

Cycling from Garstang

These rides are designed to encourage safe and enjoyable cycling. Experienced and novice cyclists, adults and families should all find something of interest. Once confidence and fitness develop try the longer routes, with the Trough of Bowland as the ultimate challenge.

Routes vary in distance, between 6 and 34 miles, and allow a choice of a flat ride to the coast or the challenge of the hilly inland terrain of the Bowland fells. All the rides are on-road, on mainly quiet country lanes, except for the Grizedale valley route 9, which includes an off-road section

Garstang and the surrounding area are rich in wildlife and history, and impressive views can be enjoyed while cycling these routes, of the Lancashire coast, the Trough of Bowland and the Lakeland Fells. The Fairtrade town of Garstang, and the picturesque towns and villages nearby are home to many welcoming cafes and public houses.

The Routes

1. The Winmarleigh Round – 6 miles
2. The Barnacre Round – 7 miles
3. The Nateby and Stakepool Round – 16 miles
4. Oakenclough and Harrisend Fell – 14 miles
5. Knott End – 25 miles
6. The Chipping Round – 20 miles
7. Southern Loop to Great Eccleston – 23 miles
8. Northern Loop to Cockerham and Dolphinholme – 23 miles
9. Grizedale Valley and Scorton – a combination of 'on and off road' riding – 15 miles
10. The Trough of Bowland – 34 miles

Route 1 The Winmarleigh Round

Distance:

6 miles

Time to allow:

About 1 hour

Terrain/About the ride:

On road, flat terrain throughout, to the west of Garstang. On mainly quiet country lanes. Take care crossing the A6. Ideal starter ride for families

Facilities:

Car parking, toilets and cafes/pubs in Garstang town centre

Start/Finish Point:

Market Cross, Garstang town centre
GPS SD 4920 4520

Route description

1. GPS SD 4920 4550

Leave with market cross on your left. Follow Church street to 1st mini-roundabout. TR to join one-way system in clockwise direction. Pass Booths store and at 4th roundabout bear left on Croston Road to A6 traffic lights.

Route continued

2. GPS SD 4870 4610 Cross the A6 safely and bear left onto Croston Barn Lane. Pass the timber yard.

3. GPS SD 4830 4590 TR at T junction and then immediately TL into Nateby Hall Lane to Ford Green. Over the canal to T junction.

4. GPS SD 4760 4690 TL down Whitters Lane.

5. GPS SD 4620 4740 TR at T junction onto Church lane towards Winmarleigh. Pass church, school, and village hall, all on your left.

6. GPS SD 4810 4830 TR at garage crossroads onto Park Lane. Over canal and return to traffic lights on A6. Straight over into Croston Lane to return to the town centre.



Route 2 The Barnacre Round

Distance:

7 miles

Time to allow:

About 1 hour

Terrain/About the ride:

On mainly quiet country roads, a circular route to the east of Garstang on the Barnacre fells. Some gentle undulations, with a quick descent past Barnacre church. Splendid views to coast. Suitable for families wishing to develop their experience.

Facilities:

Car parking, toilets and cafes/pubs in Garstang town centre

Start/Finish Point:

Market Cross, Garstang town centre
GPS SD 4920 4520

Route description

1. GPS SD 4950 4460 Leave down Bridge Street with Market Cross on your right. Bear left at mini-roundabout to cross Wyre bridge. Pass RC church and Church Inn on your left. At mini-roundabout TL into Dimples lane. Over canal, and

Route continued

at next T junction TL into Bruna Hill. Proceed over canal, under railway, over M6.

