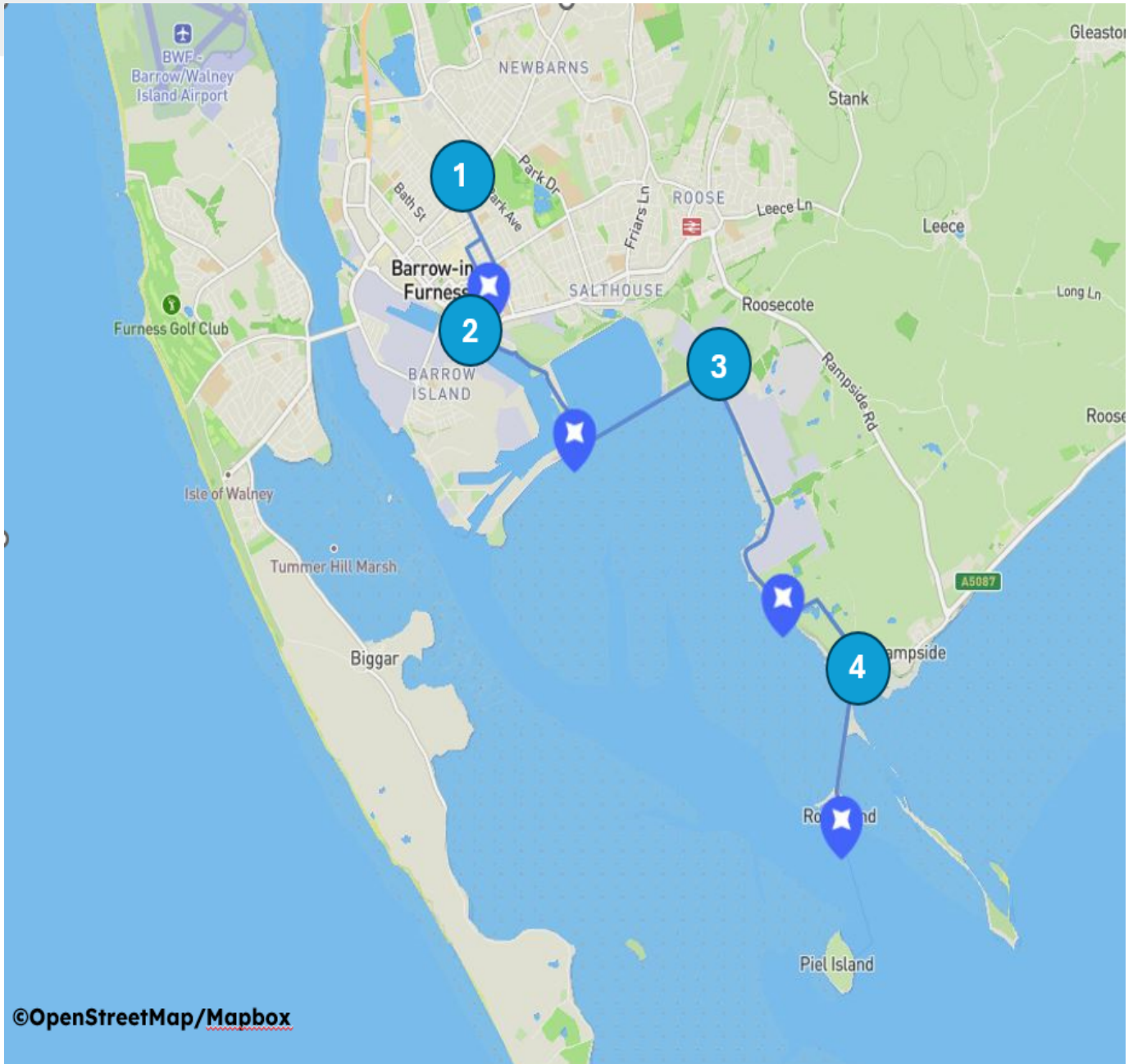




# Ways Around The Bay

Cycle Route  
Barrow Station to Roa  
Island loop

Easy  
11 miles / 17.5 km  
2 - 2.5 hours



## Route overview

An interesting route taking you from the heart of Barrow's industrial docks to the wonderful community at Roa Island.

**Start/finish:** Barrow Station, LA14 5QZ

**What3Words:** //thank.wash.moon

**How to get there:** Connections from mainline stations at Lancaster and Carlisle on the Furness Railway line to Barrow-in-Furness railway station. By car, 50 mins from j36 of M6 via A590.



**Morecambe  
Bay**  
Partnership

Registered Charity: 1173489

[waysaroundthebay.org.uk](http://waysaroundthebay.org.uk)





### Barrow Station to Roa Island loop

*We advise using OS Explorer map of The English Lakes, South Western area (OL6) in conjunction with these directions.*

#### Accessibility - Important note!

Please **be aware of busy roads** leaving and arriving back in Barrow and busy traffic in Morrisons car park. Dismount for big curb at the rear of the car park. Slight off road tarmac section between dock and Roa Island.

#### Directions

##### 1. Barrow Station to Morrisons

Leave the station along Station Approach, turning left onto Holker Street. Cross Abbey Road and continue ahead on Rawlinson Street, before turning right at Crellin Street. Turn left onto School Street, then right onto Ramsden Street. At the set of traffic lights you need to cross and turn right join the cycle lane for a short distance before turning left into Morrisons Car Park. Follow the path across the car park and pass through a gateway leading to the quayside.

##### 2. Morrisons Quayside to Cavendish Dock Rd

Once you turn left onto the quayside, cycle until you reach Cavendish Dock Rd. Take a turn right and cycle towards the docks. Pass over the railway line and continue a short distance before turning left along the dedicated cycle path (BCW NCN 700) which runs between Cavendish Dock and the sea.

##### 3. Cavendish Dock to Rampside

At the T junction turn right and continue along the BCW. You will pass the gas terminal on your left and keep going until you reach Rampside with The Concle Inn on your left.

##### 4. Rampside to Roa Island

Joining the main road, turn right and cycle across the Roa Island Causeway onto Roa Island. Continue to the very end of the road where it meets the gated access for Barrow Lifeboat Station.

##### 5. Return route

Return to Barrow along the same route.

#### Don't miss

##### Barrow Shipyard

During the 1860s, Barrow emerged as an industrial powerhouse with its local iron ore and natural harbour. The worlds biggest Bessemer steel works, shipbuilding yards and railways companies took Barrow's population from a few hundred to 50,000 in less than 50 years. Enjoy the industrial curiosities of the town's shipbuilding heritage and look out for submarines in the docks.

##### Cavendish Dock

Now an important wildlife site, Cavendish Dock was the last of the town's four docks, built around 1879. Read its fascinating story on the interpretation boards as you cycle along its edge between land and sea.

##### Roa Island

Named from the Norse meaning 'Red' island after the iron rich soils of Furness. Roa Island is found at the end of a causeway, built in the 19th Century, to prevent Walney Channel from silting up. There has been an RNLI presence in Barrow since 1864, and the current lifeboat station opened in 2001.

A popular 10 minute boat ride from Roa takes visitors to **Piel Island**, home of a 14th century castle and the Ship Inn. The boat operates between Easter and October, depending on weather conditions.

