



Tour de Furness 13 mile Ride



The 13 mile route should appeal to family groups and the leisure cyclist. It passes along interesting areas of coastline and through attractive countryside, visiting the “Vale of the Deadly Nightshade” where the ancient ruins of Furness Abbey are found.

1. Turn left out of Roose Conservative Club, then left again at the roundabout onto the A503 towards Rampside.
2. Continue for 2 1/2 miles at the Rampside roundabout turn left onto the Coast Road A5087.
3. After about 2 miles turn left at Long Lane, Goadsbarrow.
4. Head towards Leece Village (almost 2 miles) , leave the Tarn to your right.
STOP HERE FOR REFRESHMENTS
Then turn left at the junction.
5. Head along Leece Lane towards Barrow until Holebeck Park Avenue then turn right.
6. Turn right into Yarlside Road and left into Manor Road towards the Abbey.
7. Passing the Abbey on your right, take the first left turn and after Manor Farm turn right into Rating Lane.
8. Follow Rating Lane, past the 6th Form College and St Bernard’s until the mini round about. Take the first exit into Flass Lane.
9. Follow Flass Lane, then Friars Lane until Roose Road, go left at the junction. Continue along Roose Road until the next round about, take first exit and then first right into the Roose Cons Club car park.