / Cycling permitted within pedestrianised area
- Bridleway (cycling is allowed on bridleways)
- Footpath
- Track
- Cycle lane
- Toucan / Pelican / Zebra
- One way / Cycle contraflow

- Steep gradient (arrow points downhill)
- 6 69 90 National Cycle Network route numbers
- Railway station / Car parking
- Bike shop / Bike parking
- College / School
- Hospital
- Theatre
- Café / Pub
- Picnic / Caravan site
- Tourist information / Toilets
- Building

7.5 minutes cycling will take you this far if you cycle at 8 miles per hour

BMX/Skate Parks

There are BMX/Skate Parks at Halton, Lancaster Green Ayre by the river and Morecambe opposite the railway station.

Approaching Millennium Bridge

Cycling to the supermarket

Three of the area's major supermarkets are on the Lancaster – Morecambe Greenway, ideally situated for popping in for a few groceries on your way home from work or after a day out riding. It's not as difficult as it sounds; all you need is a backpack or better yet a set of panniers or, if you prefer, a nice basket to go on the front, and if you want to buy quite a lot you could use a trailer.

Lancaster University

Morecambe Town Centre

Morecambe Bay

Morecambe

Lancaster

Heysham

Middleton
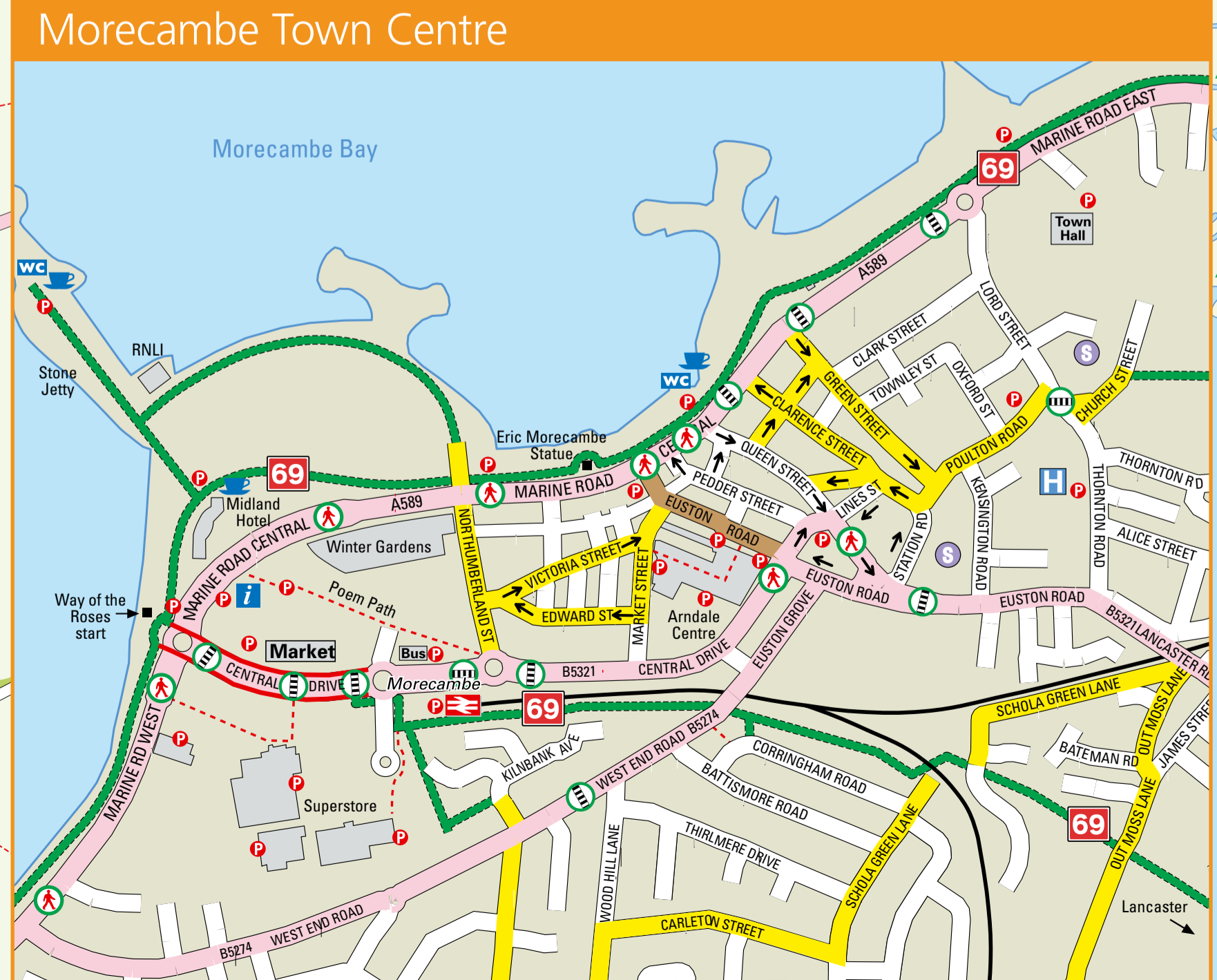
Celebrating Cycling
in the city, coast and countryside

