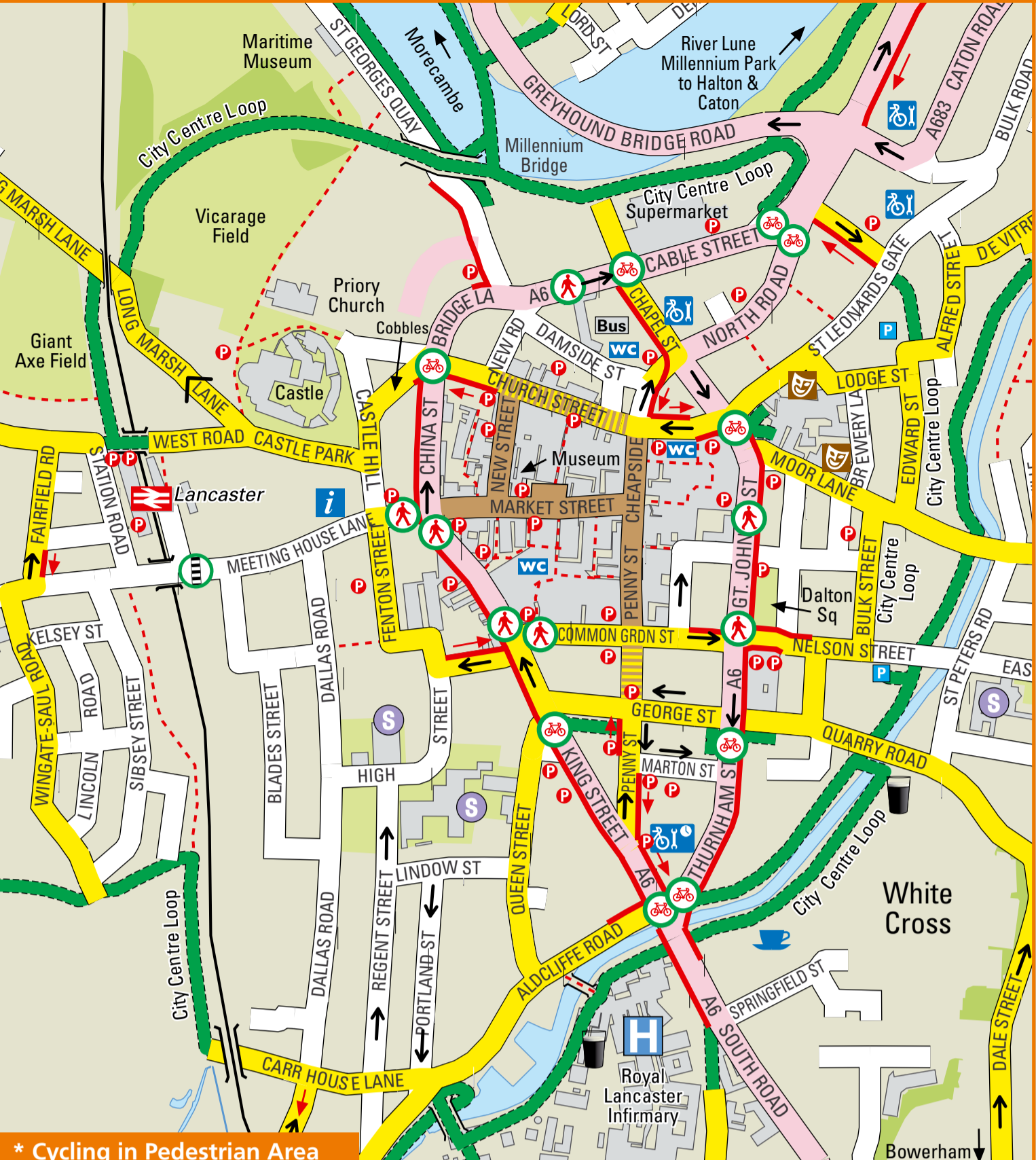


Lancaster City Centre



- * Cycling in Pedestrian Area**
- Cycling is allowed all day on
- Church Street
 - Penny Street between George Street and Common Garden Street
- Cycling is allowed before 10 am and after 5 pm on
- Cheapside
 - Market Street
 - New Street
 - Penny Street between Common Garden Street and Market Street

