

**1996**



**BIRTHDAY RIDES**

**LANCASTER**

## ***AMENDMENTS for Route Cards***

### ***SUNDAY***

**B and D Rides : TL at Lights by Waterstones.**

**B Ride: TJL Cumbria Cycleway sign      20.0**

**D Ride: Keep R nsp thru GRESSINGHAM**

### ***FRIDAY***

**B Ride: TR imm after Br Sp Barnacre      11.5**

**C Ride: TL at Junc Over Br TR onto Canal Cyclepath**

**Fwd to NETHER BURROW TJL (A683)      45.2**

1996



**BIRTHDAY RIDES**

**LANCASTER**

## ***STANDARD ABBREVIATIONS for Route Cards***

|                      |                                    |           |                           |
|----------------------|------------------------------------|-----------|---------------------------|
| Exit 1               | Main gate                          | Imm       | Immediately               |
| Exit 2               | By rear car park                   | Junc      | Junction                  |
| <b>BOLD CAPITALS</b> | places passed through              | Br        | Bridge                    |
| TL TR                | Turn Left or Right                 | Opp       | Opposite                  |
| TJL TJR              | Turn Left or Right at Tee Junction | Rd        | Road                      |
| SO                   | Straight On or Over                | Sp or nsp | Sign Post or No Sign Post |
| Xrds                 | Cross Roads                        | Mwy       | Motorway                  |
| Stggd Xrds           | Staggered Cross Roads              | Fwd       | Forward                   |
| LC                   | Level Crossing                     | Thru      | Through                   |
| Rwy                  | Railway                            | Bwy       | Bridleway                 |
| Yds                  | Yards                              | Approx    | Approximately             |
| Rbt                  | Roundabout                         | Lights    | Traffic Lights            |

See Over Leaf



## ***USEFUL INFORMATION***

### **BIRTHDAY RIDES HQ**

S. Martin College

Telephone (***Emergencies***)

Normal Office Hours

63446

8.30 - 11 a.m.

3.00 - 10 p.m.

### **CHEMISTS**

Boots, St Nicholas Square

Fox & Metcalfe 36 King St.

64547

32933

### **DOCTORS**

Meadowside Practice

1 Meadowside (Off Bowerham Road) 32632

### **DENTIST**

Castle, Grimshaw and Shimmin

Marketgate

***Emergencies***

32630

01345 959292

### **HOSPITAL**

Royal Lancaster Infirmary

65944

### **LAUNDERETTE**

S. Martin College

### **CYCLE REPAIRS**

Cycle 2000 9 George St.

Lancaster Cycles 103 Penny St.

381414

844389

Francis Thurmer Mobile Cycle repairs will be on site

# "A" RIDE

## Monday 5th August

1996



BIRTHDAY RIDES

LANCASTER

## YORKSHIRE DALES

### OS Landranger Maps 97 98 103

|                                                     | <u>Miles</u> |                                                      | <u>Miles</u> |
|-----------------------------------------------------|--------------|------------------------------------------------------|--------------|
| Exit 2 TL into Coulston Road.                       |              | In <b>AUSTWICK</b> bear L sp Horton.                 | 22.0         |
| TR at island on Wyresdale Rd. Sp Quernmore.         |              | TR opp Redland Quarries after Newfield Hse nsp.      | 24.6         |
| After mtwy.br.TL sp Caton TJR sp Caton.             |              | TL at Stainforth Hall Campsite at No Thru Rd sign    | 26.1         |
| Fwd to <b>CATON</b> TR sp Brookhouse.               | 5.0          | Fwd over packhouse br Stainforth Force on R          |              |
| In 440yds TJR sp Brookhouse.                        |              | TR at B6479. In 200yds TL into <b>STAINFORTH</b> sp  |              |
| Fwd thru <b>BROOKHOUSE</b> TR at A683.              | 7.3          | Halton Gill                                          |              |
| Fwd thru <b>CLAUGHTON</b> TR onto B6480 sp Bentham. | 8.9          | At next Junc TL sp Halton Gill.                      |              |
| Fwd thru <b>WRAY, WENNINGTON</b> and <b>BENTHAM</b> |              | (To shorten ride by 14 miles take next TR sp Malham. |              |
| (Cafe)                                              |              | TJL sp Malham TR over cattle grid sp Malham.         |              |
| SO towards Settle.                                  |              | TR at Xrds sp Malham. main route rejoins here)       |              |
| At A65 SO at Stgdd Xrds into <b>CLAPHAM</b> (cafe)  | 20.0         | Fwd approx 8 miles to <b>HALTON GILL</b> . TJR sp    | 33.8         |
| Thru Vill Past New Inn.                             |              | Arncliffe.                                           |              |
| TL at A65 In 440yds TL sp Austwick.                 | 21.2         |                                                      |              |



### Miles

Thru **LITTON** to Junc TR sp Grassington.  
 Fwd to **ARNCLIFFE** (cafe) 38.3  
 In 440yds TJR sp Malham. TL sp Malham. 43.8  
 Take care on steep descent past Malham Cove.  
 Follow signs to **MALHAM** (cafes) 46.8  
 Thru Malham to **KIRKBY MALHAM**.  
 Keep ahead at Junc sp Settle.  
 Fwd to **SETTLE** (cafes)  
 Leave Settle by Rd Opp Police Station. 53.3  
 Keep ahead past rwy station.  
 SO at Xrds at A65. At next Xrds TL sp Eldroth 56.3  
 Fwd thru **ELDROTH** Follow signs for Bentham. 61.0  
 SO at Xrds.  
 SO at all Juncs to TJR. In 100yds TL sp Wray.

### Miles

Fwd to **WRAY** TJL onto B6480 sp Lancaster. 69.5  
 TL at A683 sp Lancaster. 71.2  
 Fwd thru **CLAUGHTON** TL sp Brookhouse. 72.8  
 Thru **BROOKHOUSE** to **CATON** TL .IN 440yds TL. 75.0  
 Follow signs for Lancaster.  
 TL at Junc. TJR sp Lancaster.  
 Under Mwy br to TJR Wyresdale Rd.  
 Keep R BIRTHDAY TEA in Williamsons Park at the  
 Ashton Memorial on R.  
 Retrace to main gate.  
 TL into Wyresdale Rd. Keep R into Coulston Rd and 80.0  
 into College at Exit 2

# "A" RIDE

## Tuesday 6th August

1996



BIRTHDAY RIDES

LANCASTER

## ULLSWATER

OS Landranger Maps 90 97

*THIS RIDE IS ALSO A QUALIFYING EVENT FOR THE DATC COMPETITION WHICH IS OPEN TO CTC MEMBERS ONLY.*

|                                                     | <u>Miles</u> |                                                     | <u>Miles</u> |
|-----------------------------------------------------|--------------|-----------------------------------------------------|--------------|
| Exit 1                                              |              | TR at B6385 1st L sp Lower Haverflatts.             |              |
| TR Bowerham Rd TR Dale St. sp City Centre Cycleway. |              | Fwd thru <b>WOODHOUSE AND HINCASTER.</b>            |              |
| TL at Junc At Br cross Rd onto canal Cyclepath.     |              | Continue north over A590 to <b>SEDGWICK.</b>        |              |
| Cross aqueduct and leave canal <b>AFTER</b> Br 108. | 2.5          | Continue to <b>NATLAND</b> Fwd to <b>KENDAL.</b>    |              |
| TL. In 100yds TL sp Nether Kellet.                  |              | 2nd exit at Rbt A65.                                | 23.5         |
| Fwd thru <b>NETHER KELLET to OVER KELLET.</b>       | 7.5          | In 100yds TR past lights onto Cyclepath.            |              |
| SO at Xrds sp Capernwray. TL sp Borwick.            |              | TL at end of Cyclepath. TR at Junc sp Little Aynam. |              |
| SO at Xrds sp Burton Tewitfield Methodist Church.   |              | Fwd on unmade Rd Fork R at Church TJR.              |              |
| TR at A6070. Fwd thru <b>BURTON IN KENDAL.</b>      |              | TJL. Cross A6 at lights on Xing and TR onto A6.     |              |
| After 1 mile TL sp Milnthorpe.                      |              | CAFE Morrisons Supermarket half mile on R.          | 25.5         |
| Foll B6384 thru <b>HOLME, WHASSET &amp;</b>         |              | Fwd on A6 to <b>SHAP</b> Cafes and Toilets.         | 41.0         |
| <b>ACKENTHWAITE.</b>                                |              | TL in Shap sp Bampton. Fwd to <b>BAMPTON.</b>       |              |
| TR at Xrds sp Crooklands.                           |              | Fwd thru <b>BUTTERWICK, HELTON and ASKHAM.</b>      | 49.6         |



Miles

53.5

67.0

78.3

TL sp Yanwath. TL sp Celleron.  
 TL onto B5320. Fwd to **POOLEY BRIDGE CAFES**.  
 Fwd on A692 beside Ullswater thru **GLENRIDDING**  
 and **PATTERDALE** (Cafes).  
 Pass Brotherswater and climb Kirkstone Pass.  
 Kirkstone Inn at 1500 feet.  
 Descend to **TROUTBECK**.  
 TL 1 mile after church opp Troutbeck sign.  
 Fwd to **INGS** keeping L at all Juncs.  
 Cross A591 by BP garage and foll gated Rd by  
 Church.  
 Please close all gates.  
 TJL TJL past Sun Inn at **CROOK**.  
 TR sp Underbarrow.  
 Fwd thru **UNDERBARROW**.  
 TJR by Punchbowl Inn Imm TL sp Brigsteer.  
 Fwd to **BRIGSTEER**. TR at Wheatsheaf Inn sp  
 Levens.

Miles

88.5

96.5

105.0

Fwd to **LEVENS** TJR into vill eep L thru vill.  
**LEVENS BRIDGE** Foll signs to **MILNTHORPE**  
 TR at lights Veronica's Cafe 200yds on R  
 TL imm after Br. into Dallam Park.  
 TJL to **BEETHAM**. TR at Wheatsheaf Inn to  
**SLACKHEAD**.  
 SO sp Yealand. TJR sp Arnside Yealand.  
 Follow signs to **YEALAND REDMAYNE**.  
 Fwd to **YEALAND CONYERS** TR up Hill.  
 Fwd thru **WARTON, MILLHEAD** and **CARNFORTH**.  
 SO at lights. TR Imm before Mwy sp Nether Kellet.  
 TJR in **NETHER KELLET** thru vill.  
 Cross Mwy imm TL sp Lancaster.  
 Pass radio mast TJR and rejoin canal Cyclepath at Br.  
 Leave Canal at Br 100 by sp.  
 Follow University Cycleway to college via Prospect  
 Street and Bowerham Road.

