



DOCKRAY MEADOW

EASY | 7.5 MILES



DOCKRAY MEADOW CYCLE ROUTE

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

SURFACES

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 ✕

Only 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.

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.



DIRECTIONS

- 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.

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.

DON'T MISS

“ The local scenery is amazing and being away from the more popular areas like Windermere means it is not crowded. ”

*swborderer
Club Together community member*



DOCKRAY MEADOW CARAVAN CLUB SITE - ROUTE

