

MCCSC Lune Valley Roller Ski Tour

Saturday 28th April 2018

If you have attended some of the club's coaching sessions, then this is an ideal tour where you can practise your roller skiing skills on an interesting route from Lancaster to Morecambe - and possibly along the seafront to Old Heysham.

Duration

c. 4 hours or 5 hours if continuing to Old Heysham.

Start

Meet at Salt Ayre Sports Centre in Lancaster at 1000h.

The Centre has a cafe and toilets and free parking. Please park in the quiet car park area beyond the main building entrance.

Tour Description

From Salt Ayre it is a 4-5 mile round trip to Morecambe seafront along a flat, quiet cycle track. There are cafes and supermarkets in Morecambe and on the seafront. The extension to Old Heysham adds another 4 miles approx and is well worth it for the smooth wide promenade tarmac and great views across Morecambe Bay. There are also cafes at Old Heysham.

The route is suitable for both classic and skating technique.

Directions

Travelling N on M6 leave Motorway at junction 34. Follow slip road down to Caton Road [A683] signal junction. Straight across to continue N beside M6 on new Bay Gateway [M6 to Heysham Road] route for 500m. At new roundabout take first exit [away from Motorway] towards Morecambe & Heysham. Follow Bay Gateway and after 1.2 miles at next roundabout take the first exit to eventually reach large signal junction by the College . Turn L onto Morecambe Road [A589] . Take the second exit at the roundabout onto B5273 Ovangle Road . After 0.4 miles turn L to Salt Ayre Lane and immediate L to Salt Ayre Sports Centre. Continue past the main building to meet in the car park.

Gear

If you wish to hire any gear for the tour, please contact Alison [rollerski@mccsc.org.uk] by 1900h on Wednesday, 25 April if you wish to hire gear - letting her know your ski type preference (classic or skating), height and shoe size.

It is recommended that you bring a cycle helmet and gloves.

Please only contact Alison if you wish to hire gear.

Tour Contact

Steve Briggs [cr0ft1@hotmail.co.uk] Please email contact if you intend joining tour (even if not hiring gear).