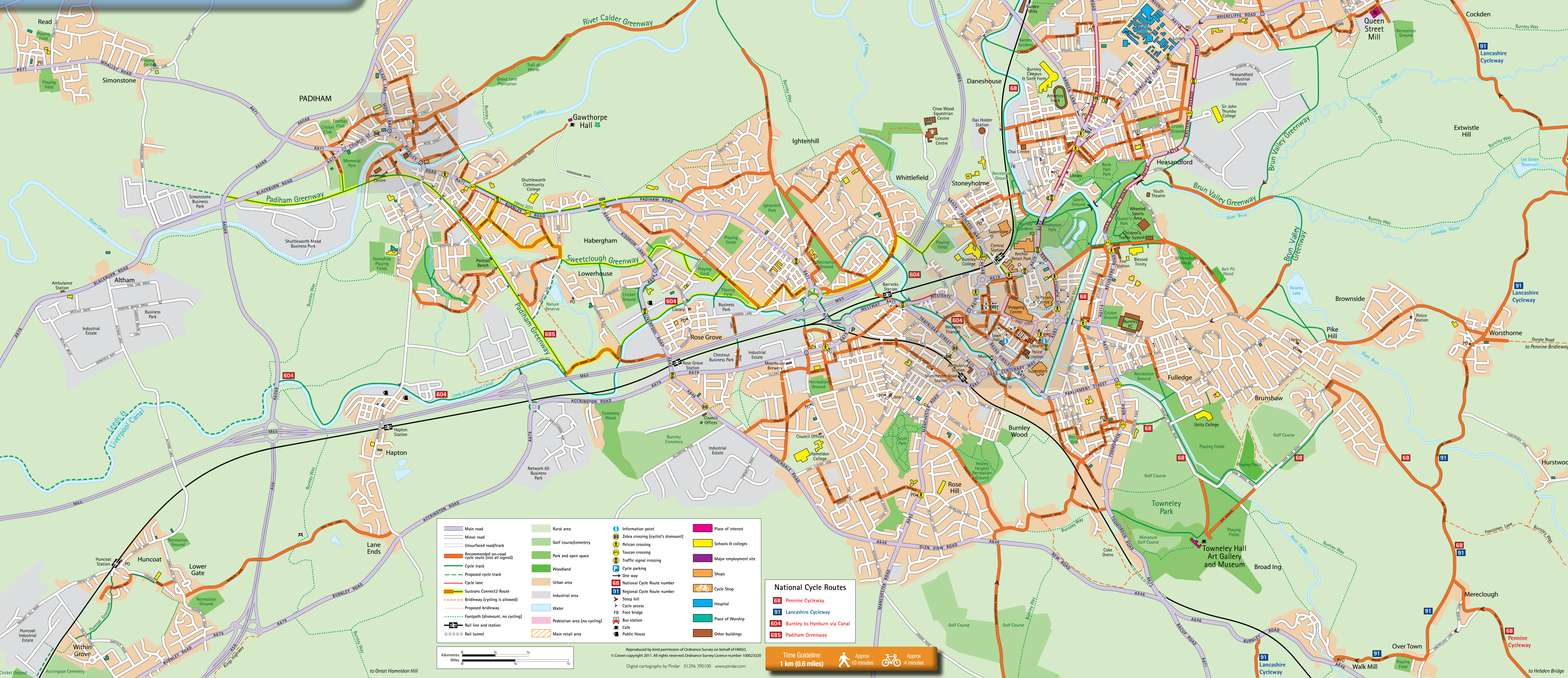


Don't forget when sharing routes...

- Cycle slowly past pedestrians, giving them plenty of room
- On downhill sections watch your speed. You will be surprised how quickly you can pick up speed
- Do not assume other users can hear or see you. Use your bell or say 'hello' and 'thank you'
- You are legally allowed to cycle on cycle paths and bridleways, but not on footpaths
- Take extra care when passing horses. On bridleways you should give way to them
- When cycling with children keep a close eye on them
- On canal towpaths follow the Waterway Code. Ride at a sensible speed and be very careful at bridges - dismount if necessary. Download a permit to cycle on the canals at www.waterscape.com or telephone 0845 671 5530



Getting active with Sustrans

Sustrans is a leading UK charity enabling people to travel by foot, bike or public transport for more of the journeys we make every day.

Tens of thousands of children are currently benefiting from Sustrans' work across the UK, in partnership with NHS Trusts, the Big Lottery Fund and councils including Lancashire County Council, Burnley and Padiham.

Find out more:
 Visit www.sustrans.org.uk or phone/email:
 General enquiries: 0845 113 0065 info@sustrans.org.uk
 Become a supporter: 0845 838 0651 supporters@sustrans.org.uk
 School Travel info: 0117 915 0100 schools@sustrans.org.uk

Walking and cycling in Burnley and Padiham

Burnley - Padiham Greenways
 A whole new area to explore by foot or bike.



Local Bike Shops

Burnley Cycle Centre 30-34, Briercliffe Road, Burnley, BB10 1XB - Tel 01282 433981
On Yer Bike Regal House, Queen Street, Burnley, BB11 1AT - Tel 01282 438855
Haffords Anchor Retail Park, Active Way, Burnley, BB11 1BS - Tel 01282 856290
Pendle Cycles 10-16 Church Street, Padiham, BB12 8HG - Tel 01282 778487