

Getting about by bike is fun and friendly

Welcome to Burnley Cycle Map. With a growing network of cycle routes, Burnley is becoming a great place to cycle.

Plan your route with this map...

Use quiet roads, the canal towpath or cycle paths to avoid the worst of the traffic.

It's quicker by bike...

Short journeys are often quicker and easier by bicycle. It is more flexible than public transport and can also be fun!

Make cycling part of your healthy lifestyle



Padham Greenway

Cycling is a great way of staying fit and healthy, keeping your body in shape and saving you money. Cycle to the shops, school or work and get the 30 minutes a day exercise recommended by doctors.

Did you know cycling...

Keeps you young... Regular cyclists are as fit as an average person 10 years younger. Can extend your life expectancy by up to 10 years.

Reduces your chance of illnesses like coronary heart disease, strokes and diabetes.

Gives you miles of extra cash it saves you money, so you've more to spend on you. An average household in the UK spends £1 in every £6 on travel – think how much you'll save travelling by bike or foot.



Gear up

Teenagers cycle

Cycling is a great way of getting to see friends, keep fit and have fun.

Cycling with Children – Kids love it!

It's something the whole family can enjoy. Burnley and Padham's traffic free Greenways offer safe places for you to teach them to cycle and take your kids for a ride. There are child seats, tagalongs and trailers, so it is easy to cycle with younger children too. Take your child to the children's traffic system at Queens Park.

Cycle to School – It's in a class of its own

Many schools in the area now offer cycle training. Most schools have cycle storage. Some have dedicated cycle routes serving them. Look out for cycling being offered at your school.

Cycle to work – It's the business!

Enjoy the outdoors as you journey to work, save yourself money and keep yourself fit - all at the same time. Many of the town's employment areas are served by the area's cycle network...Heasandford, Network 65 and Shuttleworth Meads.

Cycle to the Station – Catch a train

Cycle to the train. Leave your bike at the station or take it with you on the train. You can also hire bikes from some stations including Leeds, York, and Blackburn.

Discover Pennine Lancashire by bike

Ride further afield, discover Pennine Lancashire by bike



Cycle along the canal into Pendle

For a family cycle ride, pedal along the canal into Pendle. Stop at Barrowford Locks or take the riverside path to Pendle Heritage Centre. You can continue on the canal to Foulridge and Barnoldswick. There are cafes at the Heritage Centre, Reedley Marina and Foulridge Wharf. The Steven Burke Cycle Centre and race track, which is named after Colne's Olympic Gold Medalist is just off the canal. 14 miles to Barrowford and Pendle Heritage Centre and back, though you can stop halfway.



Over the hills from Burnley to Colne

For a more challenging ride, follow Cycle Route 68 out of Burnley past Towneley Hall, then take Lancashire Cycleway Route 91 through Worsthorne and Haggate to Colne. The Cycleway takes you along minor roads on the edge of the South Pennine Hills. It is a hilly route with a lot of ups and downs, but there are great views down into the valley below. For easy return, ride back to Burnley along the canal. 20 miles.

Mountain Biking

With the Pennines nearby, Burnley is close to some great mountain biking

Mary Towneley Loop

Part of the Pennine Bridleway the Mary Towneley Loop criss-crosses the Lancashire and Yorkshire boundary on bridleways and ancient packhorse routes. The Loop offers you a challenging 47 mile mountain bike route, that is best done in two days to enjoy to the full.

Hurstwood Mountain Bike Trail

Test out the blue, easy mountain bike trail at Hurstwood. It is an ideal place to start mountain biking. The trail links to the Mary Towneley Loop.

Gisburn Forest

A bit further afield head to Gisburn Forest in the Bowland Hills for some great mountain biking. The Forest offers you a range of mountain bike trails ranging from blue easy trails that are suitable for families to challenging black runs. There is a café at the mountain bike area.

Lee Quarry and the Adrenaline Gateway, Rossendale

For challenging mountain biking, visit Lee Quarry and the Adrenaline Gateway above Bacup. You can continue to Cragg Quarry, where there are more mountain bike trails to test your mettle on. The quarries have a network of red difficult and black severe mountain bike trails.