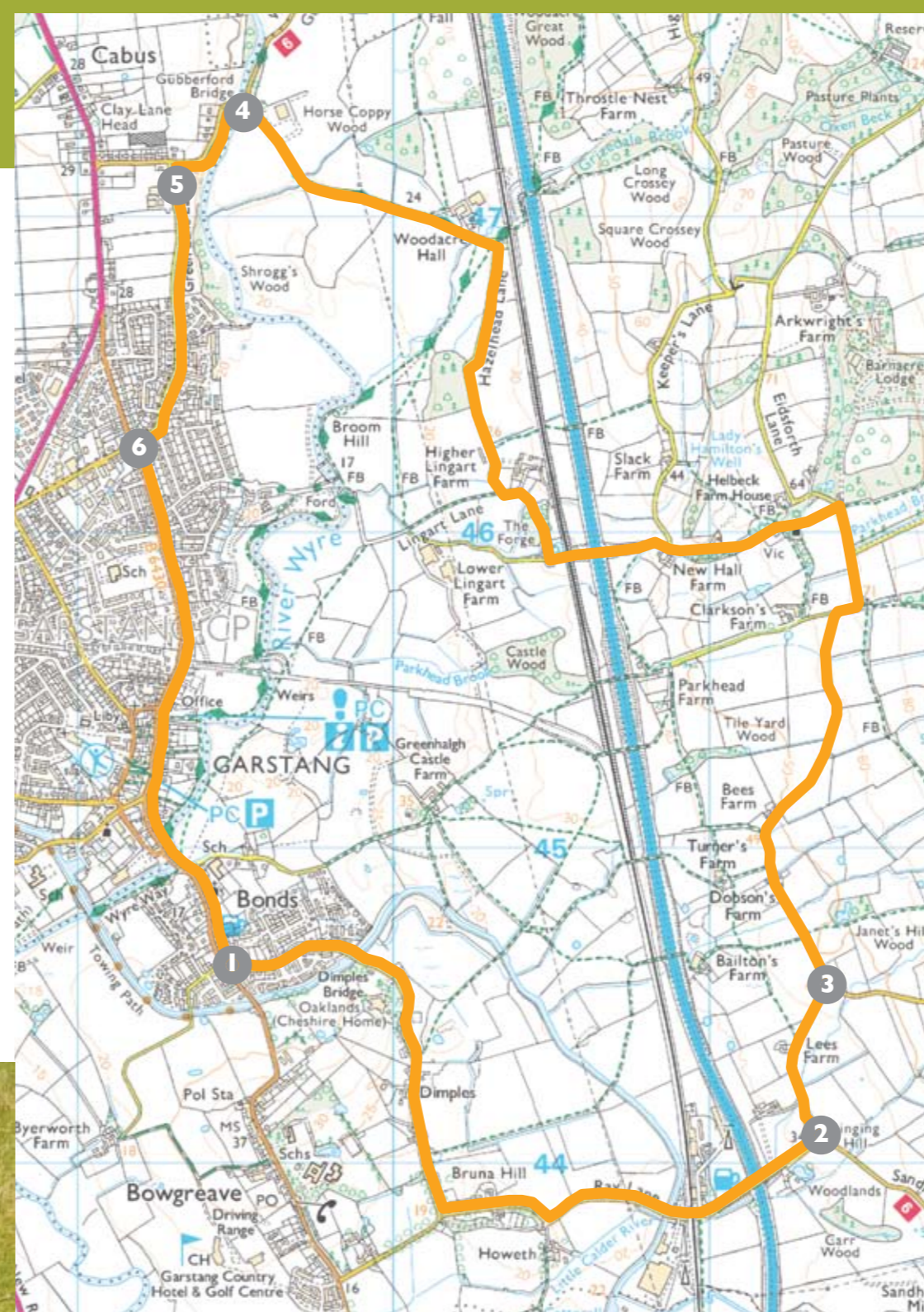
2. GPS SD 5130 4410 Bear left and follow National Route 6 for 500 yards

3. GPS SD 5130 4460 TL signposted Scorton. Follow National Route 6. After 2 miles careful descent past Barnacre church, over M6 and bear right to Hazelhead Lane and on to Gubberford bridge.

4. GPS SD 4950 4740 TL at T junction to cross bridge over river Wyre

5. GPS SD 4930 4720 After 200 yards TL into narrow shared track, becomes Green Lane East

6. GPS SD 4920 4630 TL at mini-roundabout onto Lancaster Road. Return to the town centre



A selection of rides starting and finishing in the town centre

GARSTANG CYCLING FROM

Garstang Cycling Club

Garstang Cycling Club encourages cyclists of all ages and abilities to dust down their bikes and come and explore the local countryside in the company of like-minded others.

www.garstangcyclingclub.net

Many thanks to Pip Riley of Garstang Cycling Club for developing the contents of this guide.