# "A" RIDE

## Wednesday 7th August

1996



BIRTHDAY RIDES

LANCASTER

## LANCASHIRE WITCH COUNTRY

OS Landranger Maps 102 103

|                                                       | <u>Miles</u> |                                                      | <u>Miles</u> |
|-------------------------------------------------------|--------------|------------------------------------------------------|--------------|
| Exit 1                                                |              | Fwd thru <b>INGLEWHITE</b> . Foll sps for Longridge. |              |
| TL into Bowerham Rd.                                  |              | Bear R at Alston Arms into <b>LONGRIDGE</b> .        | 23.5         |
| Keep L at traffic island after sign for Leisure Park. |              | After 400yds. TL into Berry Lane.                    |              |
| Fwd over Mwy SO at Xrds sp Abbeystead.                | 2.0          | TJL by Dog Inn Bear R at White Bull sp Ribchester.   |              |
| TR at Xrds sp Bay Horse.                              | 3.3          | Follow sp to <b>RIBCHESTER</b> . (Cafe)              | 27.2         |
| TL at Five Lane Ends sp Abbeystead.                   | 5.3          | TL at Black Bull (SO for Roman Museum)               |              |
| So at Xrds by Fleece Inn sp Oakenclough.              |              | Fwd half a mile TL sp Hurst Green.                   |              |
| Fwd to Xrds TR sp Scorton.                            | 7.6          | Fwd one and a half miles TJR sp Whalley.             |              |
| Fwd thru <b>SCORTON</b> . (Cafe)                      | 10.0         | Fwd to <b>HURST GREEN</b> . (Cafe)                   | 30.8         |
| TL sp Barnacre. Fwd over Rwy and Mwy.                 |              | TL at War Memorial sp Stoneyhurst College.           |              |
| Bear R and Fwd to TJR sp Barnacre.                    |              | Fwd thru college grounds TL at white railings.       |              |
| Keep L sp Bleasdale. Bear R sp Preston.               | 15.0         | TJR nsp TL sp Whalley.                               |              |
| TL sp Preston Fwd approx 2 miles TJL sp Longridge.    |              | Cross R. Hodder, Old Br. on R. TR sp Whalley B6246   |              |



|                                                             | <u>Miles</u> |                                                         | <u>Miles</u> |
|-------------------------------------------------------------|--------------|---------------------------------------------------------|--------------|
| Fwd to <b>WHALLEY</b> TJL.                                  | 36.3         | Follow sps to <b>WADDINGTON</b> . (Cafe)                | 57.6         |
| (TR for Town Centre and Cafes)                              |              | SO sp Newton. In half a mile TL into Cross Lane nsp.    |              |
| In approx 400yds TR sp Wiswell.                             |              | Fwd 2 miles TJR sp Whitewell.                           |              |
| SO at Xrds to <b>WISWELL</b> and <b>PENDLETON</b> .         | 38.9         | TJR nsp Fwd past Browsholme Hall.                       |              |
| TJR sp Sabden. Fwd half a mile.                             |              | TJR sp Whitewell In 400yds TR sp Newton.                |              |
| TJR sp Sabden.                                              |              | (To shorten ride SO to Whitewell. TJR sp Lancaster.     |              |
| Climb over Nick of Pendle to <b>SABDEN</b> .                | 42.6         | Follow signs for Trough of Bowland)                     |              |
| Keep L sp Padiham. TL at Xrds.                              |              | Fwd approx 3 miles.TJL sp Newton Fwd to <b>NEWTON</b> . |              |
| Follow sps to <b>NEWCHURCH</b> . TJL                        | 45.8         | Bear L at Parkers Arms. L again to <b>DUNSOP</b>        |              |
| TR sp Roughlee. TL at Xrds sp Barley Fwd to <b>BARLEY</b> . |              | <b>BRIDGE</b>                                           |              |
| TJR sp Clitheroe.                                           | 47.7         | TR sp Lancaster. Note stage coachmans signpost.         |              |
| Fwd approx 2 miles TL at Xrds sp Downham.                   |              | Fwd thru Trough of Bowland. Follow sps for Lancaster    |              |
| Fwd to <b>DOWNHAM</b> . (Cafe)                              |              | for approx 11 and a half miles past Jubilee Tower       |              |
| Imm before Br to Vill TL nsp to <b>WORSTON</b> .            | 53.7         | Viewpoint.                                              |              |
| At A59 TR Fwd half a mile TL sp Chatburn.                   |              | SO thru <b>QUERNMORE</b> . SO at Xrds. Under Mwy.       |              |
| Approx 500yds TJL nsp.                                      |              | TL into Coulston Rd TR into Bowerham Rd College         | 83.2         |
| SO at small Rbt sp Clitheroe.                               |              | on R.                                                   |              |
| TR at next Rbt sp Waddington B6478                          |              |                                                         |              |

# "A" RIDE

## Thursday 8th August

1996



BIRTHDAY RIDES

LANCASTER

## LUNESDALE & HOWGILL FELS

OS Landranger Maps 91 97

|                                                   | <u>Miles</u> |                                                   | <u>Miles</u> |
|---------------------------------------------------|--------------|---------------------------------------------------|--------------|
| Exit 2 into Coulston Rd.                          |              | TL onto A683 Fwd thru <b>CASTERTON</b> .          |              |
| TR into Wyresdale Rd sp Quernmore.                |              | Keep R at Junc with A684.                         | 27.2         |
| TL after Mwy sp Caton.                            |              | Fwd 1 mile into <b>SEDBERGH</b> .(Cafe & Toilets) | 28.2         |
| TJR sp Caton.                                     |              | SO along Main St.                                 |              |
| Fwd to <b>CATON</b> TL at A683.                   | 5.0          | TL at A683/A684 sp Kirkby Stephen.                |              |
| After approx half a mile TR sp Halton.            |              | Fwd approx 9 miles on A683 passing Cautley Spout  |              |
| TR over cattle grid.                              | 5.8          | Waterfall on L.                                   |              |
| Fwd one and a half miles TJR nsp.                 | 7.4          | TL at Fat Lamb Inn sp Ravenstonedale.             | 37.2         |
| Fwd 2 miles.                                      |              | Fwd thru <b>RAVENSTONEDALE</b> .                  |              |
| TR at B6254 sp Kirkby Lonsdale.                   | 9.7          | Keep R past school. TJL at sp Tebay.              | 40.6         |
| Fwd thru <b>ARKHOLME</b> and <b>WHITTINGTON</b> . |              | Fwd to A685 and TL sp Kendal.                     |              |
| TR at A65 and Imm L to Devils Br.                 |              | Fwd on A685. Lune Spring Garden Cafe on L         | 41.7         |
| Tea bar and toilets at Br.                        | 17.2         | <b>NEWBIGGIN ON LUNE</b>                          |              |



|                                                           | <u>Miles</u> |                                                                                                                                 | <u>Miles</u> |
|-----------------------------------------------------------|--------------|---------------------------------------------------------------------------------------------------------------------------------|--------------|
| Last cafe until Kirkby Lonsdale.                          |              | TR before Br sp Killington.                                                                                                     | 58.2         |
| After approx 400yds. TR sp Kelleth Gt.Asby.               |              | Fwd 3 miles TL at Xrds sp missing.                                                                                              | 61.3         |
| Imm. TL sp Kelleth.                                       | 42.0         | Fwd to <b>KEARSTWICK.</b>                                                                                                       |              |
| Fwd thru <b>KELLETH.</b>                                  |              | TL onto B6254 sp Kirkby Lonsdale.                                                                                               | 65.6         |
| TR at A685 Imm TL sp Gaisgill.                            | 46.0         | Fwd to <b>KIRKBY LONSDALE.</b> (Cafes & Toilets)                                                                                |              |
| Keep R thru <b>GAISGILL</b> sp Tebay.                     |              | SO along Main St to A65.                                                                                                        |              |
| Fwd to <b>TEBAY.</b>                                      |              | TL at A65 sp Ingleton.                                                                                                          |              |
| TL at Junc onto A685 sp Kendal.                           | 47.7         | Cross Br and TR onto A683 sp Hornby.                                                                                            | 67.4         |
| Fwd 2 miles on A685                                       |              | Fwd along A683 thru <b>TUNSTALL, MELLING,</b>                                                                                   |              |
| TL under Mwy and Rwy sp Carlingill.                       | 49.8         | <b>HORNBY</b> and <b>CLAUGHTON.</b>                                                                                             |              |
| After approx 400yds TL at farm.                           |              | Cafe at Hornby on L by Church.                                                                                                  |              |
| Fwd on the Fair Mile along the foot of the Howgill Fells. |              | (If traffic heavy leave A683 at Bull Beck Picinic area onto Lune Cyclepath on R. Leave Cyclepath by Drill Hall and R onto A683) |              |
| TR at Y Junc by Sedbergh one and a Half mile sp.nsp.      | 55.8         | Fwd thru <b>CATON</b> to <b>LANCASTER.</b>                                                                                      |              |
| TJR onto A684 nsp.                                        | 56.5         | Keep L before Lights into Bulk Rd.                                                                                              |              |
| Keep L sp Kendal.                                         |              | Veer L into St. Leonards Gate. TL into Great John St.                                                                           |              |
| TL at Xrds onto B6255 sp Middleton.                       | 57.7         | TL at lights by Town Hall onto University Cyclepath                                                                             |              |
|                                                           |              | Fwd to S. Martins College.                                                                                                      | 83.7         |

# "A" RIDE

## Friday 9th August

1996



BIRTHDAY RIDES

LANCASTER

### 3 LAKES TOUR

#### OS Landranger Map 97

|                                                    | <i>Miles</i> |                                                    | <i>Miles</i> |
|----------------------------------------------------|--------------|----------------------------------------------------|--------------|
| Exit 1                                             |              | Fwd on B5285 thru FAR and NEAR SAWREY              |              |
| R onto Bowerham Rd 4th L at Rbt sp City Centre.    |              | (Beatrix Potter Museum on L) Passing Esthwaite     |              |
| across Greyhound Br. follow sps for A6 North. care |              | Water Fwd to HAWKESHEAD. (Cafes & Toilets)         | 32.4         |
| needed crossing lanes of traffic.                  |              | Leave on B5285 sp Coniston and Brantwood.          |              |
| Fwd thru CARNFORTH and MILNTHORPE to               |              | Approx 1 mile TR at Junc sp Tarn Hows.             |              |
| Levens Br.                                         | 17.4         | Fwd Thru staggrd Juncs sp Tarn Hows.               |              |
| Keep L on A590 for 200yds. Fwd under Br into       |              | Fwd Thru woods Rejoin B5285 and TR.                |              |
| LEVENS.                                            |              | Fwd to CONISTON. (Cafes & Toilets)                 | 37.8         |
| TL after playing field TJR TL opp Hare and Hounds. |              | Retrace along B5285 for 1 mile TR sp East of Lake, |              |
| TR by garage TR onto A5074 sp Bowness.             |              | Brantwood.                                         |              |
| Keep on A5074 for approx 10 and a Half miles thru  |              | Cafe at Brantwood. Home of John Ruskin.            |              |
| Lyth and Winster Valleys.                          |              | Fwd beside Coniston Water to LOWICK BRIDGE.        | 46.2         |
| TL onto B5284 sp Coniston Via Ferry.               | 28.0         | TJL sp Spark Bridge (DO NOT cross Br.) Fwd to      | 47.7         |
| Fwd half a mile to ferry Fare 30p(Correct money    |              | SPARK BRIDGE. TL at Junc (DO NOT cross br.)        |              |
| please)                                            |              | SO at Xrds sp Newby Bridge Fwd to A590 and TL sp   |              |
|                                                    |              | Kendal.                                            |              |



Miles

After approx 1 mile TR onto B5278 sp Cark.  
 Fwd thru **HAVERTHWAITE**. Cross river and imm TL  
 sp Bigland Hall.  
 Fwd following sps to Cartmel.  
**CARTMEL** Cafes and Toilets. Ancient Priory Church. 55.2  
 Leave village between Priory Hotel and Kings Arms.  
 TL for Grange by sign Lancaster over Sands.  
 SO at staggd Xrds sp Grange by Pig and Whistle.  
 (Follow Cumbria Cycleway signs for approx 7 and a  
 half miles to Gilpin bridge).  
 Fwd approx 1 mile and TL into Grangefell Rd. 58.0  
 Fwd to **GRANGE** TL at Xrds sp Lindale.  
 TJL Fwd following Lindale signs.  
 TR at Mini Rbt sp Lindale.  
 Rwy stn on R Fwd half a mile TR sp Meathop.  
 Golf Course on L.  
 Keep R at Cycleway sign opp telephone Box.  
 Fwd between farm buildings Keep L.  
 Fwd to cross A590 by Subway on R. 62.8  
 TL then TR at Derby Arms.  
 Fwd approx 2 and a half miles. TL at A590.  
 Keep a head for 1 mile. TL for A6 Milnthorpe.  
 TR under A590 to Levens Bridge. 66.9

Miles

Approx half a mile after Levens Hall TR into Lane.  
 Cumbria Cycleway and Cumbria Coastal Path sign. 70.1  
 Follow these signs to TJR (B5282).  
 Over Br. and Fwd thru **SANDSIDE**.  
 Under Rwy Br and imm R past stn into **ARNSIDE**. 72.9  
 Fwd along promenade Keep L by Albion Hotel,  
 Silverdale Rd.  
 Fwd past Arnside Tower on L.  
 TR by cemetry to **SILVERDALE**. 76.7  
 Fwd thru vill. Following sp for Carnforth.  
 Fwd over LC. TR over Rwy Br sp Lancs Coastal Way.  
 Imm TL to cross river by footbridge.  
 Imm TL passing Steamtown Railway Museum on R.  
 TJR into **CARNFORTH**. 81.2  
 SO at Lights onto B6254.  
 TR Imrn before Mwy sp Nether Kellet.  
 Fwd to **NETHER KELLET** TR in Vill sp Lancaster.  
 Fwd over Mwy Imm TL sp Lancaster.  
 Fwd to TJR and join Canal Cyclepath at Br. 86.4  
 Leave Canal at Br. 100 TL into Quarry Rd and  
 University Cycleway via Primrose St. & Prospect St  
 into Bowerham Rd College on L. 89.3

# "B" RIDE

## Thursday 8th August

1996



BIRTHDAY RIDES

LANCASTER

## TROUGH OF BOWLAND

OS Landranger Maps 102 103

Miles

This ride can be combined with a roughstuff route over Salter Fell. The directions are the same for both rides until lunch.

