

Getting about by foot & bike is fun n' friendly

There are great places to cycle and they don't have to be hilly!
 With over £2 million invested in new cycle facilities in the area and more roads to follow, the borough of Burnley is becoming some of the best areas in the north to cycle.

Greenways ~ Padiham
 Geared up for bikes and walkers!

- Padiham Greenway
- River Calder Greenway
- Brun Valley Greenway
- Leeds & Liverpool canal improvements
- The Growing Greenway network... Sweetlough Greenway is planned to be built during 2011

Towneley Park Cycle Routes
 There are dedicated cycle routes through Towneley Park - the jewel in Burnley's crown. Visit the Hall, once the home of the Towneley family and aquarium, or stop at the café in the park.

Weavers Triangle
 Travel along the canal through the Weaver's Triangle - once the heart of Burnley's textile industry when the town led the world in the production of cotton cloth. Stop at the Visitor Centre by the wharf where you can find out about the area's history. Visit the Inn on the Wharf next door.

Burnley College Route
 From Pendle Way follow the cycle path under the motorway into Burnley town centre and the college. It's more direct than going by car.

Schools to Schools
 Schools are getting geared up for cycling. There are cycle routes serving Burnley's new high schools.

Give these places a try...

Discover Burnley's heritage
 Both the canal and railway played a vital role in the development of Burnley. In the nineteenth century Burnley was the cotton weaving capital of the world. A cycle ride to one of Burnley's heritage attractions is a great way to spend the day.

Towneley Hall and Park
 Ancestral home of the Towneley family, the Hall dates from Tudor times. Set in a 284 acre park, the Hall is now a museum and art gallery, which is well worth visiting and is free to Burnley residents. There is a café in the grounds and a stunning long gallery. Route 68 the Pennine Cycleway runs past the Hall and there are traffic free cycle paths in the park. (The Hall is closed on Fridays).

Gawthorpe Hall
 Gawthorpe Hall is a National Trust property. Dating from the reign of Queen Elizabeth I, the Hall has outstanding plasterwork and panelling and an important textile collection. The Hall was the home of the Shuttleworth family. There is a tearoom at the Hall.

Queen Street Mill
 Follow the Brun Valley Greenway up to Queen Street Mill, the last operating steam driven textile weaving mill in the world. Listen to the clang of machinery and imagine what it must have been like to work in a Victorian mill. There is a tearoom at the museum.

Burnley FC
 One of the founding clubs of the football league, you are now able to make tours of the ground.

More places to discover...

Queen's Park Children's Road System
 There is a children's road system in Queens Park where you can teach your child to ride. There is also a skate park.

Thompson Park
 This town centre park has a model railway and boating lake. In summer home to Burnley's very own beach. Cycle there via the Brun Valley Greenway or by the canal.



If you want to become a friend of the greenways, contact us on www.lancashire.gov.uk/cycling or email cycling@lancashire.gov.uk



Brun Valley Greenway
 From Central Station follow the Brun Valley Greenway through parks and wooded river valleys to Rowley Lake, with its picnic site, or Briercliffe where you can visit Queen Street Mill. The first part of the route from Central Station to Bank Hall Park used to be a mineral railway serving the now long gone Bank Hall coal mine, which was owned by Sir John Thursby. It is also a great route into town from Briercliffe, Pike Hill and Brownside.



Fountain Bling

With the Pennines nearby, Burnley is close to some great mountain biking. A bit further afield, head up to Gisburn Forest, with routes for all abilities. For more challenging action visit Lee Quarry and the Adrenaline Gateway above Bacup. For route information visit www.lancashire.gov.uk/cycling and click on Mountain Biking.



80% of the Burnley borough is countryside... Cycling's a great way to explore the outdoors from your doorstep. If you give it a try, let us know what you think. Contact cycling@lancashire.gov.uk with your experiences.
 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!



Padiham Memorial Park
 A great place to take a cycle break. For the children there's a playground. Look out for the summer events held in the park.



Make walking & cycling part of your lifestyle

Walking and cycling are great ways of staying fit and healthy, keeping your body in shape and saving you money. Go by bike or foot to the shops, school and work and it's a way to obtain the 30 minutes a day exercise recommended by doctors.

Did you know walking & 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 Padiham's new traffic free Greenways offer safe places for you to teach them to cycle and take a ride. There are child seats, tagalongs and trailers so you can cycle easier than ever with younger children too.
Cycle to School - it's in a class of its own
 Many schools in the area are now able to offer cycle training including during holiday times. New schools have cycle storage and dedicated cycle routes serving them. Look out for cycling being offered at a school near you.

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 once complete, Shuttleworth Meads.
Cycle to the Station - catch a train
 With 4 stations in the borough, leave your bike securely at the station or book your bike in advance onto the train for it to travel with you.



There are bikes for everyone at the Wheels for All Centre in Burnley. If you can't ride a bike, or have a disability there's help for you here. For more information contact Burnley Borough Council tel. 01282 664474.

For community walks and cycle rides, please contact Active Spaces on tel. 01282 452381.



Burnley and Padiham Walk and cycle in...

Find out more:

- Visit www.visitburnley.com
- Visit www.lancashire.gov.uk/cycling
- Email cycling@lancashire.gov.uk Tel 0845 053 0000
- Visit www.sustrans.org.uk
- Email info@sustrans.org.uk Tel 0845 113 0065