Cycle shops

Redline Garage A6 Cabus Tel: 01995 602521
Car Care Garstang town centre Tel: 01995 604871

Cycling in Lancashire

Lancashire County Council has produced a large variety of free leaflets and maps detailing cycle routes in many parts of the county. For details of more routes, to subscribe to the free Lancashire Cycling Newsletter and to find out about events and cycle training opportunities visit www.lancashire.gov.uk/cycling or email sustainabletravel@lancashire.gov.uk

Useful websites

The following sites can provide you with further information about the area, available facilities and cycling for all in Lancashire.

www.forestofbowland.com
www.visitlancashire.com
www.visitwyre.co.uk
www.garstang.net
www.visitlancashire.com/things-to-do/walking/tramper
www.cycle-n-sleep.co.uk/disabled.htm
www.lancashire.gov.uk/cycling

This guide has been developed as part of Lancashire County Council's Healthy Streets initiative – a community led project to create healthy residential areas by increasing walking and cycling and encouraging speed reduction.

Please take extra care when driving in and around Garstang.

Cycling for Health

Cycling is an excellent non weight bearing form of exercise, gentle on your joints and great for burning calories, improving your physical health and feeling good about life at any age. You can set your own pace and gradually build up speed and distance, starting with the flatter routes to the west of Garstang. If you are a beginner or returning to cycling after a long break, why not sign up for a training session to boost your skills and confidence?

Safety Tips

- The wearing of helmets is recommended and a must for children.
- Avoid bunching in groups as country lanes can be narrow and winding.
- Be visible at all times. The wearing of a bright vest is strongly recommended.
- Use a bell or call out to warn walkers on the road when approaching from behind.
- Watch out for sheep, particularly on unfenced lanes
- Carry a repair kit, and make sure you know how to remove wheels and mend punctures before setting out.
- A mobile phone is useful for that unforeseen event.
- Ensure your bike is roadworthy and safe to ride.

Route 3 The Nateby and Stakepool Round

Distance:

16 miles

Time to allow:

About 2 hours

Terrain/About the ride:

On road flat terrain which explores the country lanes and hamlets of Over Wyre to west of Garstang, with excellent views of the Bowland fells on the return. Ideal for families and those wishing to increase distance on minor country lanes.

Facilities:

In addition to Garstang centre drinks, snacks and toilets are available in

Facilities continued:

Stakepool at the Elletsons Arms, Post Office and Spar shop

Start/Finish Point:

Market Cross, Garstang town centre
GPS SD 4920 4520

Route description

1. GPS SD 4920 4550 Leave with market cross on your left. Follow Church street to 1st mini-roundabout. TR to join the one way system in clockwise direction. Pass Booths store and follow to 4th roundabout bear left onto Croston road to traffic lights on A6.

Route continued

2. GPS SD 4870 4610 Cross A6 with care. Bear left onto Croston Barn lane. Pass timber yard.

3. GPS SD 4830 4590 TL at T junction, then over canal bridge

4. GPS SD 4830 4520 TR at T junction onto Longmoor Lane. Pass builders merchants, then through Nateby village.

5. GPS SD 4540 4440 TR onto Woods Lane. Keep on narrow lane, through hamlet of Eagland Hill and onto Bradshaw Lane, until junction

Route continued

with A588.

6. GPS SD 4130 4770 TR onto main A588 road and after 100 yards TR again at Elletsons Arms pub signposted Garstang.

7. GPS SD 4420 4680 TL at Cogle Hill into Island Lane signposted Winmarleigh. After 2 miles pass church, school, and village hall to your left.

8. GPS SD 4810 4830 TR at garage crossroads to Garstang. Over canal bridge to A6 traffic lights. Straight over onto Croston Lane to return to town centre.



Route 4 Oakenclough and Harrisend Fell

Distance:

14 miles

Time to allow:

About 2 hours

Terrain/About the ride:

Circular on road route to the east of Garstang. Undulating and strenuous in places. Spectacular views of the coast and Lakeland fells. Recommended for cyclists keen to develop stamina and confidence

Facilities:

In addition to Garstang centre, drinks, snacks, shop and toilets are available in Scorton village.

Start/Finish Point:

Market Cross, Garstang town centre.
GPS SD 4920 4520

Route description

1. GPS SD 4950 4460 With market cross on your right follow Bridge street on one way system, bear left at mini-roundabout over Wyre bridge, pass church and pub on your left. TL at mini-roundabout into Dimples Lane. Over canal bridge. TL at T junction onto Bruna Hill. Over canal again, under railway bridge and then cross over M6.

2. GPS SD 5130 4410 Bear left onto National Route 6

Route continued

3. GPS SD 5130 4460 After 500 yards bear right, and stay on Strickens Lane up a long ascent towards Oakenclough. Pass turn off to Calder Vale.