Exit 1

TL onto Bowerham Rd. Follow signs for University Cycle Path to University, via Barton Rd. Lentworth Drive. TL at lane. TL then R onto perimeter rd. round University.

2.0

2nd L at rbt. TR through gate opp. Lancaster House Hotel.

TL then TJR fwd. to **GALGATE**. TL at A6 TL at lights. SO at Five Lane Ends. TL at the Fleece Inn sp Abbeystead.

5.5

2nd L at rbt. in **DOLPHINHOLME** sp Abbeystead. SO through **ABBEYSTEAD**

6.4

TJR sp Whitewell

10.2

Fwd. thru. **TROUGH OF BOWLAND**. Fwd. approx. 7 miles.

**COFFEE DUNSOP BRIDGE** Village hall on L

17.5

Miles

TJL sp Dunsop Bridge. Note Coachman's signpost on R.

Fwd. thru. **DUNSOP BRIDGE** and **NEWTON** to **SLAIDBURN**

L' INCH Hark to Bounty Inn, **SLAIDBURN**

22.5

Small cafe toilets, and picnic area on R thru. village. TL at War Memorial sp Bentham.

Fwd. 13 miles. TL sp Lowgill fwd. to **LOWGILL**

35.4

TL in Lowgill. TL sp Bottom Wray. TR at Y-junc. sp Wray.

38.3

Keep L sp Wray.

40.0

TJL into **WRAY** TJL onto B6480. TR at Xrds.

Fwd. into **HORNBY**

**TEA** Village hall on R



TL out of hall. Fwd. on A683 thru. **CLAUGHTON**  
TR onto cycle path opp. car park and picnic areas.  
Fwd on cycle path four and a half miles.  
TL where tarmac starts then R onto A683  
Keep L before lights. TL into Ridge Lane TR onto  
Canal Cyclepath at br. Leave at br. 100 TL into  
Quarry Rd. Foll. University Cycleway signs back to  
College.

Miles

45.0

50.0

51.0

Roughstuff Ride **SALTER FELL**

TL at Hark to Bounty in **SLAIDBURN**.

After approx. 1 mile TR.

The tar ends after approx. 3 miles.

The track entails some walking and can be boggy in  
parts.

Rejoin tarmac after approx. 7 miles.

SO at Xrds. into **HORNBY**.

TEA Village hall on R

# "B" RIDE

## Wednesday 7th August

1996



BIRTHDAY RIDES

LANCASTER

## INGLETON DENT

### OS Landranger Maps 97 98

|                                                        | <u>Miles</u> |                                                         | <u>Miles</u> |
|--------------------------------------------------------|--------------|---------------------------------------------------------|--------------|
| Exit 2. TL into Coulton Rd.                            |              | Fwd. to <b>DENT</b> . Watch out for the cobbled street. | 35.0         |
| TR Wyresdale Rd. sp Quernmore.                         |              | Thru. vill. In half a mile TL sp Barbon.                |              |
| After mtwy. br. TL sp Caton. TJR sp Caton.             |              | Keep SO thru. <b>GAWTHROP</b>                           | 35.9         |
| Fwd. to <b>CATON</b> . TR sp Brookhouse.               | 4.5          | SO at junc. sp Open farm by br.                         |              |
| In 440yds TJR sp Brookhouse.                           |              | Fwd. on gated rd. over moorland.                        |              |
| Fwd. thru. <b>BROOKHOUSE</b> . TR at A 683.            | 6.8          | TJL at A683 nsp                                         | 41.5         |
| Fwd. thru. <b>CLAUGHTON</b> TR onto B6480 sp Benthams. | 8.4          | Fwd. approx 2 miles TR sp Old Town.                     | 43.8         |
| Fwd. thru. <b>WRAY</b> and <b>WENNINGTON</b> .         |              | TJL by Cumbria Cycleway sign.                           | 44.8         |
| 2nd L sp Ingleton.                                     | 11.8         | TJL sp Kirkby Lonsdale.                                 |              |
| SO at 2 Xrds. TJL sp Ingleton.                         | 16.5         | <b>TEA KIRKBY LONSDALE</b> . Cafes.                     | 49.3         |
| SO at A65 by Masons Arms. TL at Xrds.                  |              |                                                         |              |
| TJR into <b>INGLETON</b>                               |              | Thru. town to A65. SO at Xrds. onto B6254 sp            |              |
| TL opp. Nat West. Bank.                                |              | Carnforth.                                              |              |
| COFFEE Youth Hostel on L                               | 18.5         | Fwd. thru <b>WHITTINGTON</b> and <b>ARKHOLME</b> .      |              |
|                                                        |              | Bear L at junc. after Red Well, sp Lancaster.Fwd.       | 57.3         |
| Foll. one way system to B6255. TJL sp Hawes.           |              | thru <b>HALTON</b> . After Army camp TL onto Canal      |              |
| Fwd. approx 9 miles. TL sp Dent.                       | 28.0         | cycleway.                                               | 63.3         |
| LUNCH Youth Hostel on L half a mile after viaduct.     |              | Leave tow path at br. 100. TL onto Quarry Rd.           |              |
|                                                        |              | Foll. University cycleway signs to College, via         |              |
|                                                        |              | Primrose St.                                            |              |
|                                                        |              | Prospect St. TL into Bowerham Rd. College on L.         | 65.5         |

# "B" RIDE

## Friday 9th August



## RIBBLESDALE

### OS Landranger Maps 102 103

|                                                         | <i>Miles</i> |                                                     | <i>Miles</i> |
|---------------------------------------------------------|--------------|-----------------------------------------------------|--------------|
| Exit 1                                                  |              | Retrace to Xrds. and TR sp Longridge.               |              |
| TL into Bowerham Rd.                                    |              | SO following sps for Longridge.                     |              |
| Follow University Cycleway into Lentworth Drive.        |              | Bear R at Alston Arms into <b>LONGRIDGE</b> .       | 24.0         |
| TR by shops into Hala Rd. SO at lights into Ashford Rd. |              | Approx. 400yds. TL into Berry Lane.                 |              |
| TL at Xrds. onto A588.                                  | 1.0          | TJL by Dog Inn. Bear R at White Bull sp Ribchester. |              |
| Fwd. thru. <b>CONDER GREEN</b> and <b>THURNHAM</b> to   |              | Follow Ribchester sps to <b>RIBCHESTER</b> .        | 27.7         |
| <b>COCKERHAM</b>                                        | 6.5          | TL at Black Bull sp Blackburn. (SO for Roman        |              |
| TL at Manor Inn sp Garstang. Fwd. approx. 4 miles.      |              | Museum, Open 9am - 5pm)                             |              |
| TL into Snapewood Lane. TR at A6, <b>TAKE CARE</b> .    |              | Fwd. half a mile TL sp Hurst Green.                 |              |
| TL after 300yds. into Gubberford Lane sp Scorton.       |              | Fwd. one and a half miles TJR sp Whalley.           |              |
| TL imm. after br. sp Barnacre.                          | 11.5         | Fwd. to <b>HURST GREEN</b> .                        |              |
| Fwd. over rwy. and mry. After Barnacre ch, bear R.      |              | TL at War Memorial sp Stoneyhurst College.          |              |
| Note waterwheel on R opp. pond.                         |              | <b>LUNCH</b> Village hall 200yds on R.              | 31.3         |
| TJR sp Garstang.                                        | 13.5         |                                                     |              |
| Keep L sp Bleasdale. Bear R after br. sp Preston.       | 15.5         |                                                     |              |
| TL sp Preston. Fwd. 2 miles.                            |              |                                                     |              |
| TJL sp Longridge. Fwd. to <b>INGLEWHITE</b> .           |              |                                                     |              |
| TR at Village green.                                    |              |                                                     |              |
| <b>COFFEE</b> The Green Man Inn on R.                   | 19.5         |                                                     |              |



|                                                                  | Miles |                                                              | Miles |
|------------------------------------------------------------------|-------|--------------------------------------------------------------|-------|
| TR from hall. Fwd. thru. College grounds.                        |       | Unfenced rd. over Harrisend Fell.                            |       |
| TL at white railings. TJR at sign to Centenaries Theatre.        |       | Keep ahead at next 3 Xrds.                                   | 55.7  |
| TL sp Whalley.                                                   | 33.2  | Fwd. to <b>GALGATE</b> TR imm. before lights into Chapel St. |       |
| Look out for old br. on R on River Hodder.                       |       | TJR. Keep L to University nsp.                               | 56.5  |
| Views of Pendle Hill, home of the Lancashire Witches.            |       | TR thru. gate opp. Lancaster Hse. Hotel.                     |       |
| Keep L sp Whitewell. Fwd. half a mile TL sp Chaigley.            | 34.5  | Keep L round perimeter rd. of University.                    |       |
| Fwd. 1 mile. TL at Xrds. sp Chaigley.                            | 35.5  | 2nd. L at rbt. Rossendale Rd. TL by Health Centre sign.      | 57.3  |
| SO sp Longridge. Fwd. approx. 3 miles.                           |       | Imm. R onto cycle path nsp.                                  |       |
| Keep R sp Chipping. Fwd. to <b>CHIPPING</b> .                    | 38.3  | Follow City Centre cycleway signs back to College.           | 60.0  |
| TEA Several cafes in Village.                                    |       |                                                              |       |
| Fwd. thru. village. Follow sps for Garstang for approx. 4 miles. |       |                                                              |       |
| TR sp Bleasdale. Cafe Bleasdale PO.                              | 45.0  |                                                              |       |
| Fwd. 2 miles. TR sp Oakencrough.                                 | 47.1  |                                                              |       |
| Keep ahead passing Moor Cock Inn.                                |       |                                                              |       |

