



LANCASTER

Students... Welcome
to **Lancaster**, the city
on your doorstep





Travel & Transport

Buses: Lancaster Bus Station is situated on Damside Street in the city centre and is served by Stagecoach and National Express (currently night service only).

Lancaster University campus is also served by Megabus. Lancaster University campus is about 3 miles from the city centre. Buses run very regularly from the university campus throughout the day and take around 20 minutes to reach the city centre.

Buses cost from £2.60 single or £3.40 return – or you can buy a **UniRider** discount season ticket, available online from the Stagecoach website. www.stagecoachbus.com.

The **University of Cumbria** campus is situated on Bowerham Road, a few minutes' walk from Lancaster City Centre.

Megabus: runs daily from Lancaster University and costs £18.30 for a single fare to London Victoria, running via Preston, Manchester and Birmingham.

Trains: Lancaster Railway Station is situated just outside the city centre on Meeting House Lane. One of the principal stations on the West Coast Main Line, it is served by TransPennine Express, Northern & Avanti.

A **16-25 Railcard** is available for approximately £30 a year, offering discounts on local and national rail travel www.16-25railcard.co.uk

Taxis: Prebook your journey by calling the following numbers:

Taxis, Lancaster: 01524 32090 / 01524 35666

Radio Taxis: 01524 848848

Coastal Taxis: 01524 60000 / 01524 424424

Cycling

Lancaster Tips for Students

The following shops offer sales of bicycles at reasonable prices – it's a great way of getting round the district!

Leisure Lakes Bikes: 103-105 Penny Street, Lancaster, LA1 1XN,
www.leisurelakesbikes.com

On Yer Bike (Bike hire available): Lowell House, Caton Road, Lancaster, LA1 3NY
www.onyerbike.com

Bays Bikes: 31-233 Marine Road, Morecambe, LA4 4BQ,
www.facebook.com/baysbikes Lakeland Cycles: 3 Whin Dr, Bolton-le-Sands,
Carnforth, LA5 8DB, 01524 735465

The Edge: 2 Chapel St, Lancaster, LA1 1NZ,
www.theedgecycleworks.com

Halfords: Unit 2 Bulk Rd, Lancaster, LA1 1DT, www.halfords.com

Smalleys: 28-30 Parliament St, Lancaster, LA1 1DQ,
www.facebook.com/smalleyslancaster

