



## Tour de Furness 23 mile Ride



The 23 mile route will appeal to the more experienced Leisure cyclist. Passing along interesting areas of coastline & through attractive countryside, visiting the ancient ruins of Furness Abbey.

1. Turn left out of Roose Conservative Club and left again at the roundabout onto the A5087 towards Rampside.
2. Continue on for 2 ½ miles. At Rampside roundabout turn left onto the Coast Road (A5097).
3. After 9.8 miles turn left at Eden Lodge Hotel.
4. At the next junction turn right to Urswick/Lindal.
5. After 1.1 miles (at Cumbria Cow) turn left at Urswick/Scales crossroads.
6. At Birkrigg Common, go over cattle grid and turn right to wards Gt Urswick, cross second cattle grid then take second left turn (at bottom of the hill) towards the Tarn.  
**STOP BY URSWICK TARN FOR REFRESHMENTS**
7. Turn right at the T junction.
8. At the next T junction turn left and continue for ½ mile then left at the next T junction to Scales.
9. Take the next right turn, past Gleaston Castle & Watermill. At the cross roads turn left to Leece.
10. Continue through Leece on Hard Knott Lane towards Barrow into Holebeck Park Avenue to the T junction.

- 11.** Turn right into Yarlside Road then right at Parkhouse Road then left at Manor Road towards Furness Abbey.
- 12.** Passing the Abbey on your right take the first left turn and pass manor Farm arriving at the T junction with Rating Lane.
- 13.** Turn left at the T junction, Past the 6<sup>th</sup> Form College and St Bernards School on your left until the mini roundabout, take the first exit (into Flass Lane), continue into Friars Lane and to the junction with Roose Road. Turn left.
- 14.** Continue along Roose Road until next roundabout, take first exit then right into Roose Conservative Club

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