# "B" RIDE

## Monday 5th August

1996



BIRTHDAY RIDES

LANCASTER

## THE FYLDE

### OS Landranger Maps 102

|                                                      | <u>Miles</u> |                                                               | <u>Miles</u> |
|------------------------------------------------------|--------------|---------------------------------------------------------------|--------------|
| Exit 1                                               |              | L out of hall. TL at A588 sp Blackpool                        |              |
| TL into Bowerham Rd.                                 |              | Fwd. approx. 4 miles                                          |              |
| Keep L at traffic islands after sp for Leisure Park. |              | TR sp The Village, Pilling Pottery.                           | 12.8         |
| Fwd. over mtwy.                                      |              | Veer R over br. sp Blackpool into <b>PILLING</b>              | 13.5         |
| TR at Xrds. into Hazelrigg Lane sp Galgate.          | 1.9          | Thru. vill. and fwd. to A588. TR sp Blackpool.                | 15.5         |
| Fwd. to <b>GALGATE</b> .                             | 4.0          | Cross B5377 into Cemetery Lane.                               | 17.3         |
| TL at A6. TL at lights into Stoney Lane.             |              | TJL into Back Lane sp The Heads.                              | 17.8         |
| Fwd. to Five Lane Ends. TR sp Bay Horse.             | 5.7          | TR sp The Heads. TL sp Staynall                               |              |
| Fwd. over mtwy. TJR sp Galgate                       |              | TR opp, Staynall vill, sign by Wyre Way sign.                 | 19.6         |
| Fwd. under rwy. br. TJL sp Garstang                  |              | Pass Wardleys Creek and fwd. to <b>HAMBLETON</b> .            |              |
| Cross A6 into lane nsp.                              | 7.0          | TR onto A588. Keep R at rbt.                                  | 21.0         |
| Fwd. to TJR (B5272) sp Cockerham.                    | 8.6          | Cross R. Wyre by the Shard Br.                                | 22.5         |
| COFFEE <b>COCKERHAM</b> vill. hall 300yds. on L      | 8.8          | TL at lights onto A585 sp Preston.                            |              |
|                                                      |              | Busy rd. advise using using pavement.                         |              |
|                                                      |              | Fwd. 1 mile. TR at lights onto B5260 Lodge Lane sp Singleton. |              |
|                                                      |              | Fwd. 1 mile thru. <b>SINGLETON</b>                            |              |
|                                                      |              | TL onto B5269 sp Elswick.                                     | 24.5         |
|                                                      |              | TR onto A585 innm. L onto B5269 sp Longridge.                 | 25.7         |
|                                                      |              | Thru. <b>THISTLETON</b>                                       |              |
|                                                      |              | Bear L on B5269 sp Longridge. Fwd. to <b>ELSWICK</b> .        |              |
|                                                      |              | TL into Beech Rd. sp Great Eccleston.                         |              |
|                                                      |              | LUNCH Bonds Cafe on L.                                        | 27.4         |



|                                                              | <u>Miles</u> |                                                     | <u>Miles</u> |
|--------------------------------------------------------------|--------------|-----------------------------------------------------|--------------|
| TR out of Cafe. Imm. R into Copp Lane<br>sp Great Eccleston. |              | Fwd. two and a half miles TR sp Hollins Lane.       | 38.4         |
| TJL in <b>GT. ECCLESTON</b> . sp Blackpool.                  | 28.5         | Fwd. over canal to cross A6 sp Hollins Lane.        | 39.3         |
| TL onto A 586.                                               |              | Fwd. thru <b>HOLLINS LANE</b> and under rwy. br.    |              |
| Imm. R into Blackpool Old Rd. sp Little Eccleston.           |              | TR opp. Foxholes sp Dolphinholme.                   | 41.0         |
| TR into Cartford Lane sp Pilling.                            |              | Over mtwy. TL at Xrds. by Fleece Inn sp Galgate.    | 41.9         |
| Fwd. over Cartford Toll Br. Free for cyclists.               |              | TR at Five Lane Ends sp Quernmore.                  | 42.5         |
| Imm. R after br. sp Pilling. 1st. L sp Pilling.              | 29.5         | Fwd. to <b>QUERNMORE</b>                            |              |
| Fwd. One and a half miles.                                   |              | TL at Xrds. sp Lancaster.                           | 46.1         |
| TR opp The Squire sp Nateby.                                 | 31.0         | SO at Xrds. Fwd. under mtwy.                        |              |
| Fwd. thru <b>NATEBY</b>                                      |              | TJR into Wyresdale Rd. sp City Centre.              | 48.6         |
| TL imm. before A6 into Nateby Crossing Lane.                 | 35.0         | Entrance to Williamson Park and Birthday Tea        |              |
| Fwd. to B5272, TL sp Cockerham.                              | 35.9         | 100yds on R                                         |              |
|                                                              |              | TL out of park and follow rd. round to St Martin's. | 49.0         |

# "B" RIDE

## Sunday 4th August



## KENDAL AND SOUTH LAKES

### OS Landranger Maps 97

A short church service will be held at the Priory at 9 o'clock.  
 Directions to the Priory .  
 Exit 1. TR into Bowerham Rd. 4th L at rbt. sp City Centre  
 TR at lights by Waterstones. TR. Imm. TL.  
 Priory on R behind castle.  
 From Priory TR into Longmarsh Lane. TR. imm. before  
 rwy. br. onto Lune cyclepath. Use subway after  
 Sainsburys. Foll. cycleway to car park, TL over metal br.  
 over R. Lune. 3.0  
 TR at Xrds. Fwd. approx 1 mile. Keep L over over  
 cattle grid Fwd. One and a half miles. TJR nsp 7.0  
 TR at B6254 sp Kirkby Lonsdale. 9.2  
 Fwd. to **ARKHOLME**  
 TL at Xrds. by Bay Horse Inn sp Docker. 11.9  
 Bear R sp Docker. Keep R over rwy. br. 12.2  
 TL sp Docker. 14.0  
 Fwd. 1 mile TR sp Hutton Roof. TJR nsp. 15.8  
 100yds after pylons TLsp Hutton Roof. 17.0  
**COFFEE HUTTON ROOF** vill hall on R 18.1

#### Miles

TR out of hall. TL by church sp Clawthorpe. TJR sp  
 Farleton  
 TJR Cumbria Cycleway sign. 20.0  
 Fwd. along gated road.  
 TJL Cumbria Cycleway sign. TR over canal br. nsp 21.5  
 TR onto A6070. In 400yds. TL sp Millness.  
 TR at Xrds. onto B6385 sp Crooklands 23.4  
 TL after mtwy. sp Stainton.  
 SO over canal br. sp Crosscraze.  
 SO at Xrds. after Crosscraze school. sp Natland. 25.9  
 Keep L at Y junc. nsp.  
 Fwd. over rwy. br. TJR sp Natland.  
 Fwd. thru **NATLAND** to **KENDAL** 28.9  
 Keep L under subway imm. before rbt. and turn L  
 K Village Cafe on L  
 Keep in R lane over Br. onto A6  
 TR into Peppercorn Lane by Brucies Bike shop.  
 Toilets. Abbot Hall Museum of Lakeland Life and  
 Industries.  
**KENDAL** Picnic lunches to L of Museum in river-  
 side gardens. Plenty of cafes in Kendal.

#### Miles



Retrace to A6. TR into town keeping in L hand lane. (To shorten ride TL at 1st lights sp Brigsteer. Rejoin route by Wheatsheaf Inn Brigsteer 3 miles) To avoid town centre TL at 2nd lights opp. Town Hall. In 100yds. TR into Low Fellside.  
 TJR Views of ruined Kendal Castle on R. The home of Catherine Parr, 6th wife of Henry 8th.  
 TL at A 5284 Windermere Rd.  
 Riders coming thru town rejoin route here.  
 Fwd. to rbt. 2nd L onto B5284 sp Hawkeshead via Ferry  
 Fwd to Crook. TL before Sun Inn sp Underbarrow.  
 Keep L sp Brigsteer. Thru. **UNDERBARROW**  
 TJR by Punchbowl Inn  
 Imm L sp Brigsteer.  
 TR at Wheatsheaf Inn **BRIGSTEER** sp Levens.  
 Fwd. to **LEVENS**  
 TJR into village. Keep L at post office.  
 Fwd. under br. to A6 at Levens Bridge.  
 Levens Hall on R Worth a visit.  
 In half a mile TL sp Leasgill. Thu to **HEVERSHAM**  
 TEA village hall on R

# Miles

31.5  
 33.5  
 35.9  
  
  
 36.4  
  
  
 42.5  
 43.0

TR out of hall. Thru village to A6  
 TL and fwd to **MILNTHORPE**  
 TR at lights TL after crossing river into Dallam Park.  
 TJL Fwd. into **BEETHAM**  
 TJR by Wheatsheaf Inn. Fwd. thru. **SLACKHEAD**  
 SO sp Yealand  
 TJR sp Arnside. TJL sp Yealand Redmayne  
 TJL sp Yealand Redmayne  
 Fwd. thru. **YEALAND REDMAYNE, YEALAND CONYERS and WARTON**  
 Fwd. to **CARNFORTH**  
 SO at lights  
 TR imm. before mtwy. sp Nether Kellet  
 Fwd. to **NETHER KELLET**  
 TR in village. sp Lancaster.  
 Fwd. over mtwy. Imm L sp Lancaster.  
 Fwd. to TJR into Halton Rd. to join Canal Cycle path at br.  
 Leave cycle path at br. 100  
 TL over br. Follow University Cycleway signs via Quarry Rd.  
 Primrose St. and Prospect St.  
 TL into Bowerham Rd. College on L

# Miles

43.9  
  
 47.8  
  
  
 51.5  
  
  
  
 58.5

# "C" RIDE

## Sunday 4th August

1996



BIRTHDAY RIDES

LANCASTER

## CLAPHAM

OS Landranger Maps 97 98

*Miles*

Exit 1  
 A short Church service will be held at the Priory at 9 o'clock.  
 Directions to the Priory.  
 TR into Bowerham Rd at Rbt Foll sp City Centre.  
 TL at lights by Waterstones, TR Castle Hill Imm TL Castle Park.  
 Priory on R behind castle.  
 From Priory TR onto Longmarsh Lane TR Imm before Rwy Br onto Lune Cyclepath. Use subway after Sainsburys.  
 Keep along river on Cyclepath.  
 At minor Rd keep ahead thru gate on Cyclepath. 5.0  
 Leave Cycle path at ramp on R 5.7  
 Teabar at Bull Beck picnic area  
 TL at A683 Fwd thru **CLAUGHTON**.  
 TR at B6480 sp Bentham. 8.9  
 Fwd to **WRAY**. TR sp Lowgill.  
**COFFEE WRAY** vill hall on R. 10.0

*Miles*

TR out of hall Fwd 2 and a half miles TR sp Lowgill.  
 In 200yds TL sp Settle. 12.7  
 Keep SO. TL at 2nd Xrds. 19.0  
 Foll sps to Clapham. Cross A65 into **CLAPHAM**.  
 TL at Xrds. In 100yds TR into Cross Haw Lane.  
  
**LUNCH CLAPHAM** vill. hall on R. 21.3



|                                                                                           | <i>Miles</i> |                                                        | <i>Miles</i> |
|-------------------------------------------------------------------------------------------|--------------|--------------------------------------------------------|--------------|
| TR from hall Foll sp for Ingleton TJL at B6255.                                           | 25.1         | Retrace to A683 TL Fwd Thru <b>MELLING</b> .           |              |
| *(the ride may be extended by 7 and a half miles to visit White Scar Caves. TJR at B6255. | 28.9         | TR sp Gressingham.                                     | 38.8         |
| TL sp Chapel le dale.                                                                     |              | Care on narrow Br TL sp Eskrigge.                      |              |
| Fwd to <b>INGLETON TJR</b> .)*                                                            | 32.9         | Thru <b>ESKRIGGE</b> TJL nsp.                          | 40.9         |
| TR at Xrds after school TJR into <b>INGLETON</b> .                                        | 25.7         | Keep R sp Halton TJL sp Lancaster.                     | 43.4         |
| Keep L at sp for Waterfalls.                                                              |              | In 440yds TL nsp TR after Cattle Grid.                 |              |
| *Extra loop rejoins here.                                                                 | 26.2         | Fwd approx 1 mile TL at Xrds by Greyhound.             | 46.4         |
| TR sp Thornton in Lonsdale. Thru vill to A65.                                             |              | Rejoin Cyclepath on R after Br TL at Drill Hall.       | 48.5         |
| TR in 100yds. TL sp Lower Westhouse.                                                      | 28.3         | TR at A683. Keep L before lights TL into Ridge Lane.   |              |
| Fwd to TJL to <b>BURTON IN LONSDALE</b> .                                                 | 29.5         | TR onto Canal Cyclepath. Leave at Br 100.              |              |
| Keep R on A687 Take 2nd L sp Bentham.                                                     |              | TL Foll University Cyclepath signs back to college Via |              |
| Fwd 300yds. Imm after Br TR at Xrds nsp                                                   |              | Primrose St and Prospect St.                           | 49.5         |
| TJR sp Melling.                                                                           |              |                                                        |              |
| Fwd 200yds TR nsp TJR nsp Fwd thru <b>WRAYTON</b> .                                       |              |                                                        |              |
| TJR at A683 (If not going to tea TJL here)                                                |              |                                                        |              |
| Fwd to <b>TURNSTALL</b> TR into Church Lane.                                              |              |                                                        |              |
| <b>TEA TUNSTALL</b> vill hall on R                                                        | 34.6         |                                                        |              |

