

VISIT Barrow

THERE'S MORE CYCLING THAN MEETS THE EYE

CYCLE THE BARROW COASTLINE FAMILY RIDE TO ROA ISLAND



DISTANCE: 9.5 MILE
DIFFICULTY: FLAT/EASY
TRAFFIC: LIGHT MOSTLY TRAFFIC FREE

VISITBarrow.org.uk/cycling

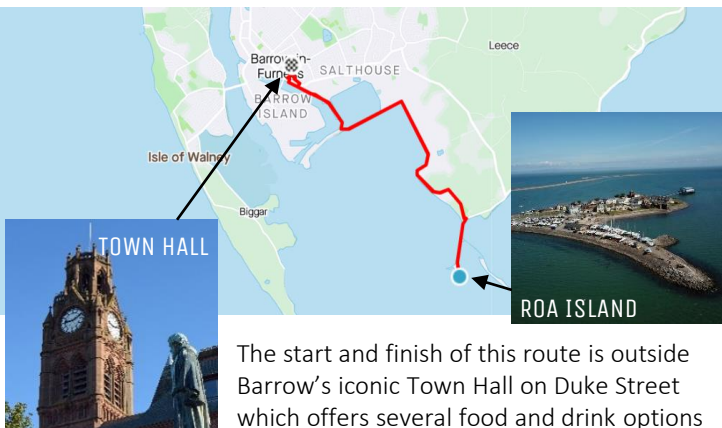
CYCLE THE BARROW COASTLINE

FAMILY RIDE TO ROA ISLAND

DISTANCE: 9.5 MILE

DIFFICULTY: FLAT/EASY

TRAFFIC: LIGHT MOSTLY TRAFFIC FREE



The start and finish of this route is outside Barrow's iconic Town Hall on Duke Street which offers several food and drink options including; Del's Lunchbox, The Forum Café, Jeffersons, The Holiday Inn, Chunky Monkey and Mammy's Café located in the indoor market.

1. Set off from the town hall towards the roundabout at Schneider Square
2. Head down the hill to Morrisons supermarket. At the back of the supermarket car park you will find an access gate leading to the quayside.
3. Turn left onto the quayside and cycle until you reach Cavendish Dock Road.
4. Take a right turn and cycle towards the docks.
5. At Ramsden Dock you will pass over an old railway line and then turn left along the dedicated cycle path which runs between Cavendish Dock and the sea.
6. Take a right turn at the end, pass the gas terminal and keep going until you reach Rampside. The Concle Inn is a nice place to get refreshments.
7. At Rampside take a right turn and cycle across the Roa Island causeway into Roa Island.

Roa Island has public toilets and scenic views across to Piel Island. The Bosun's Locker is ideal for refreshments and ice creams.

8. Once you have enjoyed a rest, return the same way you came.