

Grange-over-Sands:

This is one of the easiest rides in the South Lakeland with the added bonus that if you time your trip right you can visit the ice cream factory at Holme Farm, just east of Grange. The ride starts by following the 'old' road that runs beneath the dramatic limestone cliffs of White Scar. Pass safely beneath the A590 to join a lovely flat lane with fine views towards Arnside Knott. The road climbs and descends through woodland after Meathop to bring you to the ice cream factory at Holme Farm. If you continue into Grange please take care as the B5277 road is very busy before the promenade is re-joined along the front. This is a there and back ride so retrace your steps back to the start.

By train, book your bike to Grange-over-Sands and ride the route in reverse. Refreshments and cafés are in Witherslack.

Grade: Strenuousness 1, Navigation 1, Technicality 1

Start/Finish: Follow the A590 towards Barrow past Levens. Shortly after passing the right turn on the A5074 to Windermere. Cross the Cattle grid and park near the road junction on the bend.

Distance: Approx. 13 miles (21km)

Time: 1.5– 3hours

Terrain: Quiet country lanes

Maps: OS Landranger 97, OS Explorer OL 7,

Outward Route

1. Follow the 'old' road westwards parallel with the A590 signposted National Cycle Network 70 (NCN 70) to pass below the dramatic cliffs of White Scar.
2. At a Give Way cross roads after 1 ¼ miles go straight ahead (no sign)
3. After almost 1 mile at the cross roads by the Derby Arms pub turn left (signposted Grange 5, Ulpha 1). About 100 yds after the pub and immediately before the cattle grid, bear right downhill signposted Derby Arms underpass.
4. Follow NCN70 signs for 2 miles of easy flat riding. At T junction turn right. (signposted NCN 70)
5. Pass between houses in Meathop then at fork bear left on the upper lane (sign posted NCN 70)
6. Follow the undulating road for 2 miles through woodland and parallel with the railway line. Holme Farm Ice cream factory is on your right before the golf course.
7. If you wish to continue into Grange please take care, the B5277 is a very busy road, Keep an eye out for a left turn to cross the railway via a metal footbridge to join the promenade to cycle into town.

Return Route.

Retrace the route back to the start.