# "C" RIDE

## Tuesday 6th August

1996



BIRTHDAY RIDES

LANCASTER

## WINSTER & LYTH VALLEYS

OS Landranger Maps 97

|                                                             | <u>Miles</u> |                                                                                                                                     | <u>Miles</u> |
|-------------------------------------------------------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------|--------------|
| Exit 1 TR into Bowerham Rd.                                 |              | Fwd thru YEALAND CONYERS to YEALAND REDMAYNE.                                                                                       |              |
| TR into Dale St. sp City Centre Cycleway.                   |              | Fwd 1 mile TR sp Beetham.                                                                                                           | 12.7         |
| Keep L at Junc Over Br and TR onto canal cycleway.          |              | TR at Y Junc sp Beetham.                                                                                                            |              |
| Leave canal at Br 104.                                      |              | TL at Y Junc sp Slackhead.                                                                                                          | 14.3         |
| TL into Ridge Lane TJR.                                     |              | SO thru SLACKHEAD sp Beetham.                                                                                                       |              |
| Keep R into Langdale Rd.                                    |              | BEETHAM TL at Wheatsheaf Inn sp Storth.                                                                                             | 15.2         |
| Keep L to cross A683 to Cyclepath.                          |              | (SO for Heron Corn Mill and Paper Museum. 100yds on L open 11 to 5)                                                                 |              |
| TR at Drill Hall onto Lune Cyclepath.                       |              | TR at Lodge into Dallam Park nsp.                                                                                                   | 15.9         |
| Fwd to car park and TL over metal Br.                       |              | TJR *If not going to coffee TL after Br.                                                                                            |              |
| SO at Xrds into Quarry Rd.                                  | 3.6          | Fwd to MILNTHORPE.                                                                                                                  |              |
| Keep ahead up hill into HALTON.                             |              | Fwd thru lights TR into square. Memorial hall on R                                                                                  | 17.2         |
| TJR take care blind corner.                                 |              | COFFEE.                                                                                                                             |              |
| After approx half a mile TL sp Nether Kellet.               |              | TL from hall Imm TR A6 TL at lights Retrace to Br. *TR and follow Cumbria Cycleway and Cumbria Coastal Path signs thru lanes to A6. |              |
| Keep ahead sp Nether Kellet.                                |              | TL at A6 Fwd past Levens hall on L (open 11 to 5)                                                                                   |              |
| TL sp Nether Kellet Unsuitable for Large Vehicles.          | 5.1          | Keep ahead on old A6 at no exit sign.                                                                                               | 19.9         |
| TJR in NETHER KELLET so Over Kellet.                        | 5.6          | At main Rd. keep R on footpath for 100yds.                                                                                          |              |
| TL sp Camforth TJL sp Camforth.                             | 6.2          | SO at bollards sp Sizergh.                                                                                                          | 20.5         |
| Fwd to CARNFORTH SO at lights sp Warton.                    | 7.7          | Keep ahead sp Levens.                                                                                                               |              |
| Fwd thru MILLHEAD and WARTON.                               | 8.2          |                                                                                                                                     |              |
| Warton church has connections with George Washington.       |              |                                                                                                                                     |              |
| The Stars and Stripes come from the Washington family Crest |              |                                                                                                                                     |              |



(Riders wishing to curtail the ride and visit Sizergh castle TR  
 Tearoom at Low Sizergh farm on L after Mwy Br Castle open  
 1.30 to 5.30 p.m. Gardens open 12.30 to 5.30.

TR nsp TR at Xrds sp Brigsteer.

Fwd thru **BRIGSTEER**.

Keep L at fork nsp.

TJL sp Underbarrow.

TL sp Crosthwaite (sp maybe missing).

TJL sp Crosthwaite Fwd to **CROSTHWAITE**.

LUNCH vill hall on R after school.

SO onto unsurfaced lane TJR nsp.

SO at Xrds sp Cartmel.

Keep ahead foll sps for Witherslack.

After woods TL onto Bwy to Beck Head.

Keep L at millpond TL at Xrds nsp.

TL at A590 in half a mile TL.

Fwd over Br TL after garage.

TL at Hare and Hounds. Fwd to Xrds **LEVENS**.

TEA vill hall on L.

TL at Xrds TR Fwd under Br to A6 at Levens Bridge.

In half a mile TL sp Leasgill to **HEVERSHAM**.

TL by church sp Woodhouse TR sp Milnthorpe Fwd to

**ACKENTHWAITE**.

TR onto B6385 sp Milnthorpe Imm L into Smithy Lane.

TL at Xrds onto B6384.

Miles

23.2

26.5

27.0

31.1

32.2

35.5

37.3

Fwd thru **WASSET** to **HOLME**.

TR opp Smithy Inn sp Holme Mills.

Keep R after Pot Bellied Pig Inn sp Hale.

Fwd under rwy Br Imm TL nsp.

TJR nsp In 100yds TL nsp 100yds TL again nsp.

Fwd over Mwy to A6070.

TR into Lancashire.

TL at Longlands Hotel sp Borwick.

SO at Xrds. sp Over Kellet.

TJR sp Over Kellet

**OVER KELLET** SO at Xrds sp Nether Kellet.

Fwd to **NETHER KELLET**.

Thru vill TL after Mwy sp Lancaster.

TJR Fwd to join Canal cyclepath at Br 108.

Leave canal at Br. 100 by signpost.

TL over Br onto University Cyclepath and back to college via

Quarry Rd. Primrose St. and Prospect St. TL into Bowerham

Rd College on L.

Miles

43.0

45.2

49.5

57.0

# "C" RIDE

## Wednesday 7th August

1996



BIRTHDAY RIDES

LANCASTER

## KILLINGTON LAKE

### OS Landranger Maps 97

|                                                           | <u>Miles</u> |                                                                                                                                                                                                             | <u>Miles</u> |
|-----------------------------------------------------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| Exit 2 into Coulston Rd.                                  |              | From hall cross A65 sp Old Hutton.                                                                                                                                                                          |              |
| TR into Wyresdale Rd sp Quernmore.                        |              | Fwd thru GATEBECK TJL sp Old Hutton.                                                                                                                                                                        | 20.6         |
| TL after Mwy sp Caton TJR sp Caton.                       |              | TL imm after Holmescales Horse Centre.                                                                                                                                                                      | 21.6         |
| Fwd to CATON TL at A683.                                  | 4.6          | SO at Stggd Xrds sp Ewebank.                                                                                                                                                                                | 22.8         |
| After quarter of a mile TR sp Halton TR sp Nether Kellet. |              | TL sp Ewebank TJL nsp.                                                                                                                                                                                      | 24.3         |
| TJL sp Nether Kellet.                                     | 6.8          | TJR nsp Fwd over Mwy Br.                                                                                                                                                                                    |              |
| In 100yds TR sp Nether Kellet.                            |              | TR to Killington services for Lunch.                                                                                                                                                                        |              |
| TJR sp Over Kellet.                                       | 8.3          | Take care on cattle Grid. Advise use gate.                                                                                                                                                                  | 26.3         |
| SO at Xrds in OVER KELLET sp Capernwray.                  | 9.3          |                                                                                                                                                                                                             |              |
| TL at Y Junc sp Borwick.                                  |              |                                                                                                                                                                                                             |              |
| SO at Xrds sp Tewittfield Methodist Church.               | 11.2         |                                                                                                                                                                                                             |              |
| TR at A6070 sp Burton in Kendal.                          |              | <b>LUNCH</b>                                                                                                                                                                                                |              |
| Fwd thru BURTON IN KENDAL.                                |              | <i>Killington Motorway Services has agreed to let us use their cafe for lunch but request that people do not eat their own food on the premises. There are picnic places 1 mile further on by the lake.</i> |              |
| After approx 5 miles TL at farm sp Millness.              | 17.3         |                                                                                                                                                                                                             |              |
| Cross Mwy Br TR under A591 nsp.                           | 17.8         |                                                                                                                                                                                                             |              |
| Thru MILLNESS Keep R to cross canal Br.                   |              |                                                                                                                                                                                                             |              |
| TL at A65 Coffee 100yds on L.                             |              |                                                                                                                                                                                                             |              |
| COFFEE CROOKLANDS vill hall on L.                         | 18.5         |                                                                                                                                                                                                             |              |



TR from services sp Sedbergh.  
 TJR sp Old Hutton.  
 SO sp Old Hutton Fwd past Three Mile House.  
 Keep L TL at Y Junc down side of wood.  
 TJL nsp TR sp Old Town.  
 Fwd thru **OLD TOWN**.  
 TL at B6254 sp Kirkby Lonsdale.  
 TR by weight limit sign.  
 SO at Xrds sp Biggins.  
 TL at A65 In 200yds TR sp Biggins.  
 After 100yds bear L sp Biggins.  
 TR by Cumbria Cycleway sign.  
 TJR sp Burton in Kendal.  
 Bear L at Y Junc sp Sellet Hall.  
 Sellet Hall Herb garden on L.  
 Fwd 1 mile TL into **WHITTINGTON**.  
 TJR at B6254 sp Carnforth.  
 Fwd approx 3 miles to **ARKHOLME**.  
  
 TEA vill hall on R

Miles

27.6  
  
 30.2  
 31.6  
  
 33.3  
  
 35.0  
 36.4  
  
 37.3  
 37.5  
  
  
 38.5  
  
  
 41.7

Keep ahead from hall.  
 Fwd past Red Well Inn TL sp Lancaster. 44.3  
 Fwd thru **HALTON**.  
 After passing army camp join Canal Cyclepath after Br. 50.2  
 Leave Canal at Br 100 by sp  
 TL over Br 3rd TL Primrose St. TR Prospect St.  
 TL College on L. 52.5

Miles

**"C" RIDE**  
**Thursday 7th August**

1996



**BIRTHDAY RIDES**

**LANCASTER**

**BOWLAND**  
*OS Landranger Maps 102*

Miles

|                                                     |      |
|-----------------------------------------------------|------|
| Exit 1                                              |      |
| TL onto Bowerham Rd.                                |      |
| Keep L at traffic island after sp for Leisure Park. |      |
| Fwd over Mwy SO at Xrds sp Abbeystead.              | 2.0  |
| TR at Xrds sp Bay Horse.                            |      |
| TL at Five Lanes Ends sp Abbeystead.                | 5.3  |
| SO at Xrds sp Oakenclough.                          | 6.0  |
| Fwd to Xrds TR sp Scorton.                          | 7.6  |
| Fwd 2 and a half miles to <b>SCORTON</b> .          |      |
| <b>COFFEE SCORTON</b> the Priory cafe on L          | 10.0 |

Miles

|                                                          |      |
|----------------------------------------------------------|------|
| Fwd thru Village                                         |      |
| After approx 440yds TL into Tithebarn Lane.              |      |
| Under Mwy Fwd 1 mile TJR nsp.                            |      |
| TJL nsp After 200yds TJR nsp Bear L at next Junc nsp.    |      |
| After 100yds TL sp Caldervale.                           |      |
| TJL sp Oakenclough.                                      | 12.5 |
| Fwd 1 mile TJR sp Bleasdale.                             |      |
| TJL sp Breasdale.                                        | 15.8 |
| TJL sp Chipping.                                         | 17.8 |
| Follow sps for Chipping for 4 miles to <b>CHIPPING</b> . |      |
| TL at car park and toilets sign.                         |      |
| <b>LUNCH CHIPPING</b> vill hall.                         | 21.5 |



|                                                      | <i>Miles</i> |                                                      | <i>Miles</i> |
|------------------------------------------------------|--------------|------------------------------------------------------|--------------|
| Fwd thru vill                                        |              | TR out of hall Fwd thru Trough of Bowland for approx |              |
| TL at war memorial sp Bowland with Leagram.          |              | 7 and a half miles.                                  |              |
| Fwd 1 and a half miles. Keep L sp Dunsop Bridge.     |              | Shortest way back is straight on following Lancaster |              |
| Fwd 3 and a half miles. TJL sp Dunsop Bridge.        | 26.8         | signs but has two long climbs.                       |              |
| Fwd 1 and a half miles SO for Trough of Bowland.     |              | For easier way TL by chapel sp Abbeystead.           | 35.2         |
| Note old signpost for Coachmen on L.                 |              | Fwd thru <b>ABBEYSTEAD</b> to <b>DOLPHINHOLME</b> .  |              |
|                                                      |              | 2nd L at mini Rbt sp Scorton.                        | 39.3         |
| <b>TEA DUNSOP BRIDGE</b> vill hall 100yds on R after | 28.0         | Keep R at fork sp Bay Horse.                         |              |
| Junc.                                                |              | Fwd to Xrds TR sp Galgate.                           | 40.0         |
|                                                      |              | Fwd to <b>GALGATE</b> .                              |              |
|                                                      |              | TR imm before lights into Chapel St.                 | 42.2         |
|                                                      |              | TJR Keep L before derestriction sign.                | 43.8         |
|                                                      |              | TR opp Lancaster House Hotel.                        |              |
|                                                      |              | Keep L round perimeter of University to Rbt.         |              |
|                                                      |              | 2nd L at Rbt Rossendale Rd TL by Health Centre sign  |              |
|                                                      |              | (end of car park)                                    |              |
|                                                      |              | Imm TR onto City Centre Cycleway.                    |              |
|                                                      |              | Cycleway signs back to college.                      | 45.5         |