Key

Main roads		P ⇌	Railway station / Car parking
Minor roads		P	Café / Pub
On-road cycle routes		⌂	Caravan / Camp site
Traffic-free cycle path		✕	Picnic site
Proposed traffic-free cycle path		WC	Toilets
Pedestrian area / Cycling permitted within pedestrianised zone			Viewpoint
Bridleway (cycling is allowed on bridleways)		H	Historic house
Footpath		♿	Bike hire
Track			Area of Outstanding Natural Beauty
Cycle lane			
6 69 90 National Cycle Network route numbers	Steep gradient (arrow points downhill)		

Bike Shops

Bolton le Sands
Lakeland Cycles
3 Whin Drive
Bolton le Sands LA1 1DT
Tel: 01524 735465

Carnforth
Dyno-Start Cycles
1-3 Scotland Road
Carnforth LA5 9JY
Tel: 01524 732089
www.dynostart.com

Lancaster
Destination Cycles
12 New Street, Lancaster LA1 1EG
Tel: 01524 388351
www.destinationcycles.co.uk

The Edge Cycleworks
2 Chapel Street, Lancaster LA1 1NZ
Tel: 01524 840800
www.theedgecycleworks.com

Halfords
Unit 2, Bulk Road, Lancaster LA1 1DT
Tel: 01524 846889

Leisure Lakes Cycles
103 Penny Street
Lancaster LA1 1XN
Tel: 01524 846889
www.leisurelakesbikes.com

Smalleys
28 Parliament St, Lancaster LA1 1DQ
Tel: 01524 63478

Morecambe
Bays Bikes
14-15 Marine Road West
Morecambe LA3 1BS
Tel: 01524 422299

Oggy's Cycles
34 Regent Road
Morecambe LA3 1QN
Tel: 01524 832 860

Smalleys
104 Euston Road
Morecambe LA4 5LD
Tel: 01524 412446

Cycle Hire

Cockerham
Patty's Farm Barn
Hillam Lane, Cockerham
LA1 1NZ
Tel: 01524 751205

Morecambe
Cooper's Amusements
376 Marine Road East
Morecambe LA4 5AH
Tel: 01524 414709
www.sunshinecyclehire.co.uk

Silverdale
Silverdale Cycle Hire
Free delivery throughout Arnside /
Silverdale area including Carnforth
Tel: 01524 701537 or 07583152804
www.silverdalecyclehire.co.uk

Recycling

Pedal Power
Part of Furniture Matters a social
enterprise offers recycled bicycles at
a low price.
Tel: 01524 65328

Cycle Touring

With the Bowland Fells, Lune Valley and Arnside
Silverdale Area of Outstanding National Beauty
nearby Lancaster and Morecambe are ideal base
for cycle touring.

Places to visit by bike include the RSPB at
Leighton Moss, Leighton Hall, Arnside by the Kent
Estuary, Scorton, Wyresdale and Kirkby Lonsdale.
Challenging rides include the Trough of Bowland,
Jubilee Tower, Cross O'Greet and Harris End Fell.