BMX/Skate Parks

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

Lancaster University



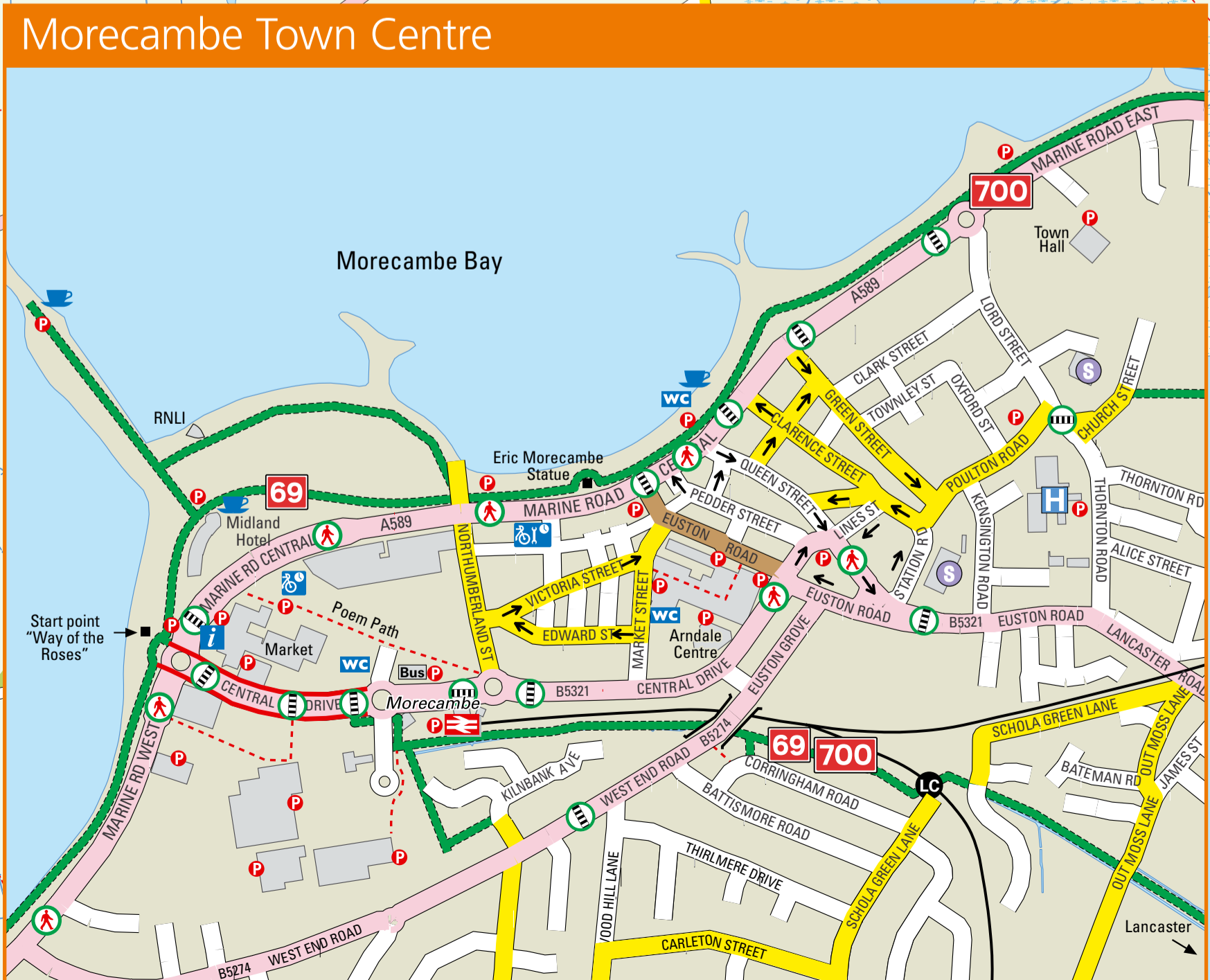
Approaching Millennium Bridge

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)
	National Cycle Network route numbers
	Railway station / Car parking
	Bike shop / Cycle hire / Bike shop and hire
	Cycle parking
	College / School
	Hospital
	Theatre
	Café / Pub
	Picnic / Caravan site
	Tourist information / Toilets
	Building



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.



- Cycle Path Code**
- Slow down when passing walkers or horses
 - Give them plenty of space
 - Cycle at a relaxed pace
 - Keep to your side of the white dividing line
 - Otherwise keep to the left
 - Remember that some people may be hard of hearing or visually impaired. Give them extra consideration
 - Keep Britain Tidy - take your litter home.

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 The representation of a track or path is no evidence of a public right of way. Users of these routes do so at their own risk.

Enjoy Cycling around Lancaster & Morecambe Bay

Key

	Main roads		Steep gradient (arrow points downhill)
	Minor roads		Railway station / Car parking
	On-road cycle routes		Café / Pub
	Traffic-free cycle path		Caravan / Camp site
	Proposed traffic-free cycle path		Picnic site
	Bridleway (cycling is allowed on bridleways)		Toilets
	Footpath		Viewpoint
	Track		Historic house
	Cycle lane		Bike shop / Cycle hire / Bike shop and hire
	6 69 700 90 National / Regional Cycle Network route numbers		Area of Outstanding Natural Beauty

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 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
www.halfords.com

Cycle Hire

Lancaster Leisure Lakes Cycles
103 Penny Street
Lancaster LA1 1XN
Tel: 01524 844389
www.leisurelakesbikes.com

On Yer Bike Cycles
Lowell House, Caton Road
Lancaster LA1 3NY
Tel: 01524 60554
www.onyerbike.com

Smalleys
28 Parliament Street
Lancaster LA1 1DQ
Tel: 01524 63478

Morecambe Bay Bays Bikes
14-15 Marine Road West
Morecambe LA3 1BS
Tel: 01524 422299
www.facebook.com/baysbikes

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

Morecambe Bay Electric Bike Network
Hire and charge at various sites across the bay.
www.mbayebikes.com

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

Cycle Touring

Lancaster and Morecambe Bay provides an excellent base for cycle touring.