# "D" RIDE

## Sunday 4th August



# LUNESDALE AND GREAT STONE OF FOURSTONE

OS Landranger Maps 97 98

*Miles*

A short church service will be held at the Priory at 9 o'clock.  
 Directions to the Priory .  
 Exit 1. TR into Bowerham Rd, 4th L at rbt. sp City Centre.  
 TR at lights by Waterstones. TR. Imm. TL.  
 Priory on R behind castle.  
 From Priory TR into Longmarsh Lane. TR. imm. before rwy.  
 br. onto Lune cyclepath. At br. TR under subway.  
 Foll. cycleway beside river. Cross 2 brs.  
 At gate TR into **CATON** 4.8  
 2nd L at mini rbt sp Brookhouse. Littleddale  
 Fwd. through **BROOKHOUSE** to A683. 7.0  
 TR onto A683 thru. **CLAUGHTON**  
 TR onto B6480 sp Wray. Wennington. 8.6  
 Fwd. to WRAY TR sp Lowgill. High Tatham

**COFFEE WRAY** Village hall 100yds on R 10.2

TR out of hall. Fwd. two & a half miles. TR sp Lowgill  
 TL at Y junc. sp Slaidburn. Fwd. 1mile 13.9  
 TJL sp Bentham 15.5  
 Great Stone of Fourstone 200yds on L  
 SO at Xrds. sp Bentham. Fwd. to **BENTHAM**  
**LUNCH BENTHAM** Town hall on R 17.8

*Miles*

TR out of hall. TJR onto B6480 sp Skipton  
 After 100yds TL into Robin Lane sp Ingleton  
 Fwd. to Xrds. TL sp Wennington 19.1  
 TJR onto B6480. Fwd. to **WENNINGTON** 22.0  
 TR in Wennington sp Melling. K. Lonsdale 22.4  
 Fwd. to **MELLING**. TL at A683 sp Lancaster 24.0  
 Fwd. One & a half miles. TR sp Gressingham 25.5  
 Remains of motte and Bailey Castle on R before  
 Loyne Bdg.  
 Keep R sp Carnforth thru. **GRESSINGHAM**  
 TL sp Aughton. Keep R sp Halton 28.9

**TEA AUGHTON** village hall 300yds. on L 29.1

TL out of hall. TJL. sp Halton 30.3  
**HALTON**. TL after PO into Quarry Rd. Keep L down hill  
 SO at X rds. into Station Rd 32.5  
 Cross River Lune to rejoin cycle path on R imm. after br.  
 Fwd. along cycle path to Drill Hall 35.0  
 TL then TR at A683. Keep L before lights into Bulk Rd.  
 Veer L into St Leonards Gate. TL into Great John St.  
 Join University Cycleway at lights by Town Hall Fwd. to  
 St Martin's College following cycleway signs. 36.0

# "D " RIDE

## Monday 5th August

1996



BIRTHDAY RIDES

LANCASTER

## BOWLAND

### OS Landranger Map 102

|                                                       | <u>Miles</u> |                                                            | <u>Miles</u> |
|-------------------------------------------------------|--------------|------------------------------------------------------------|--------------|
| Exit 1                                                |              | TR over br. sp Garstang A6. Fwd. to A6                     |              |
| TL onto Bowerham Rd.                                  |              | TR along A6 for 400yds. TL Snapewood Lane                  |              |
| Keep L at traffic island sp Leisure Park.             |              | TJR B5272                                                  | 18.7         |
| Fwd. over mtwy. SO at Xrds. sp Abbeystead.            |              | Fwd. two & a half miles. TR opp. Forton Hall Farm nsp      | 21.0         |
| TL at Xrds. Long Lane.                                |              | TL after canal br. nsp. Imm. R nsp.                        |              |
| TJR Fwd. to QUERNMORE.                                |              | TJL. nsp. TJR nsp.                                         |              |
| SO at Xrds sp Clitheroe                               | 4.6          | Fwd. to A6 SO at Xrds. sp Quernmore                        | 22.5         |
|                                                       |              | TR after Bay Horse sp Quernmore. Under rly. br.            |              |
| COFFEE Brow Top Farm on L                             | 4.0          | TL into Whams Lane sp Quernmore. Caton                     |              |
|                                                       |              | Over mtwy. TL at Five Lane Ends sp Galgate                 |              |
| Retrace to rd. and TL. Fwd. passed Jubilee Tower      |              | Lancaster                                                  | 24.0         |
| viewpoint                                             |              | GALGATE TR imm. before lights into Chapel St.              |              |
| TR sp Abbeystead.                                     | 7.6          | TJR. Keep L at fork to University nsp                      | 26.4         |
| TJL sp Abbeystead. Fwd. to ABBEYSTAD.                 |              | TR at gate opp. Lancaster House Hotel                      |              |
| Over br. and imm. R into public rd. before 20% sign   |              | Keep L round perimeter rd. of University to rbt.           | 21.0         |
| TJR nsp.                                              | 10.6         | 2nd L at rbt. Rossendale Rd.                               | 22.5         |
| Keep L sp Scorton Garstang                            |              | 1st L end of car park by Health Centre sign.               |              |
| SO at Xrds. sp Scorton Garstang                       |              | Imm. R onto cycleway nsp                                   |              |
|                                                       |              | Follow City Centre Cycleway signs via Lentworth Drive      |              |
| LUNCH SCORTON Priory cafe on L                        | 16.4         | and Barton Rd.                                             |              |
|                                                       |              | TR at Video Shop into Coulston Rd. Keep L into             |              |
| Picnics on playing field on R after Chapel and before |              | Wyresdale Rd.                                              |              |
| toilets. Thru. vill.                                  |              | Birthday Tea in Williamson Park on R                       |              |
|                                                       |              | After tea TL out of Park and foll. rd. back to St Martin's | 31.0         |

# "D" RIDE

## Tuesday 6th August



### ARNSIDE

#### OS Landranger Map 97

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <u>Miles</u>                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <u>Miles</u>                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| Exit 2. TL into Coulston Rd.<br>TR into Wyresdale Rd. sp Quernmore.<br>TL after mtwy. br. sp Caton.<br>TJR sp Caton. Fwd. to <b>CATON</b> . TL at A683<br>After a quarter of a mile TR sp Halton<br>TR sp Nether Kellet.<br>TJL sp Nether Kellet.<br>In 100yds TR sp Nether Kellet<br>TL sp Nether Kellet - Unsuitable for Large Vehicles.<br>TJR in <b>NETHER KELLET</b> sp Over Kellet.<br>TL sp Carnforth. TJL into <b>CARNFORTH</b><br>SO at lights sp Warton.<br>Carnforth Station on L was used in the film Brief<br>Encounter. Steamtown Railway Centre on L open<br>10am until 4pm<br>Fwd. thru. <b>MILLHEAD</b> to <b>WARTON</b><br>Warton Church has connections with George Wash-<br>ington. The Stars and Stripes come from their Family<br>crest.<br>TL at the Black Bull Inn into Crag Rd.<br>TJR sp Silverdale<br>Over LC. TJR sp Arnside. TR sp Yealand Redmayne | 4.6<br><br><br><br><br>7.1<br>7.7<br><br>9.7<br><br><br><br><br><br><br><br><br><br>11.3<br>13.0 | COFFEE at RSPB Centre on R.<br><br>TL out of Centre. TJL. Keep ahead. TL sp Jenny<br>Browns Point. Wolf House Gallery on R<br>TJR Lindeth Rd. TJR sp Carnforth. TJL sp Arnside.<br>Thru. <b>SILVERDALE</b> .<br>TL at War Memorial. TL at junc.<br>Fwd. approx. 2 miles.<br>TL onto bwy. to Arnside (opp. Arnside Tower on R)<br>Viewpoint from Arnside Knott (to avoid bwy. SO for 1<br>mile TL into Redhills Rd. Hostel on R)<br>TJR sp Promenade<br><br><b>LUNCH ARNSIDE</b> Youth Hostel on L<br><br>TL out of Hostel. TJL Silverdale Rd.<br><b>ARNSIDE</b> Fwd. over LC. TJL sp Yealand Redmayne<br>TJL sp Beetham.<br>Keep R at next 2 juncs. to Lakeland Wildlife<br>Oasis on R<br>TR at A6. After 100yds. TL sp Burton | 14.1<br><br><br><br><br><br><br><br><br><br>17.6<br><br><br><br><br><br><br><br><br><br>18.6<br><br><br>20.1<br><br><br><br><br>23.2 |



Miles

TR imm. before rlwy. br. TJR nsp

In 150yds. TL nsp.

In 100yds. TL nsp.

Over mtw. to A6070. TR into Lancashire.

TL sp Priest Hutton

TEA **PRIEST HUTTON** Vill. hall on R opp. Church. 27.1

Fwd. to **BORWICK** TJR at sp Carnforth.

TL at Xrds. sp Over Kellet. TJR sp Over Kellet.

**OVER KELLET.** SO at Xrds. sp Nether Kellet. 29.8

**NETHER KELLET.** TL after mwy. sp Lancaster. TJR.

Fwd. to rejoin Canal Cycle Path at br. 108 34.6

Leave canal at br. 100 by signpost

TL over br. onto University Cyclepath and back to

College via Quarry Rd. Primrose St. Prospect St.

TL into Bowerham Rd.

