

## Passport 2 Pedalling

Great cycling activities for all the family in the Lake District and Cumbria.

With mountains and valleys, miles of mature forest, endless lake and coastal shores, the landscape of Cumbria makes an amazing place to go cycling.

Complete novice or seasoned cyclist, family and friends, individuals and groups, there are great routes across the county for everyone to discover and enjoy.

Inspired by the London games, Passport 2 Pedalling aims to make it easy to get involved in cycling in the Lake District and Cumbria and for everyone to have great fun on two wheels!

for more information visit [www.golakes.co.uk/p2p](http://www.golakes.co.uk/p2p)

## take up the 2012 challenge!



Can you ride 2012 Cumbrian miles before the London games?

A few miles here and there or a weekend 'epic', join in at [www.golakes.co.uk/p2p](http://www.golakes.co.uk/p2p), record your rides and you could win new bikes worth up to £1,000!\*

It's **FREE** to take part and open to everyone!

\*Terms and Conditions apply. For full details of the 2012 Challenge, entry details and prizes, visit [www.golakes.co.uk/p2p](http://www.golakes.co.uk/p2p)



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**Cumbria Tourism**



adventurecapital  
the lake district  
Cumbria

passport 2 pedalling

## Ulverston to Penny Bridge cycle route

Route 5 - Ulverston to Penny Bridge



Tarmac backroads with lots of hills throughout the ride.

**Distance:** 13 miles (20.9km)

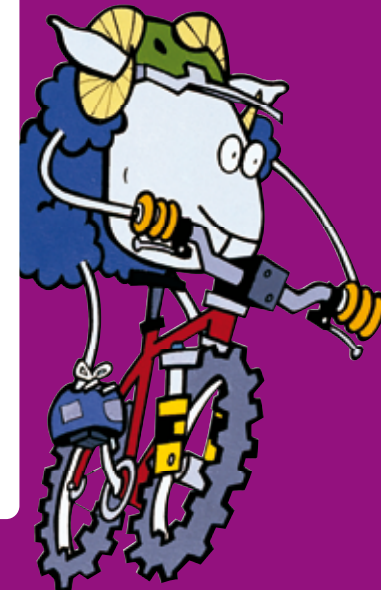
**Nearest Town:** Ulverston

**Start Location:** Gill Cycles car park, Ulverston

**Directions to Start (by car):**

From the west, head south east on the A595. This merges into the A5092. Turn right onto the B5281 signed to Ulverston. Stay on the B5281 into Ulverston. Once at the mini roundabout take a right turn and then right again up the narrow street signed Stanley Street. The car park is at the end of the road.

From the east, head west on the A590 to Ulverston. Once in Ulverston take the 4th exit off the roundabout, signed for the tourist information centre. Go straight over at the crossing and up to the mini roundabout. Take the 1st left and then 1st right. Go up the narrow street signed Stanley Street. The car park is at the end of the road.



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## the route

From the car park head out on the road past "J Harrisons". You will also pass the health centre on your left.

At the end of the road turn left (which is the opposite way to the National Cycle Network 20 Sign). Ride up the hill to the end of the road and turn right on to Mowings Lane, then left at the crossroads after 150m.

Stay on this road for 3.5km up to Well House and through the hamlet of Netherhouses. Here you will see Netherhouse Farm, where you turn left up the hill. At the end of the road turn right and carry on forwards, crossing the B5281 at a staggered crossroads and continuing for a further 2km up to the next crossroads. Be careful crossing as this is a main A road. Follow the sign to Coniston.

You will pass the church on your left and the Red Lion pub is just before your next crossroads. Carry on straight over into Lowick Bridge. The road bends round to the right and follows the river south east for 2km to the end of the road at Spark Bridge.

At this junction turn left, so you don't cross the river but keep following it, then climb up away from it to arrive at a crossroads. Turn right signed to Greenodd and follow the road over the river and to the main road, which you go straight over up the hill. Take the 1st right then 1st left. The road climbs then drops steeply into Bowstead Gates, where you veer left for 400m then turn 1st right up the hill to the B5281.

Go straight across at the crossroads and then left at the next crossroads.

From here retrace the route back to the start. Turn right at the crossroads on to Mowings lane then 1st left. Go down the hill and turn right, past the health centre and back to the start.



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