Difficulty This cycle route has some steep hills









Local Loop Bike Ride

Duration: 45 Minutes Distance: 3 Miles

From NWCC proceed along Green Lane taking the third right turn after Castleton Primary School, which is Oak Road. Continue through the park (Jaily Fields) and over the bridge, almost straight away you turn left on the cycleway, cross the pedestrian and cycle crossing onto Armley Road, do not follow the traffic on the A647 which runs parallel. You will see a double cycle way take the left of these two lanes which are next to each other to the bottom of the road. Cross at the cycleway crossing and take a left on the pavement which is also the cycleway. (The markings for bikes are quite worn) Making sure you don't join the extremely busy road running parallel.

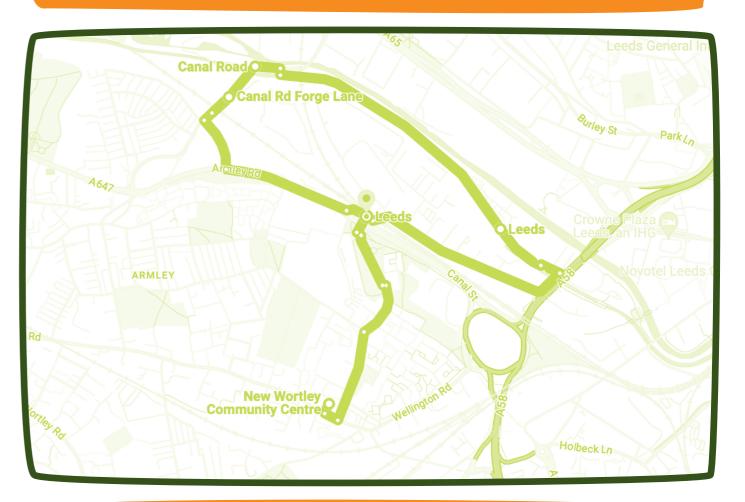
As this is a shared space pedestrians have priority so you may need to dismount for a short time. Take the first left over the bridge with Harley Davidson on your right is where You will see the entrance to the canal ahead of you, clearly signposted.

Turn right and continue along the canal past Castleton Mill and enjoy this beautiful ride. The towpaths on our waterways are shared spaces so pedestrians take priority. When passing others make sure it is safe to do so, a ding of your bell or call out beforehand is good practice and helps avoid any accidents, be mindful that some people may not hear you or be able to move quickly so caution is needed.

It's always a good idea to cycle on the side furthest from the water's edge. When reaching the first proper exit for the road this is where you will be leaving the towpath. You will see an area with a brick wall with street art on it which is very colourful and has metal barriers near it. If you reach the Leeds Industrial Museum signpost, you have just overshot the turn off, so you will need to turn around and go back a short distance.

Leaving the towpath Turn left up and round the corner, this road is quite steep and can be very busy, so don't forget you can dismount at any time and push your bike on the pavements. As you pass the car park area for the Leeds Industrial Museum on your right you will see the traffic lights ahead. At the lights, you will take a left hand turn straight away which is Pickering Street, and then to the top of this steep hill.

At the top of the hill, taking a left turn, you will be back on the cycleway and after a short distance, you will see Starbucks coffee shop and the bridge. Take the bridge back over to Oak Road Rec (Jailey Fields), It's best practice to dismount over these bridges as they are shared spaces and quite narrow if you are cycling past pedestrians. Then ride through the park and back down Oak Road turning left onto Green Lane to Cohen's Pharmacy where you can dismount to return to NWCC.



Every time you cycle just one mile instead of driving, you save over 300 grams of toxic CO2 greenhouse emissions. Bike 4 Breath