View Point: Stone Jetty

The Stone Jetty has been a major Morecambe landmark for
more than 150 years. Recently lengthened and refurbished
with art installations and a cafe, this structure offers
uninterrupted views of the Lakeland hills around to the
headland of Heysham. Uniquely, from this 400m jetty
the visitor can look back onto Morecambe's developing
promenade and frontage

Heysham Village
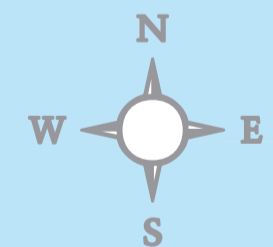
Useful Information

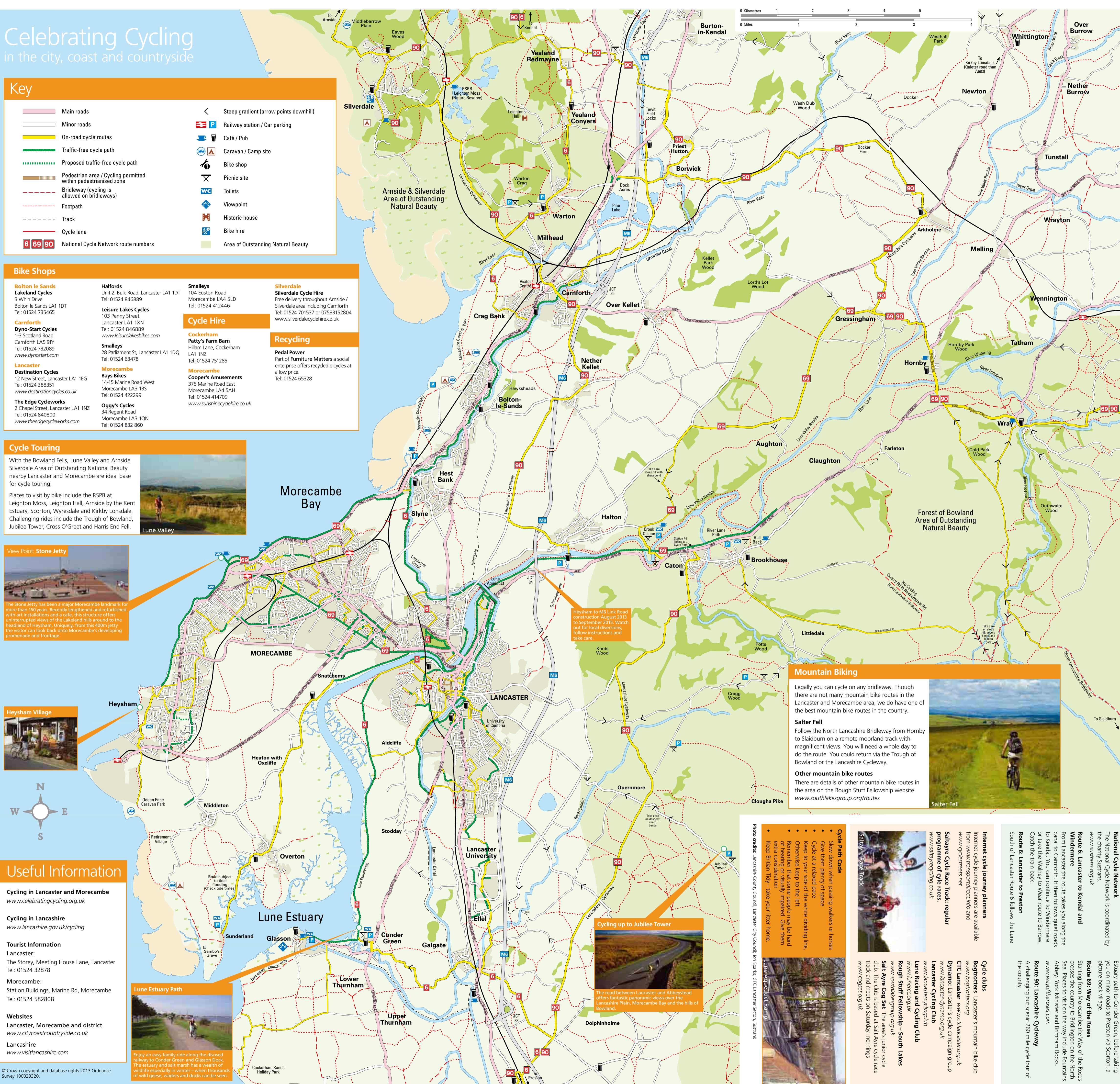**Cycling in Lancaster and Morecambe**
www.celebratingcycling.org.uk

Cycling in Lancashire
www.lancashire.gov.uk/cycling

Tourist Information
Lancaster:
The Storey, Meeting House Lane, Lancaster
Tel: 01524 32878

Morecambe:
Station Buildings, Marine Rd, Morecambe
Tel: 01524 582808

Websites
Lancaster, Morecambe and district
www.citycoastcountryside.co.uk

Lancashire
www.visitlancashire.com

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Survey 100023320.

