

29 Take the High Road

Dist	Type	Note	Next
0.0	📍	Start of route	0.0
0.0	➡	From the rear (west) entrance to Lancaster station turn right	0.0
0.1	⬆	At the end of the road go straight on using the cycle way	0.2
0.3	➡	Right under the bridge	0.1
0.4	⬅	Imm. after the bridge turn left on the cycleway	0.5
0.9	⬆	Keep following the riverside path all the way to Caton	7.2
8.1	➡	Right onto the road into Caton (SP NCR 90)	0.1
8.2	⬆	Cross straight over the A683	1.1
9.4	➡	Right (SP Littledale)	1.8
11.1	⬅	Easy to miss! Take second left turn onto Roeburndale Road (no SP)	4.5
15.6	➡	Right through the metal gates	2.2
17.8	➡	After crossing the river, turn right after the next farm gate	0.8

17.8 kilometers. +376/-221 meters

Dist	Type	Note	Next
18.6	⬅	Bear left just past the cattle grid	15.2
33.8	⬅	Left at the T-junction (Back Lane)	1.8
35.5	⬅	In Slaidburn turn left by the war memorial (SP Bentham)	15.9
51.5	⬅	Left (SP Wray) - for Fourstones go straight on a short distance and it's on your left. Retrace to here.	2.7
54.1	➡	Right (SP Wray)	1.9
56.0	⬅	Left (SP Wray) From here the route follows NCR 69 Way of the Roses all the way back to Lancaster	4.0
60.0	⬅	At the T-junction in Wray turn left onto B6480	1.6
61.6	➡	Right (SP Hornby)	0.4
62.0	➡	Right onto A683 through Hornby	0.9
62.9	⬅	Left (SP Gressingham)	2.6
65.5	⬅	Left (SP Eskrigge / NCR 69)	5.0
70.5	⬅	Left at the T-junction	0.6

52.8 kilometers. +786/-892 meters

Dist	Type	Note	Next
71.2	⬅	Left (SP NCR 69)	2.5
73.6	⬅	Left at the T-junction	0.5
74.1	⬅	Left into the car park at Crook o Lune and follow the cycle route	0.2
74.3	➡	Right onto the cycle route back to Lancaster, following the route from earlier in the day	6.7
81.0	➡	Sharp right under the railway bridge	0.1
81.1	⬅	Left for the station	0.3
81.4	📍	End of route	0.0

10.9 kilometers. +27/-148 meters