

VISIT Barrow

THERE'S MORE CYCLING THAN MEETS THE EYE

CYCLE THE BARROW COASTLINE COAST ROAD CIRCULAR



VIEW FROM THE COAST ROAD

DISTANCE: 19.5 MILE
DIFFICULTY: MEDIUM
TRAFFIC: MODERATE

VISITBarrow.org.uk/cycling

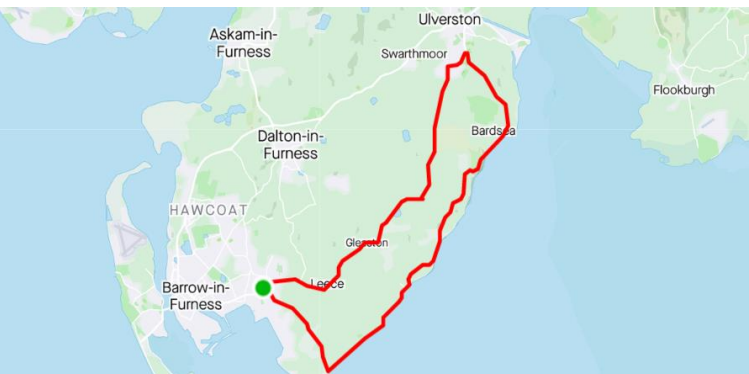
CYCLE THE BARROW COASTLINE

COAST ROAD CIRCULAR

DISTANCE: 19.5 MILE

DIFFICULTY: MEDIUM

TRAFFIC: MODERATE



The start and finish of this route is at Roose Railway Station

1. Head to the Coast Road via Rampside Road.
2. Turn left at Rampside roundabout and take the Coast Road towards Ulverston.
3. You will pass Rampside Par 3 Golf Course, the Fisherman's Arms and Conishead Priory along the Coast Road.
4. At Ulverston Leisure Centre take a left and climb Oakwood Drive.
5. At the top of Oakwood Drive turn left and take Mountbarrow Road all the way to Birkrigg, passing Cumbria Cow on the way
6. At Birkrigg pass over the cattle grid and stay on the same road. Do not turn off to the left or right.
7. Exit Birkrigg over another cattle grid and then descend towards Scales village.
8. At Scales, turn right and then take your next left, past Gleaston Watermill and on to Gleaston village.
9. Once in the village, stay left then turn right and travel past the children's playground.
10. Take a left onto Ulverston Road and head towards Leece.
11. Go past the tarn and through the village, continue straight to the outskirts of Barrow.
12. Go past the Old Smithy chip shop and at the next roundabout take the 2nd exit to get back to the start/finish point.