Pump Tracks

There are pump tracks in the Brun Valley Forest Park and by Padham Leisure Centre.

Burnley and Padham Cycle Network Geared up for the bike

Padham Greenway

Ride down the Greenway into Padham. The Greenway takes you along an old railway with outstanding views of Pendle Hill. There are links to Padham Town Centre, Leisure Centre and Memorial Park. You can use the Greenway to get to work at Altham, Simonstone and Shuttleworth Mead.



Leeds – Liverpool Canal

You can cycle along the canal from Hapton to Barnoldswick. Ride past Burnley's historic Weaver's Triangle and over the Straight Mile, one of the wonders of the canal age with views over Burnley to the Pennine Hills. The canal links to the Brun Valley and Padham Greenways. Pedal along the canal to work at Burnley Bridge or Network 65. Use the canal to get to Burnley Town Centre.



Brun Valley Greenway

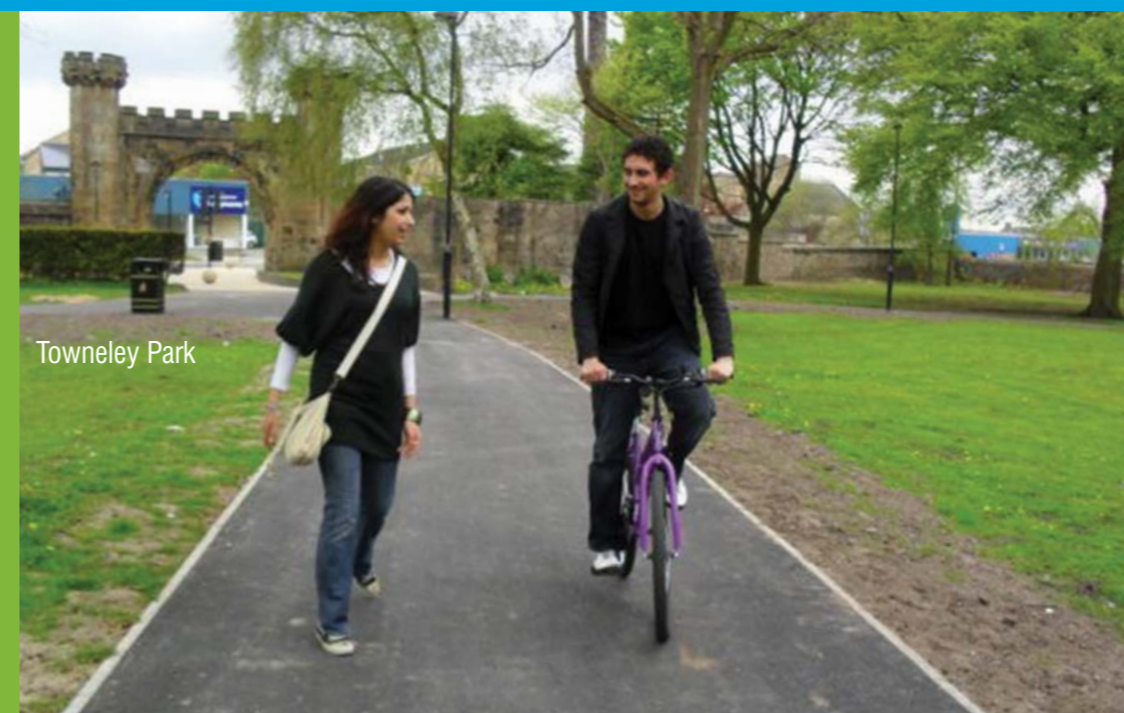
Starting from Burnley Central Station the Greenway takes you through parks to Brun Valley Forest Park and Rowley Lake. The Greenway links the town centre with Briercliffe, Pike Hill, Brownstone and Heasandford Industrial Estate. You can use the Greenway to get Queen Street Mill, a historic steam driven mill, which is open to the public. The Greenway runs past Thompson Park, where you will find a boating lake and model railway. The section of Greenway past Thompson Park used to be a railway line serving a long gone coal mine.



