



Morecambe Bay Cycle Way: Walney to Glasson Dock

Introduction:

One of the newest routes on offer on the national cycle network, this one follows the stunning coastline of Morecambe Bay from Walney Island and Barrow-in-Furness to Glasson Dock just outside Lancaster. At 81 miles in length this is a shorter route than most coast to coast routes in the north of England but still packed with loads to see and a varied landscape of coastal paths, forest tracks and hills. It passes through the famous towns of Cartmel (sticky toffee pudding), silverdale and Arnside and its AONB. This tour can be done from Walney to Glasson Dock or vice versa. It's a fabulous route with cracking views, more challenging near the start if leaving from Walney or near the end if departing from Glasson Dock.

Details:

Duration: Generally between 2 and 4 days in length, but we can organise any length of tour including days of during the tour on request. We can also organise extra nights accommodation before the tour starts and when it ends.

Distance: 81 miles / 130 km

Included in tour:

- Bed and Breakfast in cycling friendly accommodation
- Daily luggage transfers
- Return transfer
- Extensive maps (paper and digital)
- Emergency contacts
- Meet and greet at the beginning of the tour including tour introduction with the chance to take a few photos before you leave.

- Supported tours are also available (please enquire)

Extras:

- Bike rental
- Electric bike
- Extra night(s) accommodation (before, during or after)
- Single room supplement

Date: Tours are available from March to October. Please let us know when you would like to travel.

Tour Highlights:

Lancaster Castle and Priory.

RSPB leighton Moss.

The Laurel and Hardy Museum, Ulverston – The home of Stan.

Levens Hall and Gardens.

Arnside Bore Wave, one of the few truly tidal waves in the world!

Eating sticky toffe pudding in the home of sticky toffee pudding, Cartmel

The Midland, Morecambe's Art Deco Hotel

Off-route and other pit stops:

There are a few options en-route for diversions, one in particular would be to follow the Lakes and Dales route to Newby Bridge and onto Lake Windermere before rejoining the route by Penny Bridge.

Gleaston Water Mill and Dusty Miller's Tea Shop

The Druid's Circle, Birkkrigg Common, Bardsea

Hest Bank Hotel, fantastic pub food and a lovey spot on the canal for break

Sample 3 Day Self-guided Itinerary:

Day 1: Walney Island to Cartmel 31 miles / 50 km - 1617ft / 493 meters ascent

We get a lot of requests to organise their accommodation in Walney, Barrow and Lancaster the night before the tour starts, please ask for details. If you're beginning in Lancaster we include a transfer from Lancaster to Glasson in the cost. Meet in your hotel or start point. Our rep will take your luggage, handover your bikes, if rented from us, maps and will give you a brief intro into the tour. They will be available to answer any of your questions and take a few 'before' photos for you before you head off along the coast with the Lake District mountains rising to your north and the Bay to the south! At the end of the day we have Big Land Hill stretching over Cartmel Fell, a challenge which most locals will tell you about before you ever get there!

Day 2: Cartmel to Arnside: 27miles / 44 km – 443ft / 135 meters ascent

Leaving Cartmel and your sticky toffee pudding behind we descend into Grange Over Sands, giving you lovely views of Morecambe Bay ahead. After passing by Levens hall we head into Arnside and Silverdale AONB with bucolic farmland and coastline - gorgeous bird-watching country here among the dunes. A word of warning, be careful if venturing onto the beaches as quicksand is a danger around here, take plenty of heed of warning signs.

Day 3: Arnside to Glasson Doc: 24 miles / 39 km – 1371ft / 420 meters ascent

Final day starts off on the rolling hills of Arnside and Silverdale AONB before follow the Lancaster Canal to Hest Bank and Morecambe. From here you follow the Way of the Rorses route to Lancaster and the Lune River to Glasson Dock and your destination.

Clothing

The UK boasts some of the most spectacular scenery in the world and its diverse history is one of the main pulls for tourists. We can guarantee that you will experience this whilst on your cycling adventure. What we are unfortunately unable to guarantee is the weather, so we would advise to be prepared for all eventualities!