Bay Cycle Way - Route 700
Explore outstanding scenery by cycling round Morecambe Bay from Glasson Dock to Walney Island. Catch the train back from Barrow. Electric bike hire and charging points available. www.mbayebikes.com

Way of the Roses - Route 69
Cycle coast to coast between Morecambe and Bridlington across beautiful, varied landscape including the Lune Valley, Yorkshire Dales, Nidderdale and the Yorkshire Wolds. <http://lwayoftheroses.info>

Lancashire Cycleway - Route 90
Enjoy a challenging but wonderful scenic 260 mile cycle tour of the Lancashire countryside.

View Point: Stone Jetty

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

Heysham Village

Ocean Edge Caravan Park

Useful Information

Sustrans
www.sustrans.org.uk
Information about cycling nationally

British Cycling
www.britishcycling.org.uk
Find out about British Cycling's programme of led rides and Breeze Rides for women

Visitor Information Lancaster:
The Storey, Meeting House Lane, Lancaster
Tel: 01524 582394

Morecambe:
Old Station Buildings, Marine Road, Morecambe
Tel: 01524 582808

Tourism Websites
www.visitlancaster.org.uk
www.exploremorecambebay.org.uk
www.forestofbowland.com
www.arnsidesilverdaleaonb.org.uk
www.visitlancashire.com/cycling

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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.



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 county.

Salter Fell
Follow the North Lancashire Bridleway from Hornby to Slaiburn 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 Abbeydale offers fantastic panoramic views over the Lancashire Plain, Morecambe Bay and the hills of Bowland.

Cycling in Lancaster & Morecambe

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

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

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 canal side 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 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
- 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 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.

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 Campus to Scoforth via Bailings Lane. From Scoforth you can take cycle routes to the east and west sides of Lancaster or continue on the canal or the A6 to 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.

Morecambe Promenade 5 miles
One of the best cycle routes in the county. 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 Community 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 Snathems 2 miles
Ride along the north side of the estuary to Snathems with its historic pub. You can continue on minor roads to Sunderlan an historic quayside village at the mouth of the Lune. Watch the tides as the village gets cut off at high tide.

Lancaster and Morecambe Bay

A cycling map and guide

National Cycle Network
Find out more and information on the National Cycle Network at www.sustrans.org.uk

Route 700: Bay Cycleway
Enjoy cycling around one of the most beautiful stretches of coastline in the UK. The route takes you around the bay from Walney Island to Glasson Dock. www.sustrans.org.uk

Route 69: Way of the Roses
Starting from Morecambe the Way of the Roses is a scenic route through the Lancashire Fells and the Yorkshire Dales. It passes through the towns of Althwaite, Abbey, York, Minister and Brimham Woods. <http://www.wayoftheroses.info>

Route 90: Lancashire Cycleway
A challenging but scenic 260 mile cycle tour of the county.

Route 6: Lancaster to Kendal and Windermere
From Lancaster the route takes you along the canal to Carnforth. It then follows quiet roads to Kendal. You can continue to Windermere.

Route 6: Lancaster to Preston
South of Lancaster Route 6 follows the Lune Estuary past the Maritime Museum and St George's Quay to Preston. See www.sustrans.org.uk for more information.

Internet Cycle Journey planners
Internet cycle journey planners are available from www.cyclestrets.net

Salisbury Cycle Race Track
Regular programme of cycle races: www.salisburycycling.co.uk

Dynamo: Lancaster's cycle campaign group
www.dynamocycling.co.uk

Morecambe Bay Electric Bike Network
www.mbayebikes.com

Lune Racing and Cycling Club
www.lunecycling.co.uk

Rough Stuff Fellowship - South Lakes
www.southlakesgroup.org.uk

Salt Ayre Cog Set
The area's junior cycle club and meets on Saturday mornings: www.saltayrecogset.org.uk

Cycle clubs
Bogtrotters Lancaster's mountain bike club: www.facebook.com/bogtrotters

Cycle Touring Club (CTC) Lancaster
www.ctclancaster.org.uk

When driving

- Do not overtake a cyclist unless you have a clear view of the road ahead.
- Do not get too close to a cyclist if you intend to overtake. You might have to wait patiently behind.
- Give cyclists space when overtaking them.
- The Highway Code advises giving cyclists 35 metres when overtaking.
- When opening a car door check behind to see if there is a cyclist coming.
- Look out for cyclists at junctions.
- When turning left at traffic signals check if there is a cyclist coming up on your inside.

When cycling

- Wear a helmet.
- Signal at all junctions.
- Watch out for vehicles turning left across your path at traffic signals.
- Ride one metre out from parked cars to avoid car doors.
- Control your speed going downhill.
- Do not use mobile phones unless they are in a bag.
- On narrow country lanes allow following vehicles to pass.