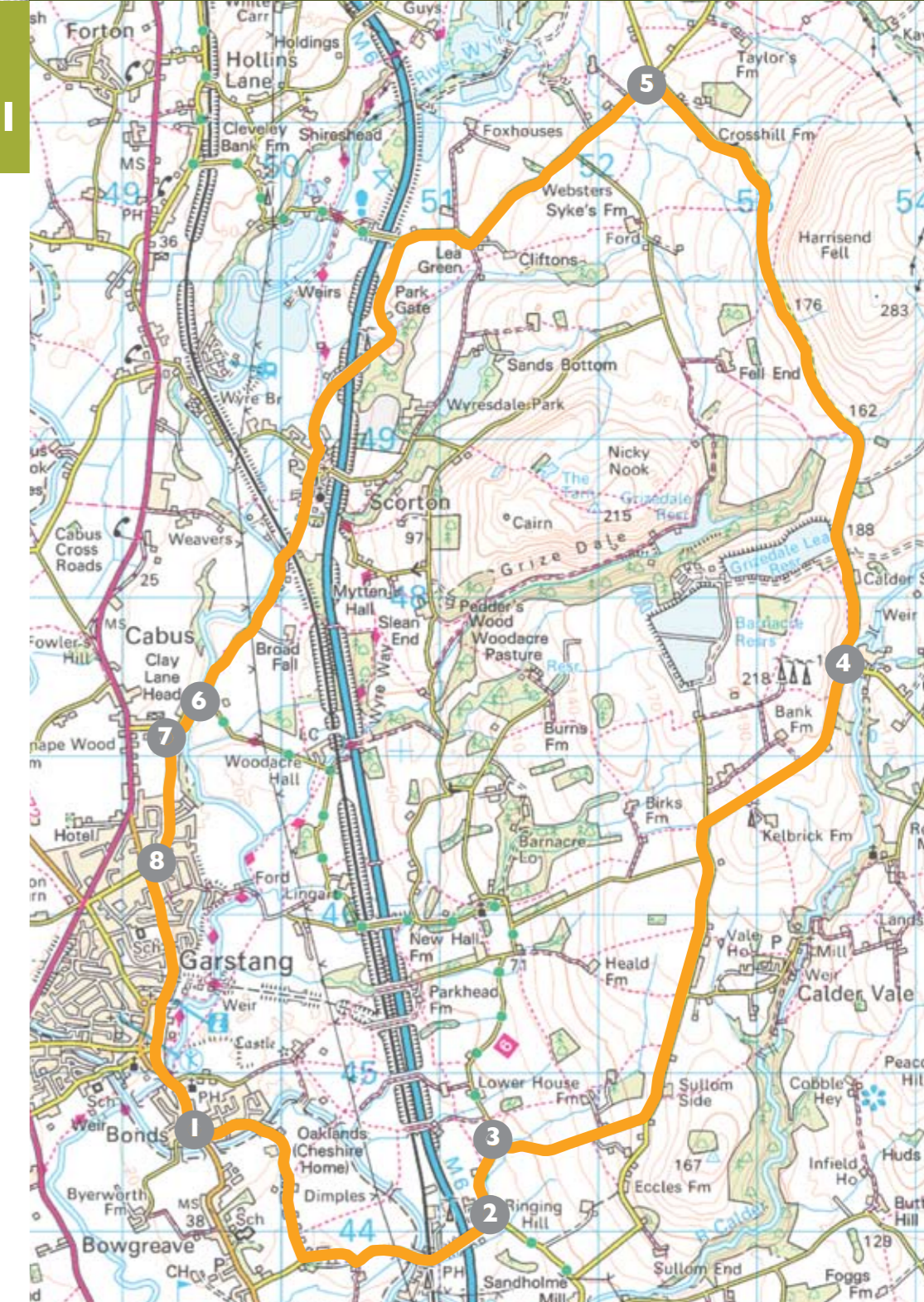
4. GPS SD 5360 4760 Descend carefully to TL at T junction in Oakenclough. Follow past reservoir over cattle grid to Harrisend Fell. Enjoy spectacular views to the coast and Lakeland fells. Take care on the fast descent to cross roads. Watch out for sheep!

5. GPS SD 5240 5130 TL onto Long Lane, signposted Scorton. Facilities available in the village. Through the village, under railway bridge, follow by side of River Wyre towards Garstang.

