

Difficulty

This cycle route is mostly flat



NWCC



CANAL TOW PATH



WATER LANE



BRIDGE PLACE



ADELPHI



DOCK STREET



THWAITES MILL

Thwaite Mills Ride

Duration: 2 Hours

Distance: 9.5 Miles

From NWCC proceed along Green Lane taking the third right turn after Castleton Primary School, which is Oak Road. Continue through the park 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) Make sure you don't join the road running parallel. As this is a shared space pedestrians have

priority so you may need to dismount for a short time. The first left turns over the bridge with Harley Davidson on your right is where you will see the entrance to the canal ahead of you, clearly signposted. Enter the towpath and turn left, go under the bridge towards Leeds and carry on.

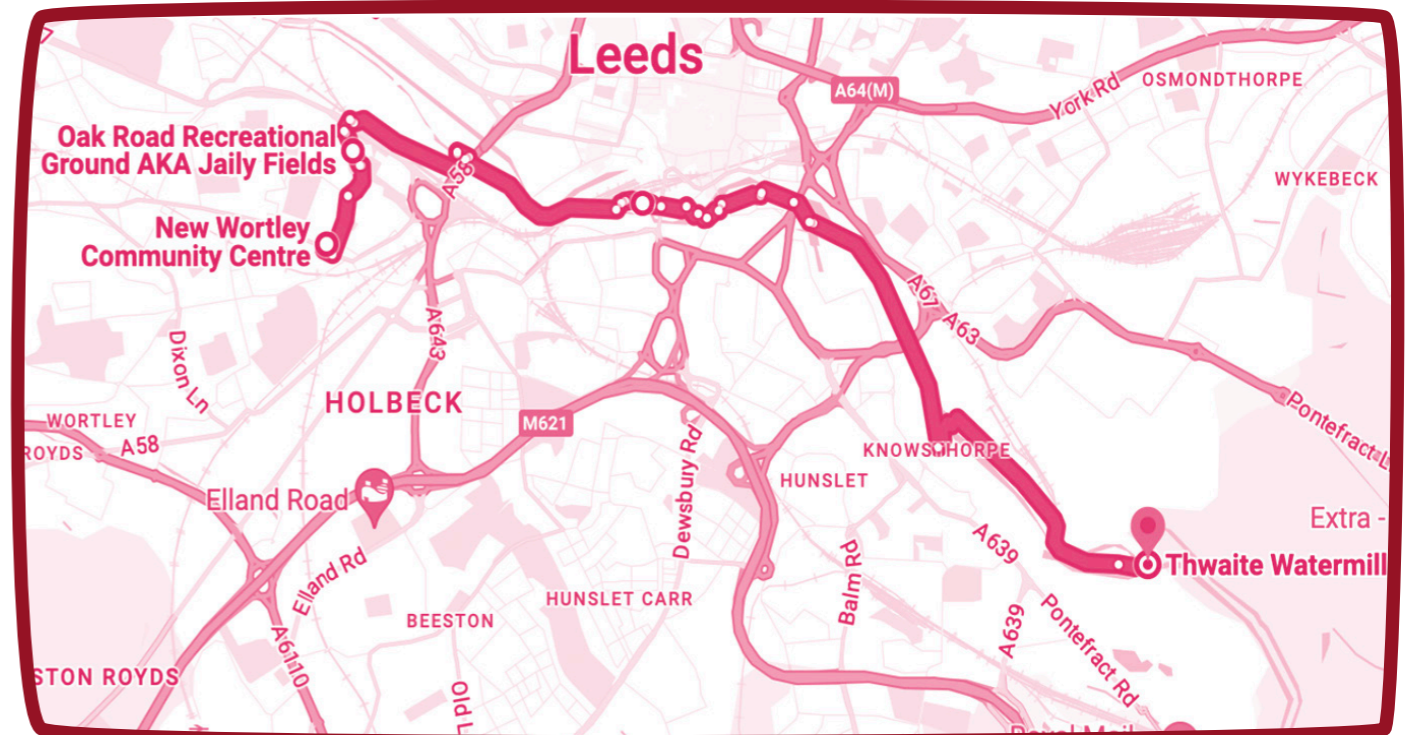
Enjoy the ever-changing scenery. There is so much to see along this route. This route has lots of clear signage about cyclists, letting you know when to dismount.

At Office Lock turn right onto the bridge then first left onto Water Lane past the Boathouse. At the junction, you will see the building nicknamed The Dalek straight ahead. Turn left and shortly after at the crossing, cross over the road. Take the cycleway again clearly marked having Asda House on your right-hand side and the water's edge on your left, Continue along the Leeds Waterfront Art trail.

When you reach the next bridge, you need to turn left immediately and go back onto Water Lane. At the junction for bikes clearly marked cross the road at the crossing with the Adelphi opposite. Cross here and see Dock Lane which has the Adelphi on your right-hand side. Proceed down Dock Lane to the end, this is now Brewery Wharf.

Taking a cycling course also encouraged me to get out more and improved my stamina.

- Bethany Cycling participant



The Home Building is here, you will find Sainsbury's and restaurants which provide bike parking. Turn down straight after the bridge with Home on your right and back on the waterfront. Follow the route to the Royal Armouries where you will also find bike parking if you decide to stop here. Inside the Royal Armouries, you can also find a picnic area where you are welcome to eat your packed lunch, and the views from the windows are spectacular.

Extra care is needed for this next section of the ride as the drop into the water is steep and the river has currents, it is advisable to keep as far from the edge as possible and slow down and even dismount if you encounter pedestrians or other users of this shared space. It is not advisable for younger children or older ones who may be easily distracted. Don't forget you can dismount at any time and walk your bike. Safety equipment can be found periodically with instructions on how to use it. Continue along with the water on your left-hand side until you reach Thwaite Water Mill.

You will pass the Stourton Stone Circle, which is a nice place to stop for a picnic or a break. When you are ready to return just retrace your route back home. The view on the way back is surprisingly different from your outbound journey.