Cycling and Walking…

More people are telling us that physical activity, made from bad habits or fear of injury, has been replaced by cycling and walking. Everyone can benefit from cycling and walking, both mentally and physically. For many people, cycling and walking are the most effective ways to keep active, to get active or to stay active for life, with fewer trips and less traffic.

Cycling and walking offer the freedom to go where you want, when you want, without worrying about parking spaces, roadworks, rush hours or over-subscribed buses. Cycling and walking can help to improve the environment – by reducing traffic, gas or meat in the sky, road dust and emissions for the convenience of a few for the benefit of all.

The area is well served with traffic-free paths offering huge areas to cycle and walk. As well as the National Cycle Network there are a number of traffic-free routes and signed cycle routes. These include: Lune Valley path (South and North), Lune Valley cycleway (South and North) and North Lancashire Bridleway.

Lancaster, Morecambe and the surrounding area offers some of the best places in the country to cycle and walk.

River Lune Millennium Path

A 54 mile path along the river Lune from the river’s source to Lancaster city centre. This path is served by train stations along the route.

Lancaster Canal

The 42 mile path from Lancaster to Carnforth, along the former canal route. The path is surfaced with (+) or (-) and is of varying quality. The route is steep in places. The path is served by four train stations along the route.

Lancashire Cycleway

A cycle and walking route that runs along the former railway line from Corsgreen to Carnforth. The route is of varying quality and is of varying height. The path is served by three train stations along the route.

Lancashire Coastal Way

A 100 mile route along the Lancashire coast from Cartmel to Lytham. The route is served by stations at five of the eight train stations along the route.

Lancashire Plain Cycleway

A 100 mile route along the flat Lancashire Plain from Ormskirk to Fulwood. The route is served by six train stations along the route.

Lancashire Cycleway

The 120 mile route from Preston to Lancaster via Leyland and Nelson. The route is surfaced with (+) and is of varying quality. The route is served by train stations at all of the five train stations along the route.

Lancashire Countryside Cycleway

The 120 mile route from Preston to Lancaster via Leyland and Nelson. The route is surfaced with (+)- and is of varying quality. The route is served by train stations at all of the five train stations along the route.

Cycling to the University

Cycling to the University is a popular choice for getting around campus, especially during the summer. There is always a good path between the University and town. The following map shows the University and local cycle routes.

Cycling and Walking Guide

The Lancaster District Cycle and Walking Guide is a comprehensive guide to cycling and walking in the area. It is updated on a regular basis and is available from the Council’s website or from the Council’s Customer Services Centre.

Cycling Promotion

A number of cycling and walking promotion projects are running in the area. These include: Cycle to Work schemes, Cycle to School schemes, and Cycle to Work schemes. For more information, visit the Council’s website or contact the Council’s Customer Services Centre.

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Celebrating Cycling

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