

Cycling Guide

country lanes, greenways and Bowland rides

AT-A-GLANCE ROUTE CHOOSER

A practical cycling guide for Cleveleymere guests, covering local rural-lane loops around Scorton, Bowland routes, easier Lancaster and Morecambe cycling, Preston Guild Wheel and a more serious Gisburn Forest MTB option.

How to choose

- Easiest: Lancaster, Morecambe and Lune Valley routes.
- Local lanes: Scorton Circular or Grizedale and Bleasdale.
- Longer road ride: Rivers Lune and Wyre.
- MTB option: Gisburn Forest - Stocks Reservoir.

Before you leave

- Helmet, lights, lock, repair kit and weather-appropriate clothing.
- Check wind, rain and daylight before setting out.
- Use official route links or current navigation apps.
- Ride defensively on rural lanes and choose for fitness/bike type.

#	ROUTE	DISTANCE	TIME	LEVEL	DRIVE/START
1	Scorton Circular	local lanes	flexible	rural loop	Scorton
2	Grizedale and Bleasdale	varies	varies	rolling	Scorton
3	Rivers Lune and Wyre	30 miles / 48km	3-4 hrs	fit riders	Lancaster
4	Lancaster, Morecambe and Lune Valley	7-15 miles	flexible	easier	Lancaster
5	Preston Guild Wheel	21 miles	half day	signed loop	Preston
6	Gisburn Forest - Stocks Reservoir	8 miles / 13km	varies	blue MTB	Gisburn

BEST PICKS FOR GUESTS

Easiest cycling

Lancaster, Morecambe and Lune Valley short routes.

Local lanes

Scorton Circular or Grizedale and Bleasdale for Bowland-edge riding.

Longer road ride

Rivers Lune and Wyre for fit cyclists wanting a bigger day.

MTB option

Gisburn Forest - Stocks Reservoir for mountain bikes, not road bikes.

1 Scorton Circular

FOREST OF BOWLAND ROUTE

local lanes

flexible

rural loop

Scorton

- Best local ride style for countryside lanes rather than a big cycling day.
- Scorton village, lanes towards Garstang, Bowland edge and cafe options.

[Open source](#)

2 Grizedale and Bleasdale

BOWLAND-EDGE RIDE

varies

varies

rolling

Scorton

- For more confident riders; expect climbs and rural-road conditions.
- Grizedale, Bleasdale, quiet lanes, Nicky Nook backdrop and countryside views.

[Open source](#)

3 Rivers Lune and Wyre

LONGER RIDE

30 miles / 48km

3-4 hrs

fit riders

Lancaster

- Longer official route with steep climbs; best for fit cyclists.
- Lune cycle paths, Crook O'Lune, Lune Valley, Wyresdale return and Lune Estuary Path.

[Open source](#)

4 Lancaster, Morecambe and Lune Valley

SHORTER ROUTES

7-15 miles

flexible

easier

Lancaster

- Best for mixed-ability guests or families who want easier cycling.
- Lancaster, Morecambe, Lune Valley, riverside and cycleway sections.

[Open source](#)

5 Preston Guild Wheel

GREENWAY LOOP

21 miles

half day

signed loop

Preston

- Purposeful circular city-and-countryside ride close to Cleveleymere.
- Encircles Preston and links city, countryside and green corridors.

[Open source](#)

6 Gisburn Forest - Stocks Reservoir

MTB OPTION

8 miles / 13km

varies

blue MTB

Gisburn

- Further-afield off-road option for mountain bikes, not road bikes.
- Reservoir circuit, forest setting and Bowland landscape views.

[Open source](#)

PLANNING LINKS

Forest of Bowland cycle routes

www.forestofbowland.com/cycle-routes

Rivers Lune and Wyre

www.forestofbowland.com/files/uploads/pdfs/cycle_route/bik

Preston Guild Wheel

www.visitlancashire.com/trails/preston-guild-wheel

Bowland by Bike leaflet

www.forestofbowland.com/files/uploads/pdfs/leaflets/FOBBow

Lancaster/Morecambe/Lune Valley

www.visitlancashire.com/trails/cycling-for-all-lancaster-m

Gisburn Forest MTB

www.forestryengland.uk/gisburn-forest-and-stocks/stocks-ci

Guest reminder

Guest guide only. Route details, access, parking and conditions can change. Check the linked source, weather and daylight before setting off, use suitable equipment and follow local signs and the Countryside Code. Cleveleymere accepts no liability for loss, injury, damage or route changes arising from use of this guide.