Lune Estuary Path

Enjoy an easy family ride along the disused
railway to Conder Green and Glasson Dock.
The estuary and salt marsh has a wealth of
wildlife especially in winter – when thousands
of wild geese, waders and ducks can be seen.

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.

Lancaster Millennium Bridge
The centrepiece of the area's cycle network:
The bridge takes you into the city centre from
the north.

- Salt Ayre Sports Centre
- Supermarkets
- Our Lady's Catholic College.

Lancaster Canal (Lancaster to Carnforth) 9 miles
You can cycle on the canal from Lancaster
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
historic mills, a cathedral and water side
pubs. The canal also offers an attractive
cycle route to the east side of the city.

Lancaster-Morecambe Greenway 3 miles
The area's busiest cycle route: The Green-
way 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
- White Lund
- Westgate

Lune Aqueduct
The outstanding feature of the Lancaster
Canal. Ride across the Lune Aqueduct, one
of the seven wonders of the canal age. The
Aqueduct cost £48,000 to build in 1803.
There is now a cycle ramp from the Lune
Aqueduct to the riverside cycle path below.
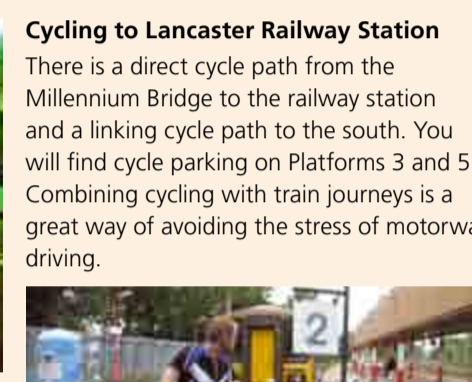
Lancaster City Centre
You will find the following cycle facilities in
Lancaster City Centre:
- Cycle lanes on the main one way street
  system
- Contraflow cycle lanes on side streets
  giving you access to the city centre
- Toucan crossings making it easy for you
  to cross to the city centre
- East West cycle routes via Church Street
  and Common Garden Street / George
  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
  Penny Street.

Cycling to Lancaster University Lancaster
University has one of the highest cycling rates
in the county. There is a traffic-free path from
the University to Scotforth via Bailrigg Lane.
From Scotforth you can take cycle routes
to the east and west sides of Lancaster or
continue on the canal or the A6 into the city
centre. Within the university there is extensive
cycle parking and an internal cycle network.
From the south take the back road from
Galgate to the University.

**Cycling to Lancaster University from
the railway station**
The most pleasant way of cycling to
Lancaster University from the railway
station is via the canal, cycle paths and
minor roads on the west side of Lancaster.

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.

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
driving.

City Centre Loop
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.

Skerton and Ryelands Park
In Skerton there are cycle paths across
Ryelands Park and along the river from
the Millennium Bridge.

Ashton Memorial and Williamson Park
You can also cycle through Williamson Park
and visit the Ashton Memorial. It is a good
route to the University of Cumbria.

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
village and Happy Mount Park.

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

Westgate
There is now a continuous cycle path along
Westgate linking Morecambe West End with
the Greenway to Lancaster.

Morecambe to Bare Inland Routes
There are inland cycle routes via South
Road or by a cycle path on the south side of
Morecambe High School.

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.

Mountain Biking

Legally you can cycle on any bridleway. Though
there are not many mountain bike routes in the
Lancaster and Morecambe area, we do have one of
the best mountain bike routes in the country.

Salter Fell
Follow the North Lancashire Bridleway from Hornby
to Slaidburn on a remote moorland track with
magnificent views. You will need a whole day to
do the route. You could return via the Trough of
Bowland or the Lancashire Cycleway.

Other mountain bike routes
There are details of other mountain bike routes in
the area on the Rough Stuff Fellowship website
www.southlakesgroup.org/routes

Cycling up to Jubilee Tower

The road between Lancaster and Abbeystead
offers fantastic panoramic views over the
Lancashire Plain, Morecambe Bay and the hills of
Bowland.

Cycling Map
Lancaster and Morecambe

school • work • pleasure • take your bike
www.celebratingcycling.org.uk
www.lancashire.gov.uk/cycling