

Lancaster City Centre



Lancaster University



Key

	Main roads		Cycle contraflow
	Minor roads		National Cycle Network route numbers
	On-road cycle routes		Railway station / Car parking
	Traffic-free cycle path		Bike shop / Bike parking
	Proposed traffic-free cycle path		College / School
	Pedestrian area / Cycling permitted within pedestrianised area		Hospital
	Bridleway		Caravan park / Picnic site
	Footpath		Toilets
	Track		Café
	Cycle lane		Building
	Toucan / Pelican / Zebra		Area of Outstanding Natural Beauty
	One way		20mph zones

Cycling to the supermarket

Three of the area's major supermarkets are on the Lancaster - Morecambe Greenway, ideally situated for popping in for a few groceries on your way home from work or after a day out riding. It's not as difficult as it sounds: all you need is a backpack or basket, yet a set of panniers or if you prefer a nice basket to go on the front, and if you want to buy quite a lot you could use a trailer.