6. GPS SD 4950 4740 Bear right over Gubberford Bridge.

7. GPS SD 4930 4720 After 200 yards TL onto narrow shared track becomes Green Lane East.

8. GPS SD 4920 4630 TL at mini-roundabout onto Lancaster Road and return to town centre



Route 5 Knott End

Distance:

25 miles

Time to allow:

About 3 hours

Terrain/About the ride:

A flat on-road circular route with splendid views of the Wyre estuary, Fleetwood and coastline from Knott End, and views of the Bowland fells on the return. Ideal for families keen to increase distance and explore the over Wyre area west of Garstang to the coast. Outward via Winmarleigh and Pilling. Return via Preesall, Stalmine and Out Rawcliffe. The route combines the quiet country lanes of over Wyre with the busy centre at Knott End. Take care on the short sections of the A588, where single file is required.

Facilities:

In addition to Garstang town centre at the start and finish, drinks, snacks, toilets and shops all available in Knott End. A stop at the Pierhead café Knott End is recommended

Start/Finish Point:

Market Cross, Garstang town centre
GPS SD 4920 4520

Route description

1. GPS SD 4920 4550 Leave with market cross on your left. TR at 1st mini-roundabout to join one-way system. Follow clockwise past Booths store. At 4th roundabout bear left onto Croston Road to A6 traffic lights.

2. GPS SD 4870 4610 Take care at the traffic lights. Straight over A6 towards Winmarleigh. Follow the long straight and over canal bridge.

3. GPS SD 4810 4830 TL at garage crossroads onto Church Lane towards Winmarleigh. Pass the village hall, school and church on your right onto Island Lane.

4. GPS SD 4420 4680 TR at T junction at Cogle Hill, signposted to Pilling. Pass the Post Office in Stakepool

5. GPS SD 4130 4790 TR at Elletsons Arms pub onto main A588 road. Follow for 500 yards.

6. GPS SD 4130 4840 TL into Taylors lane for Pilling village. Pass the windmill, bear left at the Golden Ball pub and through village centre onto Smallwood Hey Road. Follow and bear left onto Lams Lane.

Route continued

7. GPS SD 3910 4710 TR at T junction onto Head Dyke Lane, the main A588. Take care and keep single file for 500 yards.

8. GPS SD 3850 4710 TR before garage onto Green Dicks Lane. Pass pheasant hatchery and bear left onto Pilling Lane. On the approach to Knott End go straight over mini-roundabout into Gasmere Road through a residential area.

9. GPS SD 3600 4830 TR at T junction onto Lancaster Road. Follow through Knott End centre to the Pierhead café. Splendid views of the Wyre estuary, Fleetwood and coastline.

10. GPS SD 3630 4810 Return back through centre. TR onto Park Lane, up gentle incline and pass through Preesall. Join main A588 as far as Stalmine. Again, take care. Single file required. Pass the Post Office on right and Seven Stars pub on the left.