Ightenhill Bridge

River Calder Greenway

Ride along the River Calder Greenway from Padham on a quiet lane to Ightenhill Bridge, an idyllic spot deep in the countryside. On the way you pass the "Trail of Words" created by Jackie Kay with the help of local children. From the bridge, ride up to Ightenhill. Continue into Burnley Town Centre via Ightenhill Lane and the Canal.



Towneley Park

Towneley Park Cycle Routes

There is a network of cycle paths in Towneley Park. For a day out, cycle to Towneley Hall. Dating from Tudor times, the Hall is now a museum and art gallery, which is well worth visiting. It is free to Burnley residents and there is a café in the grounds.

Sweetcloud Greenway

Running through Parks the Greenway takes you from Padham to Gannow. You can continue along the canal to Burnley Town Centre.

Pendle Way – Burnley College

There is linking route under the M65 from Pendle Way to Burnley College, which is also a good way of getting into the town centre.



Sky Rides



Join one of British Cycling's Sky Rides. The rides are guided by friendly and experienced British Cycling Ride leaders. With different levels, there's something for everyone – whether you're building your confidence or already comfortable on a bike and looking for a challenge. Rides are all free and are grouped in levels to suit everyone from beginners to experienced cyclists. Whichever you choose, you'll be riding on safe routes, in good company. For more info www.goskyride.com

Breeze Women's Rides

British Cycling's special rides for women. For more info www.goskyride.com/breeze

Towneley Park Cycling Sessions

Newground's Active Spaces Project runs regular three wheeled trike and two wheeled bike sessions in Towneley Park in the summer. For more info: Tel 07595 778327 jane.ingham@newground.co.uk

Wheels for All Burnley

Regular Wheels for All sessions are held in Burnley using adapted bikes. For more info: Tel 01925 234 213 cp@cyclings.org.uk



Let's Cycle Burnley and Padham

Find out more:

To find out more about Cycling in Lancashire visit: www.cyclelancashire.com

For tourist information: www.visitburnley.com

For information about national cycle routes: www.sustrans.org.uk

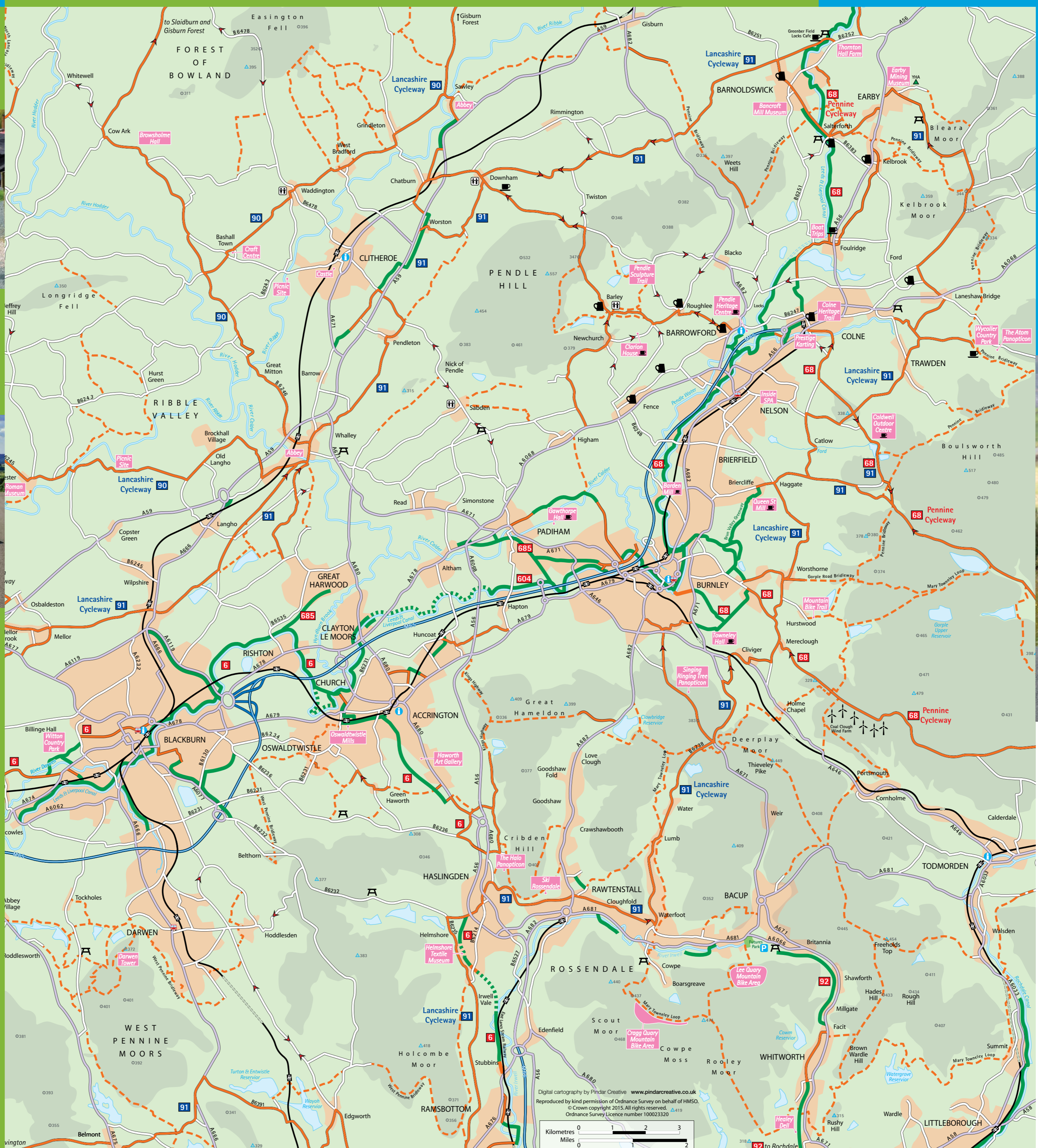


Cycle Shops

Burnley Cycle Centre, 30-34 Briercliffe Road, BB10 1XB
On Yer Bike, Regal House, Queen St, Queens Lancashire Way, BB11 1AT
Halfords, Anchor Retail Park, Active Way, BB11 1BS
Pendle Cycles, 10-16 Church St, Padham, BB12 8HG

Cycle Clubs

Burnley and Pendle CTC www.burnleyandpendlectc.co.uk
Pendle Forest Cycling Club www.pendleforestcyclingclub.co.uk
Rough Stuff Fellowship Lancashire www.rsfl.org.uk/local-groups/lancashire



Lancashire Cycleway Route 90/91

A challenging 280 mile cycle tour of Lancashire. The route takes you through some of the county's best scenery. The Cycleway is made up of two loops which meet in Whalley. The Northern Loop is numbered 90 and the Southern 91. A guidebook is available on the Cycleway by Jon Sparks, published by the Cicrone Press www.cicrone.co.uk

Pennine Cycleway Route 68

The Cycleway runs from Derby to Berwick-on-Tweed. From Hebden Bridge the route crosses over the South Pennines to Burnley, entering the town via Towneley Park. It then takes you along the canal to Barnoldswick with views of Pendle Hill on the way. There is also a northern arm of the route that runs direct from Hebden Bridge to Colne.



Key

- Rural area
- Urban area
- Land over 300m
- Water
- Main road
- Motorway
- Minor road
- Recommended on-road cycle route (not all signed)
- Cycle track
- - - Bridleway (cycling is allowed)
- - - - - Proposed cycle track
- 1 National Cycle Route number
- 68 Regional Cycle Route number
- ▲ Steep Hill
- B Bus Station
- R Rail line and Station
- T Rail Tunnel
- i Information point
- P Public convenience
- H Public house
- C Cafe
- P Picnic site
- ▲ Triangulation pillar/Spot height

Photos: Lancashire County Council, Pennine Events, Jon Sparks, Rough Stuff Fellowship.

