

# Route 6

## Firthmoor and Lingfield

Route - 55 minutes

**This route takes in much of the industrial areas surrounding Morton Palms. The majority of the ride is off road with some shorter on road sections.**



- Start outside the Victoria Road entrance to the train station. Turn left onto Park Lane. Take the first left onto Smithfield Road. Continue on through the underpass, under the rail line and continue straight on towards Neasham Road. Turn left onto the off road route by the doctors surgery. Use the toucan crossing to cross Neasham Road and then travel down Aysgarth Road. At the end turn left onto Rydal Road, then turn right onto the off road route just after Dodmire School. At the end of the park turn left onto Milton Street then first right onto Harris Street.
- Continue straight ahead at the junction with Geneva Road taking care to stop for any traffic. Continue on Harris Street passing St. Teresa's School on your right. Carry on until you reach an off road route, follow this until you reach Salter's Lane. Turn left onto Salter's Lane then turn right before the roundabout onto the off road route.
- Continue along the off road route, heading out of town along Yarm Road towards Morton Park, until you reach the crossing outside of Orange. Cross the road and turn right. When you reach Lingfield Way turn left onto the road. Take the third left onto Allington Way. At the end of Allington Way turn right onto the off road cycle route alongside McMullen Road.
- At the signalised junction cross over the Eastern Transport Corridor and then cross to the other side of McMullen Road. Continue along to the route next to the Eastern Transport Corridor. Turn left and head along the route until the path drops down and turn left through the underpass.
- Continue straight ahead and join Arnold Road until you reach the junction with Hundens Lane and then turn left. At the signalised junction at Yarm Road, travel straight ahead. Turn right at the T junction (Eastbourne Road) then left onto Louisa Street.
- Follow the road straight ahead until you reach Rydal Road outside Dodmire School. Turn right up Aysgarth Road and cross Neasham Road via the toucan crossing and join the off road cycle route. Join Smithfield Road and head towards the underpass with the traffic signals.
- Travel through the underpass then turn right at the junction with Park Lane and continue until you reach the train station.

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