11. GPS SD 3770 4520 Leave the A588 and TL onto Moss Side Lane towards Out Rawcliffe

Route continued

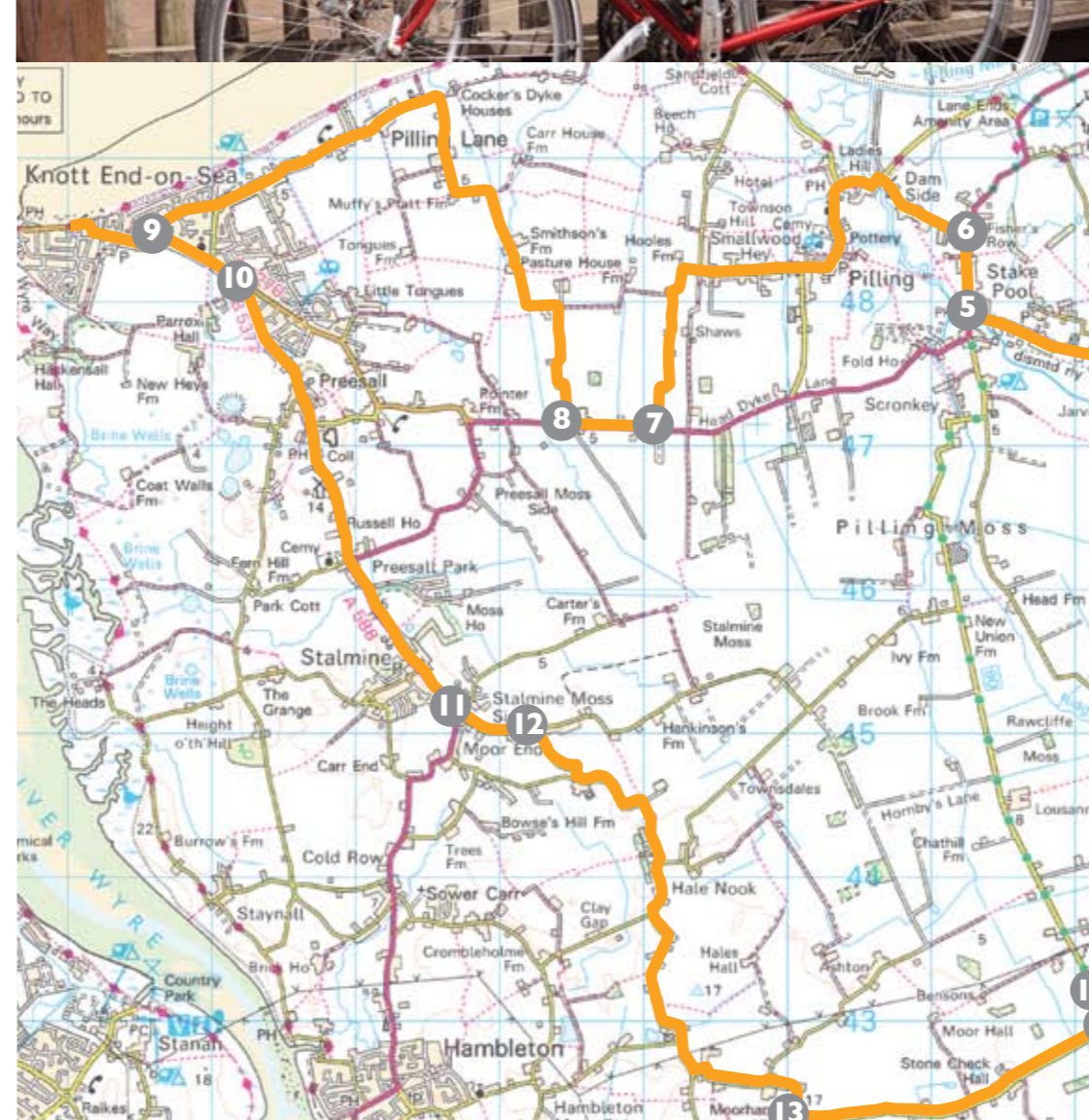
12. GPS SD 3820 4500 TR onto Swilkin Lane. Follow winding country lane for 2 miles into Back Lane, Clay Gap Lane, Knitting Row Lane onto Chapel Lane and Out Rawcliffe. Pass the veterinary centre on your left.

13. GPS SD 4010 4230 TL signposted Garstang onto Crook Gate Lane. Pass the village hall and school in Out Rawcliffe, both on your right.

14. GPS SD 4230 4290 TL at T junction onto Lancaster road

15. GPS SD 4220 4320 After 300 yards TR onto Skitham Lane signpost Garstang. Pass through Nateby village. 4 miles to go!

16. GPS SD 4830 4520 On approach to A6 TL at Luncheonbox café, pass over the canal bridge. After 500 yards TR into Croston Gate Lane to cross the A6 safely at the traffic lights. Back via Croston Road to the town centre.



Route 6 The Chipping Round

Distance:
20 miles

Time to allow:
About 3 hours

Terrain/About the ride:
Circular route on quiet country lanes to picturesque village of Chipping. Outward via Bleasdale, return via Ingelwhite. Undulating, strenuous inclines, with care on descents. Suitable for those needing a challenge and test on stamina. Spectacular views of Bowland fells.

Facilities:
In addition to Garstang town centre, drinks, snacks, and toilets are available in Chipping village at Cobbled Corner café and 2 pubs. Also, café and toilets available at Cobble Hey farm (see pt.3) on Hobbs lane, with restricted opening times

Start/Finish Point:
Market Cross, Garstang town centre
GPS SD 4920 4520

Route description

1. GPS SD 4950 4460 With market cross on your right follow Bridge Street on one way system. Bear left at mini-roundabout over Wyre Bridge. Pass church and pub. TL at next mini-roundabout onto Dimples lane. Over canal. TL at T junction onto Bruna Hill. Over canal again, under railway bridge and over M6.