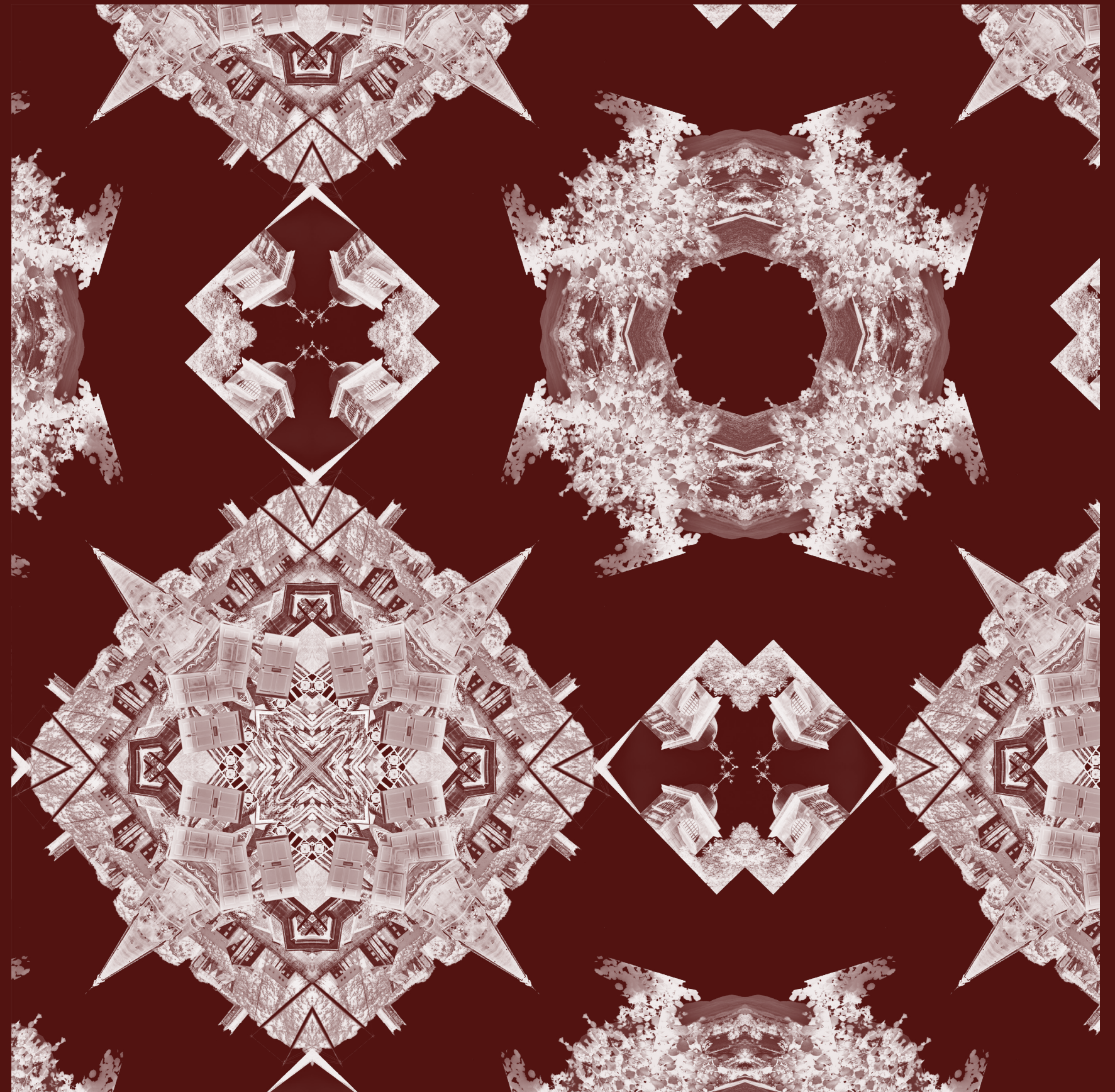


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Parking

The city centre car parks can be viewed here: [Car parks - Lancaster City Council](#). Parking charges start from £1 for 30 minutes. The RingGo app offers a 7 day parking permit for £16.60 which can be used in any City Council car park. Use location code 4975 on the Ringgo app to access the 7 day permit option

Living off campus: Be aware that many streets in town require Residents' Parking Permits which can be obtained from www.lancashire.gov.uk/parking . These incur a yearly charge of around £25.



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Shopping

Lancaster and Morecambe offer both popular high street stores and interesting boutique shops. Shop opening times are usually 9am – 5.30pm on Mondays to Saturdays. On Sundays (and Bank Holidays), due to Sunday Trading laws, most shops, including the larger supermarkets, only open between 10am – 4pm or 11am – 5pm. A few smaller “convenience” stores such as **Spar**, **Tesco Metro** and **Sainsbury’s Local** open longer on Sundays.

Home Bargains: Marketgate Shopping Centre, Lancaster LA1 1JF [homeware, sweets, gifts / toys]

B&M Bargains: Unit 3, Parliament Street Retail Park, Bulk Road, Lancaster, LA1 1DT [homeware, food, gifts / toys]

Boots and Superdrug: 1 St Nicholas Arcades, Lancaster [toiletries / makeup / medical / pharmacy]

Rymans: Ashton Walk, St Nicholas Arcades, Lancaster, Lancashire LA1 1ND [stationery / office supplies]

Primark: 18 Marketgate Shopping Centre Lancaster, LA1 1JF [clothes, accessories, gifts / homeware]

TK Maxx: 32/34 Market St, Lancaster LA1 1HT [brand-name apparel, shoes & accessories, plus homewares]

Dunelm: situated between Lancaster and Morecambe, Mellishaw Lane, LA3 3FE [soft furnishings and bedding, crockery, household items, small furniture items]

Matalan: Mellishaw Lane, Morecambe LA3 3FE [classic and modern clothing & accessories, plus homewares]

Bookstores in the city centre include:

Waterstones: Marketgate Shopping Ctr, Lancaster, LA1 1AL

WHSmiths: 1 Market St, Lancaster LA1 1HZ

Supermarkets & Markets

There are many large supermarkets in Lancaster and the surrounding area as well as the **Spar** shop and convenience stores on the Lancaster University campus.

Booths: Hala Rd, Lancaster, LA1 4SG [1.5 miles from Lancaster University]

Aldi: Aldcliffe Rd, Lancaster, LA1 1UJ [3 miles from Uni.]

Sainsbury's Lancaster: Cable Street, Lancaster, LA1 1HH [3.5 miles from Lanc Uni.]

Lidl: Kingsway Retail Park, Kingsway, Lancaster LA1 1BB [3.5 miles from Lanc Uni.]

