

## **MCCSC Lune Valley Roller Ski Tour**

### **Saturday 18th May 2019**

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

You're welcome to attend and cycle with the group if you prefer.

#### **Booking Details**

Book online

[https://participant.snowsportengland.org.uk/roller\\_ski\\_lancaster\\_tour\\_may\\_2019](https://participant.snowsportengland.org.uk/roller_ski_lancaster_tour_may_2019)

#### **Tour Description**

From Salt Ayre it is a 9 mile round trip to Old Heysham initially along a flat cycle track and then along the wide promenade with great views across Morecambe Bay. We will have chance to visit one of the cafes/pubs at Old Heysham before returning.

The route is suitable for both classic and skating technique.

#### **Start**

Meet at Salt Ayre Sports Centre in Lancaster for 10:00am start (no later than 9:45am if collecting hire kit).

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

#### **Directions**

Travelling North on M6 leave Motorway at junction 34. Follow slip road down to Caton Road [A683] signal junction. Straight across to continue North 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 left to Salt Ayre Lane and immediate left to Salt Ayre Sports Centre. Continue past the main building to meet in the car park.

#### **Gear**

Roller skis, boots and poles can be hired if you need them (depending on availability) when you book.

It is recommended that you wear a cycle helmet, gloves and pads.

#### **Tour Contact**

Steve Briggs ([rollerskitours@mccsc.org.uk](mailto:rollerskitours@mccsc.org.uk)).