Route continued

2. GPS SD 5130 4410 TR onto Sandholme Lane, join National Route 6.
3. GPS SD 5180 4350 TL up Butt Hill. Long ascent. Continue past Gonder Lane onto Hobbs Lane. Pass Cobble Hey farm.
4. GPS SD 5430 4340 TL at T junction to Bleasdale. Pass Tootle Hall. Take care on sharp descent, which narrows at bottom before sharp incline. Follow through Bleasdale village.

5. GPS SD 5740 4420 TL at T junction signpost Chipping with Beacon Fell to the right. Follow steady incline for 1 mile with Bowland fells of Parlick and Fairsnape to the left.

6. GPS SD 5940 4380 TR and pass the gliding club, then bear left towards Chipping.

7. GPS SD 6020 4340 TR and descend to Chipping village on Collins Hill Lane. Take care on left hand bends. Enjoy café stop in village centre.

8. GPS SD 6170 4300 Initially backtrack on same route for about 500 yards. TL onto Parsonage

Route continued

Lane signposted Ingelwhite. Now a defined 'quiet lane area'

9. GPS SD 5990 4140 TR at T junction onto Height Lane signposted Ingelwhite

10. GPS SD 5930 4100 TR at T junction to Ingelwhite on Loudbridge Road

11. GPS SD 5840 4090 TR at T junction to Ingelwhite onto Stoney Lane. Follow into Sykes House Lane

12. GPS SD 5610 3960 TR at crossroads to Ingelwhite. Through the village green, join National



Route continued

Route 6. 'Green Man' pub available to left of the green. Take care on descent of Bourne Brow towards Garstang

13. GPS SD 5320 4040 Take care TR onto Lydiate lane towards Garstang. Over river Brock onto Ducketts Lane. Bear left onto Stubbins Lane. Pass Cloughton village hall on right, then under the M6 and over the canal.

14. GPS SD 5020 4350 TR at T junction to Garstang. Through Catterall, pass the golf club on left. Up slight incline of Bowgreave rise with school on right. Over mini-roundabout to return to town centre.

Route 7 Southern Loop to Great Eccleston

Distance:
23 miles

Time to allow:
About 3 hours

Terrain/About the ride:
On road flat terrain in a loop to the west and south of Garstang. Outward to the picturesque village of Great Eccleston via Nately Toll of 20p per bike needed for Cartford Bridge. Return via Elswick and Bilsborrow. Take care when crossing the main A6. Short incline on return section to Garstang.

Facilities:
In addition to Garstang, drinks, snacks, toilets and shops all available in Great Eccleston. Café stops at Courtyard café in Great Eccleston, Bonds of Elswick, and pub stops at Owd Nells and Roebuck at Bilsborrow.

Start/Finish Point:
Market Cross, Garstang town centre
GPS SD 4920 4520

Route description

1. GPS SD 4920 4550 Leave with Market Cross on your left. Follow Church Street. TR at 1st mini-roundabout to join the one way system. Pass Booths store. At 4th roundabout bear left up Croston Road to A6 traffic lights.

Route continued

2. GPS SD 4870 4610 Bear left across A6 to Croston Barn Lane. Pass timber yard.

3. GPS SD 4830 4590 TL at T junction, over canal bridge.

4. GPS SD 4540 4440 TR at T junction onto Longmoor Lane. Pass builders merchants, follow through Nately village to Skitham Lane for 4 miles.

5. GPS SD 4220 4330 TL at T junction signposted Great Eccleston. After nearly 2 miles TR at T junction and then TL to cross River Wyre at Cartford Bridge. 20p per bike! Up short incline into Little Eccleston.

6. GPS SD 4210 4040 TL initially at T junction, then TL again at main A586. After 100 yards take care and TR to cross over the main A586 into Gt. Eccleston village. Courtyard café is in the top left corner of the square.

7. GPS SD 4270 4020 TR in square signposted Kirkham towards Elswick. Join Copp Lane. After 500 yards pass school on right.

8. GPS SD 4220 3860 TL at T junction to Inskip. Bonds café is to

Route continued

the left. Bear right into Hill Road. After 100 yards TL at crossroads into Lodge Lane for Inskip and Preston. After 1 mile TR at T junction. Carry on to Inskip.