Asda: Ovangle Road, Lancaster, LA1 5JR [5 miles from Lanc Uni.]

Booths and the city centre supermarkets can be reached using the main Stagecoach bus services, the 1A and 100. Sainsburys in Lancaster also offers a free student return bus service (subject to a minimum £5 spend) on Wednesdays during term-times. Find out more: <https://bit.ly/3krxRF8>

Asda requires two buses or a bus and a short walk; plan your journey to Asda here using the postcode LA1 5JR: www.stagecoachbus.com/plan-a-journey

Markets

Lancaster Charter Market: Wednesdays and Saturdays 9am – 4.30pm (4pm in winter), Market Square, Market Street and Cheapside, LA1 1XD [food, gifts, books, clothes, homeware]

Assembly Rooms Market: King Street, Lancaster. Tuesday to Saturday 10am - 5.30pm, Sunday and Summer Bank Holidays 11am - 4pm [vintage clothes, gifts, crafts, books, collectables, jewellery, costume hire]

Festival Market: Tuesday, Thursday, Saturday and Sunday from 9am to 5pm (4.30pm winter) and all Bank Holidays from Easter to August, Central Drive, Morecambe, LA4 4DW [food, homewares, hardware, clothes, toys, gifts, plus services: chiropody, hairdressing, picture framing]

Morecambe Outdoor Market: every Sunday, next to the Festival Market [food, homeware, clothes]
www.lancaster.gov.uk/markets

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Lancaster Tips for Students

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Weekend Wanderings: There's life beyond campus...

Day out
ideas!

MORNING

Why not treat yourself to morning brunch or a light lunch in one of Lancaster's diverse cafés and restaurants...a bacon sandwich or a home-made cake at Printroom Café Bar in The Storey, a conveyor belt of sushi at Nami Sushi, a leisurely coffee at Journey Social or a vegetarian or vegan treat at The Whale Tail, Purely Vegan or The Herbarium...there's something to tickle everyone's tastebuds in the city centre.

AFTERNOON

In the afternoon, puzzle over clues at Lancaster's Escape Room with themed experiences including a Pendle Witch room, or try LancasterWall, an exciting new climbing wall experience on the Lune Industrial Estate.

If you feel like going a bit further afield, jump on the 6A bus from Lancaster bus station and head across the river to Salt Ayre Leisure Centre to try out the leisure facilities, swimming pool or climbing wall. Or travel on into Morecambe and get your bounce on at Jump Rush Trampoline Centre or try your hand at bowling at Soul Bowl.

If you're feeling like taking it easy, perhaps spend an afternoon in Williamson Park, meandering the winding woodland pathways, visiting the Butterfly House, meeting the meerkats and the marmosets, and enjoying coffee and cake in the Pavilion Café.

EVENING

Lancaster offers a host of entertainment options in the evening - take your pick of blockbusters at the Vue cinema; theatre or comedy at the Grand Theatre, or drama and film at The Dukes Theatre & Cinema. Kanteena is a great venue for music and comedy events in a quirky setting.

In the evening, look for happy hours on pizza and pasta at the Spaghetti House and The Cornerhouse. The Borough in Dalton Square, Pizza Margherita and The Quarterhouse on Moor Lane all offer great food with a welcoming atmosphere.

If you fancy a drink, Tipple and the Study Rooms offer wide ranging cocktail menus and the Tap House, Jailor's Barrel and The Sun offer great real ale choices. Many city centre pubs host live music including the John O' Gaunt, the Bobbin, the Pub and the Stonewell Tap. Or test out the grey matter at a quiz at the Bowerham Hotel (Tues), The Sun (Tues), White Cross (Tues), Study Rooms (Thurs), or Merchants 1688 (Sunday).



Theatres and Cinemas

Lancaster Arts at Lancaster University: The combined organisation for the Nuffield Theatre, Lancaster International Concert Series and the Peter Scott Gallery, all situated within the Great Hall complex, offering music, theatre, dance, comedy, workshops, talks and more. Lancaster University, Lancaster, LA1 4YW www.lancasterarts.org

The Dukes: Professional theatre and cinema also offering summer Park Promenade Shows. Moor Lane, Lancaster, LA1 1QE 01524 598500 www.dukeslancaster.org

Lancaster Grand Theatre: First opened in 1782 and today hosts comedy, music, drama, pantomime and guided tours. St Leonardgate, Lancaster, LA1 1NL 01524 64695 www.lancastergrand.co.uk

Vue Cinema: Showing the latest blockbusters plus Stage on Screen films. Church Street, Lancaster, LA1 1LP 0345 3084620 www.myvue.com

