

LANCASTER

SATURDAY 7 MARCH 2015

Parking for Ryelands is at Salt Ayre Sports Centre. Leave the parking in front of the Centre for regular customers and drive on beyond the buildings to the normal parking for track & field. There's a 12 minute walk from here to the start along the cycle path. If you have mobility problems phone 01253 721514 after 1st February for advice on parking.

DIRECTIONS TO RYELANDS PARK

Leave the M6 at J34 and drive west on the A683. Take the one way system left towards the centre of Lancaster keeping right and then follow signs to Morecambe. Cross the bridge and continue straight ahead towards Morecambe. Turn left at a large roundabout onto the B5273. Pass the Asda entrance and turn next left into the sports centre by the waste tip.

WALK TO RYELANDS PARK 12 minutes

Take the steps up onto the cycle path and head towards Lancaster. When the path reaches the road leave the path and cross the road at the pedestrian crossing into Ryelands Park. Follow the path left until you see the start area.

CATERING FACILITIES

Appleby's Catering Services will be at Blackpool and Lancaster selling hot drinks and food to enhance everyone's enjoyment of their day out. Don't forget to bring money with you.