We have found that the best way to do this, is through layers and with a lightweight waterproof on top. It might be a chilly day, but when climbing a hill for 30+ minutes, you will soon create your very own central heating system and will regret having to lug around a thick jumper!

In the colder weather, it is also advisable to wear warm footwear. Our bikes aren't fitted with pedal cleats, but a pair of good-grip shoes will do you well (if you are hiring bikes from and want to bring your own pedals, you are more than welcome but please let us know beforehand).

For update advice on the weather please consult the met office's forecast here <https://www.metoffice.gov.uk/public/weather>.

Bikes

Our bikes are hybrid bikes with at least 24 gears. They are perfectly suited for cycling on country lanes, cycle paths, roads and trails. They're neither mountain bikes nor road bikes so we would advise against going off-piste at any point, or expecting to keep up with the peloton! All our bikes include a pannier, spare tube and repair equipment, a mini u-lock, a mini pump and lights. We can also supply electric bikes, please enquire. If you want to bring your own saddle or pedals you are more than welcome, please advise us beforehand.

The Morecambe Bay Cycle Way is suitable for all bikes, but we would recommend bigger tyres if using a road bike to make it a bit more comfortable on the off-road sections.

Accommodation

We take pride in the b&b accommodation we work with on our cycling tours, they are chosen for being cycling friendly, welcoming and comfortable, include a hearty breakfast and we get great feedback from our tourers on our choice of accommodation. The accommodation will also provide secure bike storage and some can provide a packed lunch if booked in advance.

Fitness

Even our most leisurely tours will have some element of climbing so you will benefit from having done a sufficient amount of training prior to the departure. You will know yourself how far and how long you are able to cycle, so we hope that you have chosen a tour accordingly. You can allow yourself extra time by having an early start if needed, but please be mindful of daylight hours. All our bikes will be fitted with lights, but we would advise to try and finish the day's cycling before it gets dark.

And if a hill is too steep, walk the bike up! Having scaled the Rocky Mountains without ever being beaten by a 'hill', I have had to push a bike up a 200 metre long climb in Shropshire, and there's no shame in it!

Food

A cyclist's best friend. We would suggest stocking up on snacks whenever you get a chance. There is nothing worse than peddling on empty, so bananas, cereal bars, biscuits (etc.) could provide that much needed extra bit of energy. Most of the towns and villages will have at least one cafe or pub for lunch/tea/coffee breaks; on the maps we supply each town or village with a pub or cafe is clearly marked with a glass or cup.

Roads and Route

Parts of our tours will take place on roads and you will be sharing that road with cars. We ask you to be mindful in this case. For example: Signal when you're changing lanes or turning corners and don't cycle more than two abreast. If you're unsure of the laws of the land in regards to cycling, you can brush up on your knowledge here: . <https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82>

The Bay Cycleway route itself is very clearly signposted (thank you very much Sustrans and Morecambe Bay Partnership), this along with the maps both paper and digital we provide you with allow for a very comfortable orientation on this coastal ride.

Transfer

Each tour includes a transfer from the end of the tour for you, your bike and luggage, back to the start of the tour. It is possible to change this to another destination, to have this at the start of the year or to have a transfer at the start and finish (i.e. a door to door transfer) please enquire if needed

Further Questions

Please don't hesitate to contact us if you have any other questions on the route or the tour. You can contact us on the following:

Call us at 01524840072

Email us on info@openroadopenskies.co.uk

Tweet us @oroskies

Facebook us www.facebook.com/oroskies/

We also have an FAQ page for you to look through <http://www.openroadopenskies.co.uk/info/faqs>

Enjoyment

We want you to enjoy this adventure. It is, after all, a holiday. Relax, enjoy the ride, take in the country, stop off at areas of interest, chat to the locals and, most importantly, go at your own pace!

May the wind be at your back!