The Platform: Live music, comedy, theatre, children's shows, community events and venue hire. Old Station Buildings, Marine Rd West, Morecambe, LA4 4DB 01524 582803 www.lancaster.gov.uk/platform

Reel Cinema: Showing the latest blockbusters plus Stage on Screen films. Central Drive, Morecambe, LA4 4DW 01524 413935 www.reelcinemas.co.uk

Morecambe Winter Gardens: Iconic Grade II* building hosting events, tours and paranormal evenings, plus cafe. Marine Road Central, Morecambe, LA4 4DB 01524 409009 www.morecambewintergardens.co.uk

Heritage Attractions

Lancaster Tips for Students

Lancaster Castle: Take a guided tour and step into a thousand years of history. Castle Park, Lancaster, LA1 1YJ 01524 64998 www.lancastercastle.com

Lancaster Police Museum: Learn about Lancashire Constabulary's history and delve into some incredible historical cases. Located inside Lancaster Castle. Open Thurs/Fri, free entry. <https://www.lancashirepolicemuseum.co.uk/>

Lancaster Priory: A fascinating Grade 1 listed building, renowned for its music tradition. Priory Close, Lancaster, LA1 1YZ 01524 65338 www.lancasterpriory.org

Lancaster City Museum & King's Own Royal Regiment Museum: Learn all about life in Lancaster from Roman times to the present day. Market Square, Lancaster, LA1 1HT 01524 64637 www.lancaster.gov.uk/museums

Lancaster Maritime Museum: Explore the rich maritime history of the city of Lancaster and around Morecambe Bay. Custom House, St George's Quay, Lancaster, LA1 1RB 01524 382264 www.visitlancaster.org.uk/museums

Cottage Museum: A tiny and intriguing 18th century cottage spread over 5 floors. Open April - September. 15 Castle Hill, Lancaster, LA1 1YS 01524 64637 www.lancaster.gov.uk/museums

Judges' Lodgings: Visit the Museum of Childhood, explore elegant period rooms and a garden with traditional games and a children's trail. Church Street, Lancaster, LA1 1YS 01524 581241 www.lancashire.gov.uk



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Day out
ideas!

Parents visiting? Explore this fantastic part of the world together...

MORNING

Spend the morning in Lancaster, visiting the City Museum which houses a fascinating collection of Roman artefacts and The King's Own Royal Regiment Museum, or taking a tour of the atmospheric 11th century Lancaster Castle where experienced guides will treat you to tales of the royal personages and dignitaries; wretches and malefactors who lived in and visited this imposing medieval fort.

Or wander the cobbled streets and step back in time as you enter Atkinson's - a traditional coffee roaster and tea merchant offering speciality blends carefully sourced, imported, and roasted on the premises, producing an intoxicating smell which permeates the city's streets.

AFTERNOON

In the afternoon, learn about Lancaster's seafaring past at the Maritime Museum, or try a Kingfisher Cruise on the Lancaster canal (May - September) - simply discover the beauty of the waterways or opt for a themed cruise - choose from comedy to music, afternoon tea to ghost cruises!

Alternatively, just a few miles from Lancaster you will discover the stunning coastline of Morecambe Bay...as you stroll along Morecambe's Promenade you'll gaze out across the panoramic landscape to the Lakeland hills beyond. If visiting during a summer weekend, call into the Winter Gardens, a fascinating old-time music hall building now undergoing restoration. Then treat yourself to a traditional soft-scoop ice cream, or even to Afternoon Tea (make sure you pre-book!) at the wonderfully refurbished Art Deco Midland Hotel.

If you love nature and wildlife, there is no better destination than Morecambe Bay. Just a few miles up the coast in Silverdale is RSPB Leighton Moss, a nature reserve which is home to some rare and lovely bird, butterfly, plant and animal species.

EVENING

An evening in Morecambe could be spent at The Platform, renowned for its variety of music events, at Soul Bowl for a spot of bowling or quizzing (Quiz Thursdays) or if you're heading back to Lancaster, check What's On at The Dukes or Grand Theatre. Dine out in Lancaster's historic quarters - at the White Cross or Toll House Inn on the canal, or The Three Mariners, the Wagon & Horses or Quite Simply French on St George's Quay. The many restaurants in the city centre offer choices from Thai to Turkish - so you certainly won't go hungry during your evening explorations!

Find out more...

Find out more about the city of Lancaster:

www.visitlancaster.org.uk

Find out more about Morecambe Bay:

www.exploremorecambebay.org.uk

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