College on L. 37.5

# "D" RIDE

## Wednesday 7th August

1996



BIRTHDAY RIDES

LANCASTER

## BEACON FELL

### OS Landranger Map 102

|                                                            | <u>Miles</u> |
|------------------------------------------------------------|--------------|
| Exit 2 into Coulston Rd.                                   |              |
| In a quarter of a mile TR into Wyresdale Rd. sp Clitheroe. |              |
| Fwd. under mtwy. br. SO at Xrds.                           |              |
| Take care on descent. Fwd. to QUERNMORE                    |              |
| TR at Xrds. sp Bay Horse.                                  | 2.5          |
| TL at Xrds. sp Abbeystead.                                 | 4.0          |
| TJR sp Dolphinholme.                                       | 7.0          |
| Thru. DOLPHINHOLME                                         |              |
| SO at mini rbt.. sp Scorton.                               |              |
| SO at junc. by ch. sp Chipping.                            | 7.7          |
| TL at Xrds. sp Chipping.                                   | 8.2          |
| Keep R sp Scorton.                                         |              |
| SO at Xrds. sp Oakencrough.                                |              |
| Fwd. across Harrisend Fell.                                |              |
| Moorcock Inn on L for coffee.                              | 12.5         |
| COFFEE                                                     |              |
| Keep ahead from Inn to TJL sp Longridge.                   | 14.2         |
| TJR into Oakencrough Rd. sp Beacon Fell.                   | 16.4         |

|                                                                                                                                                                                                              | <u>Miles</u> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| (To ride round Beacon Fell, after approx. 1 mile TL and foll. oneway system. Picnic places, toilets and Visitor Centre. Take 3rd. L to rejoin ride at TJL sp Garstang. This adds one & a half miles to ride) |              |
| Foll. sps for Garstang.                                                                                                                                                                                      |              |
| TL after garage sp Inglewhite.                                                                                                                                                                               | 18.8         |
| Fwd. to INGLEWHITE                                                                                                                                                                                           |              |
| SO at Xrds. to Green Man Inn for lunch.                                                                                                                                                                      | 20.1         |
| LUNCH                                                                                                                                                                                                        |              |
| Retrace to Xrds. TL sp Garstang.                                                                                                                                                                             |              |
| Fwd. to Lydiate Lane TR sp Garstang.                                                                                                                                                                         | 21.3         |
| TR sp Claughton. Keep L sp Calder Vale.                                                                                                                                                                      | 23.4         |
| Keep ahead to TJR sp Barnacre Church.                                                                                                                                                                        | 24.6         |
| TJL sp Barnacre Church.                                                                                                                                                                                      | 25.0         |
| Pass ch. and cross mtwy.                                                                                                                                                                                     |              |
| Keep R by pond. Note water wheel in building on L.                                                                                                                                                           | 26.7         |
| TJL sp Garstang A6 and cross br.                                                                                                                                                                             | 28.0         |
| TR at A6.                                                                                                                                                                                                    |              |
| Take 2nd. L into layby. Imm. TL.                                                                                                                                                                             | 28.8         |



|                                                     |              |
|-----------------------------------------------------|--------------|
| TJL nsp. Cross canal. TR at Xrds. sp Cockerham.     | <u>Miles</u> |
| Fwd. to <b>COCKERHAM</b> . Vill. hall on L for tea. | 29.8         |
|                                                     | 32.4         |

TEA

|                                                            |      |
|------------------------------------------------------------|------|
| TL from hall. TR at A588 sp Lancaster.                     |      |
| Fwd. thru. <b>THURNHAM</b> to <b>CONDER GREEN</b> TR sp    |      |
| Galgate.                                                   | 34.7 |
| Fwd. to <b>GALGATE</b> TJL Highland Brow (before rwy. br.) | 36.6 |
| Keep ahead to A6 TAKE CARE BUSY ROAD.                      |      |
| TL and in 50yds. TR into Bailrigg Lane.                    | 38.4 |
| TL onto City Centre Cycleway. Foll. cycleway signs to      |      |
| College.                                                   | 40.6 |

# "D" RIDE

## Thursday 8th August

1996



BIRTHDAY RIDES

LANCASTER

## KIRKBY LONSDALE AND DOCKER PARK FARM

OS Landranger Map 97

Miles

Miles

Exit 2. TL Coulston Rd.  
 TR Wyresdale Rd. sp Quernmore Clitheroe  
 TL after mwy. sp Caton. TJR sp Caton.  
 Fwd. to **CATON**. TL at A683  
 After a quarter of a mile TR sp Halton.  
 After 0.8m TR over cattle grid nsp  
 Fwd. one & a half miles. TJR nsp.  
 Fwd. 2 miles. TJR at B6254 sp Kirkby Lonsdale

4.5

6.9

9.2

**COFFEE ARKHOLME** Village hall on L

11.9

Fwd. through **WHITTINGTON**

SO at staggered Xrds. at A65 sp Town centre

**LUNCH KIRKBY LONSDALE** cafés or pub meals

16.9

Old Church, Ruskins View

For picnics TR at A65 imm. L to Devil's Bridge  
 and tea bar.

From Market Square foll. one-way system for 200yds

TL sp Kendal A65. 100yds bear L sp Biggins Hutton Roof

SO at Xrds. on A65 sp Biggins

Veer L sp Whittington

18.3

Sellet Hall Herb Garden on L

Fwd. 1 mile. TL into **WHITTINGTON**

19.1

TJR onto B6254 sp Carnforth

Fwd. one & a Half miles through **NEWTON**

Toy Workshop on R. TR sp Docker

20.5

Follow signs for Docker Park Farm

TR after rwy. br. sp Borwick

22.2

Docker Park Farm on R in half a mile

Tearoom and farm animals

TR out of farm. Fwd. 3miles.

TJL sp Capernwray

24.9

Fwd. half a mile TR opp. Church

Fwd. to **OVER KELLET**

27.6

SO at Xrds. in Over Kellet sp Nether Kellet

TL sp Halton opp. The Hawthornes

Fwd. approx. one & a half miles. Fork R sp Halton

TJR into **HALTON**

31.9

TL after Post Office into Quarry Rd.

Keep L down hill.



Miles

SO Xrds. Station Rd.

Over br. and TR onto cyclepath

TL at Drill Hall to A683

TR at A683. Keep L before lights. TL into Ridge

Lane. Join canal cyclepath at br. TR and leave at

br. 100. Follow University Cycleway back to

College.

34.9

# "D" RIDE

## Friday 9th August

1996



BIRTHDAY RIDES

LANCASTER

## TREASURE HUNT

### OS Landranger Map 102

|                                                                                                                                                                 | <i>Miles</i> |                                               | <i>Miles</i> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-----------------------------------------------|--------------|
| The clues are just to add a bit of interest, but the ride can be ridden straight. Hand the answers in at HQ, and there is a prize for the most correct answers. |              | TJL sp Thurnham. TJR at A588 nsp              | 7.7          |
|                                                                                                                                                                 |              | Fwd. thru. THURNHAM & COCKERHAM -             |              |
|                                                                                                                                                                 |              | no clues on here.                             |              |
| Exit 1                                                                                                                                                          |              | TL into Crimbles Lane. TR into Gulf Lane.     | 9.0          |
| TR into Bowerham Rd.                                                                                                                                            |              | Clues 11 - 14.                                |              |
| TR into Dale St. sp City Centre cycleway.                                                                                                                       |              | Fwd. approx. 3 miles. TL at A588 nsp          | 13.6         |
| TL at junc. Clues 1 - 3 from here.                                                                                                                              |              | TR sp Village. TL at junc. sp Garstang        |              |
| TL onto Canal cyclepath at br.                                                                                                                                  | 0.3          | LUNCH PILLING Memorial Hall on R.             |              |
| Leave canal at br. 98 TL on rd. alongside canal.                                                                                                                | 0.9          | Clues 15 - 17.                                | 15.4         |
| TR at Lancaster ETW sign. Clues 4 - 8                                                                                                                           | 2.3          | TJR sp Blackpool. 2nd L sp Great Eccleston.   |              |
| Fwd. on track passed ETW. TL onto R. Lune                                                                                                                       |              | Keep SO into Bradshaw Lane. Fwd. on Eagland   |              |
| Cycleway nsp.                                                                                                                                                   | 3.1          | New Lane and Wood Lane. No clues for a while. |              |
| Keep SO at Lancashire Coastal Way sign.                                                                                                                         |              | TJL sp Garstang Clues 18 - 20.                | 20.5         |
| Leave Cycleway opp. small boatyard.                                                                                                                             | 5.0          | Fwd. thru. NATEBY.                            |              |
| TR into GLASSON DOCK                                                                                                                                            |              | TL into Nateby Crossing Lane by Lunch Box.    | 22.5         |
| COFFEE Several Cafés                                                                                                                                            | 5.1          | No more clues until after tea.                |              |
|                                                                                                                                                                 |              | TR into Croston Barn Lane.                    |              |
| Fwd. over swing br. and up hill. Clues 9 - 10.                                                                                                                  |              | Cross A6 at lights into Green Lane West.      | 23.3         |
| Keep L. Pass school. TR imm. after Glasson Grain.                                                                                                               |              | SO at Xrds. into Green Lane East.             |              |



## TREASURE HUNT CLUES

- 1 What is open all day \_\_\_\_\_
- 2 Cyclists need to be good at this \_\_\_\_\_
- 3 Non-flying variety \_\_\_\_\_
- 4 Danger of what along here \_\_\_\_\_
- 5 Who provides this facility \_\_\_\_\_
- 6 Who opened 1st phase of Lancashire Coastal Way \_\_\_\_\_
- 7 What N American animal lives here \_\_\_\_\_
- 8 Where is BWB hidden \_\_\_\_\_
- 9 Distance between Pilling and Lancaster \_\_\_\_\_
- 10 Which field has a pump \_\_\_\_\_
- 11 What are you encourage to participate in \_\_\_\_\_
- 12 How old is AK \_\_\_\_\_
- 13 Who will be prosecuted \_\_\_\_\_
- 14 Get a suit made here \_\_\_\_\_
- 15 What's for sale at Pointer Grove Cottage \_\_\_\_\_
- 16 Where is the station without train \_\_\_\_\_
- 17 Where are the flowers permanently in bloom \_\_\_\_\_
- 18 Who were the former residents of Renshaw Hall \_\_\_\_\_
- 19 Home of the flying porker \_\_\_\_\_
- 20 Where is today's temperature \_\_\_\_\_
- 21 What was rebuilt in '53 \_\_\_\_\_
- 22 Whose wood is it \_\_\_\_\_
- 23 Name of Church \_\_\_\_\_
- 24 Where has the sly animal retired to \_\_\_\_\_
- 25 Who wears a tam o' shanter \_\_\_\_\_
- 26 Where are the 1st & 5th signs of the Zodiac \_\_\_\_\_
- 27 What joins Lonsdale South \_\_\_\_\_
- 28 What information does the pheasant impart \_\_\_\_\_
- 29 Who lives at the Manor \_\_\_\_\_
- 30 What did WK build in 1953 \_\_\_\_\_
- 31 Who specialises in airborne deliveries \_\_\_\_\_
- 32 Whose motto is Meurus Aenus Concietia Sana \_\_\_\_\_
- 33 Name of nearby film studio \_\_\_\_\_

Name \_\_\_\_\_

Fwd. to TJR nsp. Fwd. to SCORTON.

TEA Priory Café on R

Keep thru. Vill. TL over mtwy. at picnic sign.  
Start clue hunting. **Clues 21 - 23.**

1st TR nsp

R at fork nsp

**Clues 24 - 26.**

TJL sp Bay Horse.

Foll. signs for Bay Horse TJR nsp

Under rwy. br. TJL sp Garstang

Cross A6.

**Clues 27 - 28.**

TJR at B 5272 sp Cockerham

Fwd. to COCKERHAM.

**Clues 29 - 33.**

TJR at A588

Fwd. thru. **THURNHAM** and **CONDER GREEN**.

**No more clues.**

TR into Ashford Rd.

SO at lights. TJL into Lentworth Drive.

