

# A Cycle Ride from Dockray Meadow Club Site



This circular route has been suggested by Sustrans' Volunteer Rangers. Sustrans is the UK's leading sustainable transport charity and is responsible for the development of the 12,000 miles of National Cycle Network. We hope you will enjoy exploring the local area near the Site and make the most of your stay at Dockray Meadow.

The route branches off National Route 71 of the National Cycle Network, taking in Crossgates, Asby, Arlecdon Church and back to Lamplugh.

## The Route

- 1** Turn right outside the Club Site, and take the second left - signposted 'Workington'. Cross the main A5086 road with care at Crossgates.
- 2** Continue along the road before turning left for Asby. Take care on the bend down the hill.
- 3** Turn right in Asby and continue uphill.
- 4** Turn right towards Arlecdon Church - an ideal picnic location.
- 5** Leaving the church, continue on to Arlecdon village. Just beyond 'The Sun' pub, turn left at the road junction.
- 6** Going uphill at first, the road continues downhill to join the main A5086 road again. *(Please note that between points 6 & 7, there is a pathway next to the road enabling younger riders to travel safely off-road, if preferred.)*
- 7** At 'The Stork Hotel' turn left and travel back to Asby.
- 8** Bear right and right again, down to the main road.
- 9** Cross the main road with care and look out for the 'Public Bridleway' sign, just to the right on the farm's service road. Enter the gated pathway and travel along the green lane to the end. On the road, turn left and return to the Club Site.



# The Route

Starting point: **Dockray Meadow Caravan Club Site, Lamplugh**

End point: **Dockray Meadow Caravan Club Site, Lamplugh**

Distance: **7½ miles**

Grade: **Easy**

Surface: **Mainly tarmac with a short off-road section.**

Traffic: **Light traffic on country lanes with a short busier section in Rowrah.**

Suitability for young children: **Yes, if used to cycling on roads. In Rowrah, a footpath runs adjacent to the main road which children might use if they lack confidence.**

**The route may not be suitable for a trailer due to a restriction in width along a bridleway towards the end of the ride. However, the ride can be easily modified to avoid the bridleway by keeping to local roads.**

Hills: **Some hills, though none overly tough.**

Refreshments/facilities:  
**There are shops in Asby, Rowrah and Arlecdon.  
There are two pubs along the route.**

Nearest railway station:  
**Whitehaven, approximately 12 miles from start.**

Other routes in the area:

**West Cumbria is blessed with several national and regional cycle routes in the area, including the Sea to Sea (C2C) route from Whitehaven/Workington to Newcastle/Sunderland and (National Route 71), which passes the front gate of the Club Site.**

**Special cycling maps are available from shops in Whitehaven and in the Tourist Information Centre.**

Attractions:

**Arlecdon Church is beautiful and an ideal place for a picnic. There are excellent views across to the mountains of Western Lakeland all along the route. The delights of Loweswater, Crummock Water and Buttermere are only a short distance away, (approximately 5 miles), for anyone with the stamina to face the challenge of some quite steep, mountainous roads.**

If you have enjoyed your ride, why not look at The Club's website [www.caravanclub.co.uk](http://www.caravanclub.co.uk) which shows other Club Sites with a cycle route close by or visit the Sustrans' website [www.sustrans.org.uk](http://www.sustrans.org.uk) to find other cycle routes and how to become a Sustrans supporter.



This route has been suggested by Sustrans' Volunteer Rangers. The Caravan Club would always recommend that any children or young people under 18 years should be fully supervised by a responsible adult.

Please be aware that using this route is entirely at your own risk.

Extreme care should always be taken when cycling on site, remembering that traffic will be moving around the site and to observe speed limits. Particular attention should be paid when going round blind corners or emerging from paths.