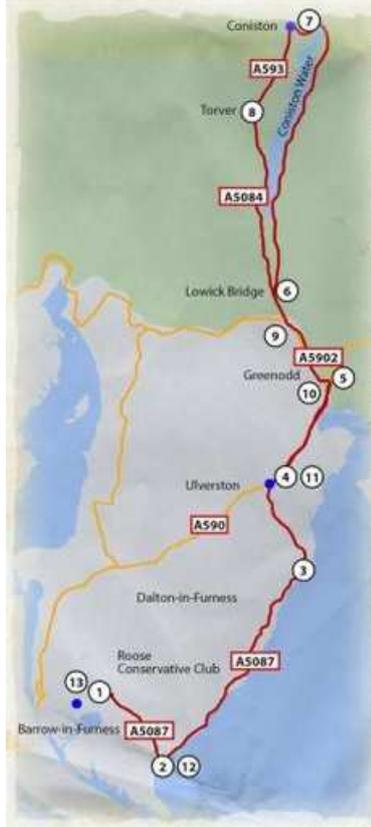




Tour de Furness 50 mile Ride



The 'Furness 50' is suitable for cycling enthusiasts and follows the Morecambe Bay coast road to Ulverston, travelling through lovely countryside along the eastern shore of Coniston water, through Coniston, returning via the western shore taking in some of the most beautiful views and villages in Cumbria.

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. Follow the A5087 Coast road through to Ulverston. to the A590 junction at Quebec St.
 4. At the traffic lights turn right onto the A590.
 5. Continue along the A590 for 3 ½ miles to the Greenodd roundabout, take the first exit.
 6. On to the A5902 (signposted for the A595. Whitehaven and Workington). After 2 miles fork right onto the A5084 towards Coniston and Torver. After 1 mile, at Lowick Bridge (Red Lion Inn) turn right then immediately left after the bridge, to Nibthwaite. Continue along the East of the Lake and at the head of the Lake turn left at the junction with the B5285, riding on to the village.
- PLEASE CHECK IN AT THE CONISTON CHECKPOINT SO WE CAN TRACK YOU**
7. Pass through Coniston, turning left over the bridge at the junction with the A593, following the signs for Torver.

8. After 3 miles. at Torver (just past Church House Inn) turn left onto the A5084 following signs to Lowick and Ulverston through Sunny Bank and on down the west side of Coniston Water.
9. At the junction with the A5092, turn left towards Greenodd.
10. After approximately 2 miles join the A590 turning right towards Ulverston and Barrow.
BE CAREFUL AT THE BUSY ROUNDABOUT.
11. Enter Ulverston and cross the, Booth's round about then, after 0.3 mile, turn left onto the A5087 Coastal Route signposted Bardsea Croftlands A5067.
12. Continue along the Coast Road for 9.6 miles to the roundabout at Rampside, where you should turn right towards Barrow in Furness.
13. Enter Barrow in Furness and at the next roundabout turn right and then almost immediately right again into Roose Conservative Club.

27/12/2018