**Foll. City Centre Cycleway signs to College.**

Miles

25.4

26.5

27.5

28.7

1.5

34.2

38.0

**"Family" RIDE**  
**Wednesday 7th August**

1996



**BIRTHDAY RIDES**

**LANCASTER**

**JUBILEE TOWER**  
*OS Landranger Maps 102*

Miles

Exit 2  
 TL into Coulston Rd.  
 TR into Wyresdale Rd sp Quernmore.  
 SO at Xrds in QUERNMORE sp Clitheroe.  
 Fwd to Brow Top Farm on L Cafe and Farm Animals. 3.3  
 TL out of farm.  
 Fwd to Jubilee Tower Viewpoint.  
 TR sp Abbeystead. 5.2  
 1st R TJR Fwd to **DOLPHINHOLME**.  
 2nd L at mini Rbt sp Scorton. 9.4

Miles

Keep R at fork sp Bay Horse.  
 Fwd to Xrds by Fleece Inn TR sp Galgate.  
 Fwd to **GALGATE**.  
 TR imm before lights into Chapel St.  
 TJR keep L to University before derestriction sign.  
 TR opp Lancaster House Hotel.  
 Keep L round perimeter of University to Rbt.  
 2nd L at Rbt. Rossendale Rd.  
 1st L (end of car park by Health Centre sign).  
 Imm R onto City Centre Cycleway.  
 Foll Cycleway signs back to college via Lentworth Drive, Barton Rd. 16.5

# "Family" RIDE

## Tuesday 6th August

1996



BIRTHDAY RIDES

LANCASTER

## DOCKER PARK FARM

OS Landranger Maps 97

|                                                         | <u>Miles</u> |
|---------------------------------------------------------|--------------|
| Exit 2 TL into Coulston Rd.                             |              |
| TR Wyresdale Rd sp Quernmore Clitheroe                  |              |
| TL after mwy sp caton TJR sp Caton.                     |              |
| Fwd to <b>CATON</b> TL at A683.                         | 4.5          |
| 1/4 mile TR sp Halton. Teabar in carpark on R after Br. |              |
| TR from teabar. Where Rd bends TR over cattle grid.     |              |
| Fwd 1 and a half miles. TJR nsp.                        | 6.9          |
| Fwd 2 miles TR at Junc with B6254.                      | 9.2          |
| Fwd to <b>ARKHOLME</b> TL at Xrds in village.           |              |
| Fwd approx 1 mile TL before Rwy Br sp Borwick.          |              |
| Docker Park Farm on R Tearooms & Farm animals.          |              |
| TR out of farm Fwd 3 miles to TJL sp Capernwray.        | 12.5         |
| Fwd half a mile TR opp church.                          |              |
| Fwd to <b>OVER KELLET</b> .                             | 15.5         |
| SO at Xrds in Over Kellet sp Nether Kellet.             |              |
| TL sp Halton opp The Hawthornes.                        |              |
| Fwd approx 1 and a half miles Fork R sp Halton.         |              |
| TJR into <b>HALTON</b> .                                |              |

|                                                       | <u>Miles</u> |
|-------------------------------------------------------|--------------|
| TL after post office into Quarry Rd Bear L down hill. |              |
| SO at Xrds into Station Rd.                           |              |
| Over Br and TR onto Cyclepath.                        |              |
| Fwd to Drill Hall TL to A683 and TR                   |              |
| Keep L before lights. TL into Ridge Lane.             |              |
| Join Canal Cyclepath to R of br.                      |              |
| Leave at Br 100 by signpost.                          |              |
| TL onto University Cycleway. back to college via      |              |
| Quarry Rd, Primrose St and Prospect St. to S.         | 23.5         |
| Martin's on L.                                        |              |

# "Family" RIDE

## Sunday 4th August

1996



BIRTHDAY RIDES

LANCASTER

## SUNDERLAND POINT

OS Landranger Maps 102

|                                                                                           | <i>Miles</i> |                                                                                        | <i>Miles</i> |
|-------------------------------------------------------------------------------------------|--------------|----------------------------------------------------------------------------------------|--------------|
| Exit 1                                                                                    |              | Return to Xrds. TL past Ship Hotel.                                                    |              |
| A short Church service will be held at the Priory at 9 o'clock. Directions to the Priory. |              | Pub food at the Ship and Globe. Childrens play area at the Globe.                      |              |
| TR into Bowerham Rd. 4th L at Rbt, sp City Centre.                                        |              | After the Globe cross cattle grid onto tidal Rd.                                       |              |
| TL at lights by Waterstones TR Imm TL.                                                    |              | High Tide at 14.41 when Rd will be under water.                                        |              |
| Priory on R behind Castle.                                                                |              | Fwd to <b>SUNDERLAND</b> .                                                             | 8.0          |
| From Priory TR onto Longmarsh Lane.                                                       |              | Follow shingle track from toilets to First Terrace.                                    |              |
| TR onto Cyclepath Imm before Rwy Br.                                                      |              | TR The Lane to Sambos grave.                                                           |              |
| TL onto Greyhound Br. TL onto footpath.                                                   |              | TL 100yds along beach to Sambos grave in Field.                                        |              |
| TL onto Cyclepath Imm before Rwy Br.                                                      |              | Two choices here.                                                                      |              |
| Leave cyclepath at steps by lamp post into Asda car park (before Rd Br.)                  | 2.8          | 1 Retrace to Overton and TL at Xrds to <b>MIDDLETON</b> .                              | 10.8         |
| TL at car park exit at lights                                                             |              | 2 TR out of field and follow bridle path along shore for 1 mile towards Power Station. |              |
| SO at Rbt. No through Rd at High Tide.                                                    |              | Beach shop Ice Cream etc. on beach at end of track.                                    |              |
| Fwd 1mile TL sp Middleton.                                                                | 4.4          | TR into Carr lane by beach shop.                                                       |              |
| SO Heaton Bottom Rd TR up hill. TJL.                                                      |              | Fwd 1 and a half miles to <b>MIDDLETON</b> . TL onto main Rd sp Heysham.               |              |
| TL sp Overton Fwd to <b>OVERTON</b> .                                                     | 6.4          | Route 1 and 2 meet here.                                                               |              |
| For St. Helens Saxon church TL at Xrds Church half a mile                                 |              |                                                                                        |              |



### Miles

|                                                                                       |      |
|---------------------------------------------------------------------------------------|------|
| Fwd approx 1 mile to Rbt.                                                             |      |
| TL at Rbt sp Power Station Visitor centre.<br>(Worth a visit, open 10-5 Guided Tour). |      |
| Fwd to lights TR sp Port of Heysham.                                                  | 11.7 |
| TR at Shore Rd. Go round barriers and TL into<br>Smithy Lane.                         |      |
| TL in HEYSHAM by Curiosity Corner teashop.                                            |      |
| TL to St Peters Church Built 967.                                                     |      |
| Ruins of St. Patricks church and rock graves on<br>headland.                          |      |
| Return to Rd TR into Bailey Lane. TL into Knowly Rd.                                  |      |
| TJL at Strawberry Gardens.                                                            | 13.8 |
| Fwd to lights TR onto B5273.                                                          |      |
| Fwd approx 2 miles TL at Rbt TR at lights into Asda<br>and Cyclepath back to Priory.  |      |
| TR onto Castle Park over Rwy Br.                                                      |      |
| TL into Station Rd TL into Meetinghouse Lane.                                         |      |
| 2nd R into Dallas Rd. TL at Carr House Lane.                                          |      |
| TR into Aldcliffe Rd Cross Br onto canal Cyclepath.                                   |      |
| At next Br TR onto main Rd TL at Rbt to S. Martins<br>on L.                           | 18.0 |

# "Family" RIDE

## Monday 5th August

1996



BIRTHDAY RIDES

LANCASTER

## GLASSON DOCK

### OS Landranger Maps 102

|                                                      | <u>Miles</u> |                                                     | <u>Miles</u> |
|------------------------------------------------------|--------------|-----------------------------------------------------|--------------|
| Exit 1                                               |              | TL at A588                                          |              |
| TL into Bowerham Rd.                                 |              | 1st R into Ashford Rd Fwd to lights at A6           | 11.6         |
| Follow University Cyclepath signs to University Via  |              | SO at lights TJL.                                   |              |
| Barton Rd, Lentworth Drive. TL at lane nsp.          |              | Foll City Centre Cycleway signs via Lentworth Drive |              |
| TL at end of Cyclepath imm R onto perimeter Rd.      |              | and Barton Rd. TR into Coulston Rd Keep L onto      |              |
| 2nd L at Rbt.                                        |              | Wyresdale Rd.                                       |              |
| Follow perimeter Rd to gateway on R opp Lancaster    |              | TR into Williamsons Park for Birthday Tea.          |              |
| House Hotel.                                         |              | After tea TL and Fol Rd back to College.            | 13.8         |
| TL then TJR Fwd into <b>GALGATE</b> .                | 3.0          |                                                     |              |
| TL at A6 TR at lights.                               | 4.3          |                                                     |              |
| First L after Rwy Br Fwd to <b>CONDER GREEN</b> .    |              |                                                     |              |
| TL at A588 Approx 100yds TR to <b>GLASSON DOCK</b> . | 7.3          |                                                     |              |
| Cafes and Pub meals.                                 |              |                                                     |              |
| Retrace to join Lune Cyclepath on L (opp small Boat  |              |                                                     |              |
| yard).                                               |              |                                                     |              |
| TR at gate into lane (near pylons) Fwd past sewage   |              |                                                     |              |
| works.                                               |              |                                                     |              |
| 3rd R to A588 (3rd is a wide Junc).                  | 9.6          |                                                     |              |

# "Family" RIDE B

## Friday 9th August

1996



BIRTHDAY RIDES

LANCASTER

## LITTLEDALE

OS Landranger Maps 97 102

### Miles

2.5

3.9

4.5

6.0

7.7

Exit 2 into Coulston Rd.  
 TR into Wyresdale Rd sp Quernmore.  
 Fwd under Mtwy Br SO at Xrds.  
 Fwd to **QUERNMORE** TL at Xrds, sp Caton.  
 After approx half a mile TR nsp.  
 Access to Clougha thru car park on R.  
 TR at Xrds nsp.  
 Two more access points to Clougha.  
 Take care steep descent to Littledale.  
 Keep L after Br TL at Xrds sp Caton.  
 Long straight descent to **BROOKHOUSE**.  
 SO at Xrds by Black Bull into Holme Lane.  
 TJR at A683.  
 Teabar and Toilets at Bull Beck Picnic Area 100yds  
 on R.  
 TL down ramp opp picnic area onto Lune Cyclepath.  
 Fwd along Cyclepath to Lancaster.  
 Teabar and Toilets at Crook of Lune Picnic Area.

### Miles

TL at Drill Hall TR at A683 Keep L before lights.  
 TL into Ridge Lane. TR at Br onto canal Cyclepath.  
 Leave at Br 100 by sp.  
 TL over Br follow University Cycleway signs back to  
 college via Quarry Rd, Primrose St. and Prospect St. 13.5

# "Family" RIDE A Friday 9th August

1996



BIRTHDAY RIDES

LANCASTER

## MORECAMBE OS Landranger Maps 97

|                                                | <u>Miles</u> |                                                    | <u>Miles</u> |
|------------------------------------------------|--------------|----------------------------------------------------|--------------|
| Exit 1                                         |              | Cycleway ends opp Morrisons car park.              |              |
| TR into Bowerham Rd.                           |              | TR then TL at Rbt sp promenade.                    | 4.9          |
| TR into Dale St. sp City Centre Cycleway.      |              | Fwd to Rbt on prom.                                |              |
| Keep L at Junc Over Br TR onto Canal Cycleway. |              | (FrontierLand Fairground and Super Bowl on L).     |              |
| Leave canal at Br 104.                         |              | TL after Rbt onto promenade pavement.              |              |
| TL onto Ridge Lane. TJR.                       |              | (The byelaws on Cycling on the promenade have been |              |
| Keep R into Langdale Rd.                       |              | waived for CTC members for today only).            |              |
| Keep L to cross A683 to Cyclepath.             |              | TR along prom to Stone Jetty.                      |              |
| TL at Drill Hall onto Lune Cyclepath.          | 1.0          | Floor games on Jetty. Cafe on end.                 |              |
| Fork L after Br Keep R to 2nd Br.              |              | Bubbles swimming pool on R.                        |              |
| Under subway TL at Cycle sign over Br.         |              | Cont along seaward side of prom.                   |              |
| (If traffic heavy use footpath).               |              | Happy Mount Park opp lights.                       | 7.0          |
| Take lower path after bus shelter.             |              | Turn onto Rd at end of prom.                       | 7.7          |
| TL onto Cyclepath.                             | 2.0          | Fwd thru HEST BANK.                                |              |
| Keep ahead across lane.                        | 4.3          |                                                    |              |
| Veer L onto Lancs. Coastal Way.                | 4.4          |                                                    |              |
| Take care Xing Rwy lines.                      |              |                                                    |              |
| TR onto track alongside Rwy.                   | 4.5          |                                                    |              |



Miles

|                                             |      |
|---------------------------------------------|------|
| TR at Xrds by Lights into Station Rd.       |      |
| Tearooms on L by LC and on shore thru LC.   |      |
| TJL into The Crescent and over Br.          |      |
| TL into Hest Bank Lane.                     | 8.5  |
| TJR into Hanging Green Lane.                |      |
| TJL at A6 Imm TR into Bottomdale Rd.        | 9.2  |
| TR at Xrds sp Lancaster.                    | 10.1 |
| TJR to join Canal Cyclepath at Br.          |      |
| Leave canal at Br 100.                      |      |
| TL over Br Foll University Cycleway signs   |      |
| Via Quarry Rd, Primrose St and Prospect St. |      |
| TL into Bowerham Rd College on L.           | 13.3 |