

"Tour de Furness"

SPONSORED CYCLE RIDE

50 Mile Route - "The Coniston 50"

1. Turn left out of Roose Conservative Club, then left again at the roundabout onto the A5087 to Rampside.
2. Carry on for 2½ miles to the roundabout at Rampside where you should turn left along the Coastroad.
3. Follow the A5087 Coastroad through to Ulverston, and shortly after passing the "Barley Mow" pub, turn right at the junction with the A590 following the signs to Lancaster, Kendal and the M6.
4. Continue along the A590 for 3½ miles to Greenodd where you should turn left onto the A5902 (signposted for the A595, Whitehaven and Workington), and after 2 miles fork right on the A5084 towards Coniston and Torver.
5. After 1 mile, at Lowick Bridge, with the "Red Lion" pub on your left, turn right over the bridge, (signposted Nibthwaite and East of Lake), then immediately turn left and follow the road North up the East side of Coniston Water, around the head of the lake, turning left at the junction with the B5285, riding on to the village of Coniston. There is a check-point in Coniston—please stop and take refreshments.
6. Pass through Coniston, turning left over the bridge at the junction with the A593, following the signs for Torver.
7. After 3 miles, at Torver, just past the "Church House Inn", turn left onto the A5084 following the signs to Lowick and Ulverston through Sunny Bank and on down the West side of Coniston Water.
8. At the junction with the A5092, turn left towards Greenodd, and after approximately 2 miles join the A590 turning right towards Ulverston and Barrow.

BE EXTREMELY CAREFUL AT THIS JUNCTION, THERE IS FAST TRAFFIC FROM BOTH DIRECTIONS. MAKE GOOD USE OF THE ISLAND BETWEEN THE 2 DUAL CARRIAGEWAYS.

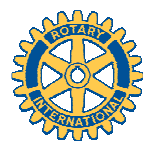
9. Follow the A590 through Ulverston and Lindal, and at the roundabout after Lindal, turn left towards Dalton, following the road through the town to Barrow.
10. Still on the old A590, pass the "Abbey House Hotel" on your left, then after approximately 400 metres, turn left along Rating Lane and follow the Tour de Furness signs via Friars Lane and Roose Road to finish at Roose Conservative Club.

NOTE: THIS ROUTE WILL BE SIGNPOSTED BUT NOT FULLY MARSHALLED



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