

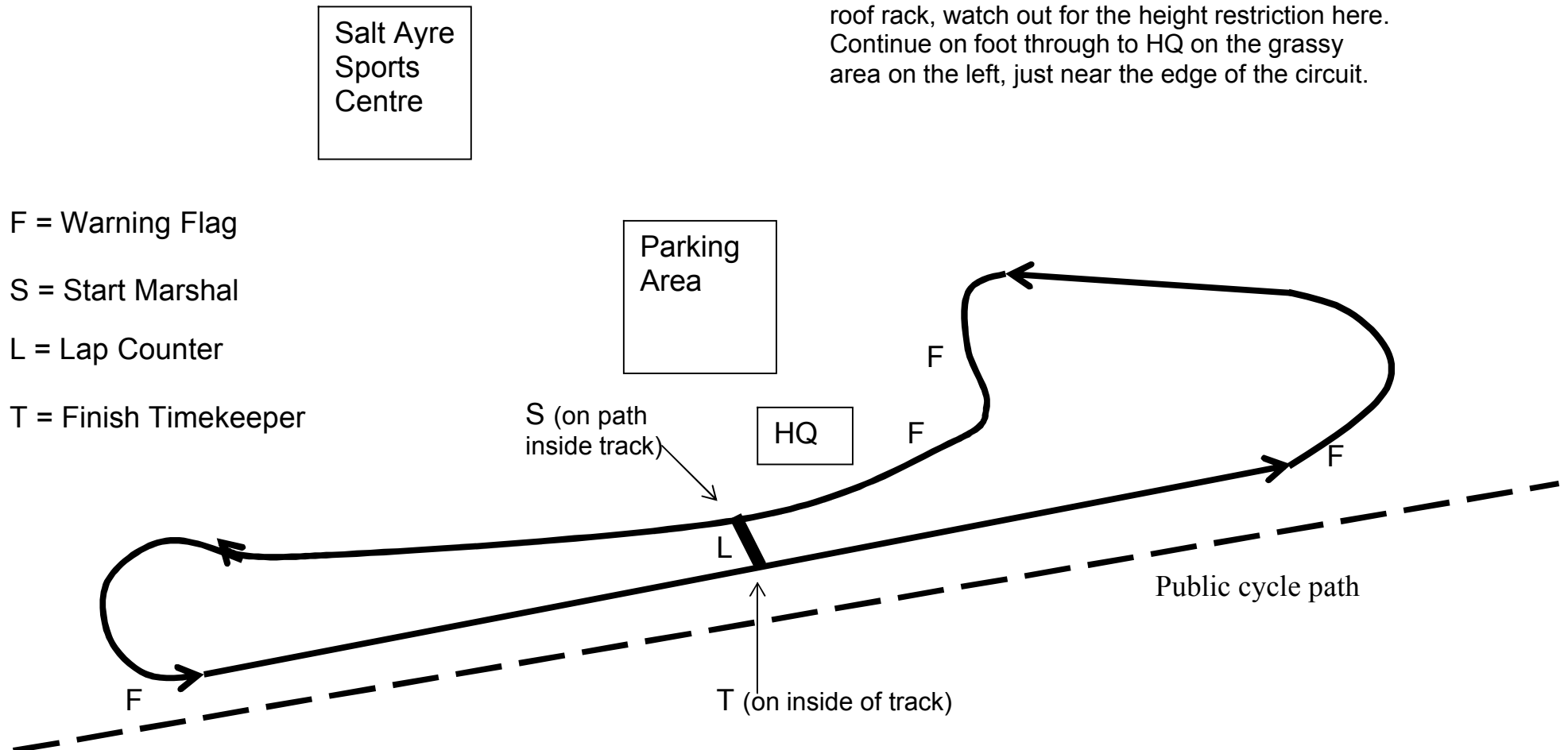
Notes:

It is a condition of riding on the circuit that ALL riders wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

Seniors £2 (under 18s free)

Directions:

Salt Ayre Sports Centre, between Lancaster and Morecambe. Drive into the Sports Centre, and continue past the buildings through to the car park at the rear. At the end of this car park, go right through a gate onto a parking area. If you are driving a large vehicle or carrying a bike on a roof rack, watch out for the height restriction here. Continue on foot through to HQ on the grassy area on the left, just near the edge of the circuit.



Lancaster Cycling Club: Time Trials on Salt Ayre Circuit (one lap = 0.8 miles)