9. GPS SD 4590 3800 Just before village centre TL signposted Garstang into Pinfold Lane. After about 1 mile take sharp right bend, then pass Stanley farm on the right.

10. GPS SD 4750 4000 TR onto St. Michaels Road, signposted Brock. Pass Myerscough College and over the canal at Owd Nells pub.

11. GPS SD 5090 3950 TL at T junction onto A6, and then immediately TR after Roebuck

Route continued

pub to cross A6. Take care. Up incline and over the M6.

12. GPS SD 5320 4040 TL into Lydiate Lane, signposted Garstang. Join National route 6. Cross river Brock, along Ducketts Lane to pass Cloughton village hall on your right. Bear left onto Stubbins Lane, under M6, over canal, to Catterall.

13. GPS SD 5020 4250 TR at T junction to Garstang. Pass golf club on the left. Up the incline passing the school on the right. Straight on over the mini-roundabout, over the Wyre Bridge to return to the town centre.



Route 8 Northern Loop to Cockerham and Dolphinholme

Distance:
23 miles

Time to allow:
About 3 hours

Terrain/About the ride:
An on-road ride suitable for those keen to develop distance and stamina. Outward via Pilling to Cockerham on the flatland of over Wyre. Return on hilly terrain via Scorton.

Facilities:
Full café, toilets, and shop facilities available in Scorton village, just after pt. 11. Also try Wallings ice cream café just after pt. 6

Start/Finish Point:
Market Cross town centre
GPS SD 4920 4520

Route description

1. GPS SD 4920 4550 Leave with market cross on your left. Follow one way system on Church street and TR at 1st mini-roundabout. Follow clockwise past Booths to 4th mini-roundabout. Bear left up Croston Road to A6 traffic lights.

2. GPS SD 4870 4610 Straight across the A6 with care, signposted Cockerham. Follow the long straight and over the canal bridge.

3. GPS SD 4810 4830 TL at garage crossroads to Winmarleigh. Pass school and church on your right.

Follow onto Church Lane and Island Lane.

4. GPS SD 4420 4680 At Cogie Hill TR at T junction towards Pilling. Pass through Stakepool with Post Office on left.

5. GPS SD 4130 4790 TR at T junction onto A588 Lancaster Road. Follow coastal road with care for 5 miles to Cockerham.

6. GPS SD 4650 5220 TR at Manor Inn towards Garstang.

7. GPS SD 4780 5040 TL into Radcliffe Wharfe Lane. Over canal. Bear left to A6 at Middle Holly.

8. GPS SD 4920 5030 Straight across A6 with care into Hollins Lane. Follow through village and under railway bridge for 2 miles.

9. GPS SD 4940 5270 TR into Anyon lane towards Dolphinholme

10. GPS SD 5080 5320 TR at Fleece Inn signposted Chipping. Take care on the descent with

bends over River Wyre at Street Bridge.

11. GPS SD 5240 5130 TR at crossroads onto Long Lane. Follow into Scorton village. Pass under railway and side of River Wyre to Gubberford Bridge.

12. GPS SD 4950 4740 TR at bridge. After 200 yards TL into path, follow onto Green Lane. At junction with Lancaster Road TL back to town centre



Route 9 Grizedale Valley and Scorton

Distance:
9.5 miles

Time to allow:
About 1.5 hours

Terrain/About the ride:
The route is a mixture of on and off-road cycling. It follows quiet country lanes through the woodland of Grizedale valley, and then circuits Nicky Nook on the return leg providing splendid views of the Bowland fells and coastal plain. Either a hybrid or mountain bike is recommended for this route.

Facilities:
In addition to Garstang town centre, snacks, meals, drinks and toilets are available in Scorton village, in addition to public toilets and a shop/post office.

Start/Finish Point:
Market Cross, Garstang town centre.
GPS SD 4920 4520

Route description

1. GPS SD 4920 4540 Leave with market cross on your left. Follow Church street to 1st mini-roundabout. Join the one way system in clockwise direction. Pass Booths store to TR at 4th roundabout. After 50 yards TL at next roundabout onto Lancaster Road.

Route continued

2. GPS SD 4920 4630 TR at mini-roundabout onto Green Lane East and follow onto shared track.

3. GPS SD 4930 4720 TR and then over Gubberford Bridge. Bear left to Scorton. Follow river and under railway bridge.

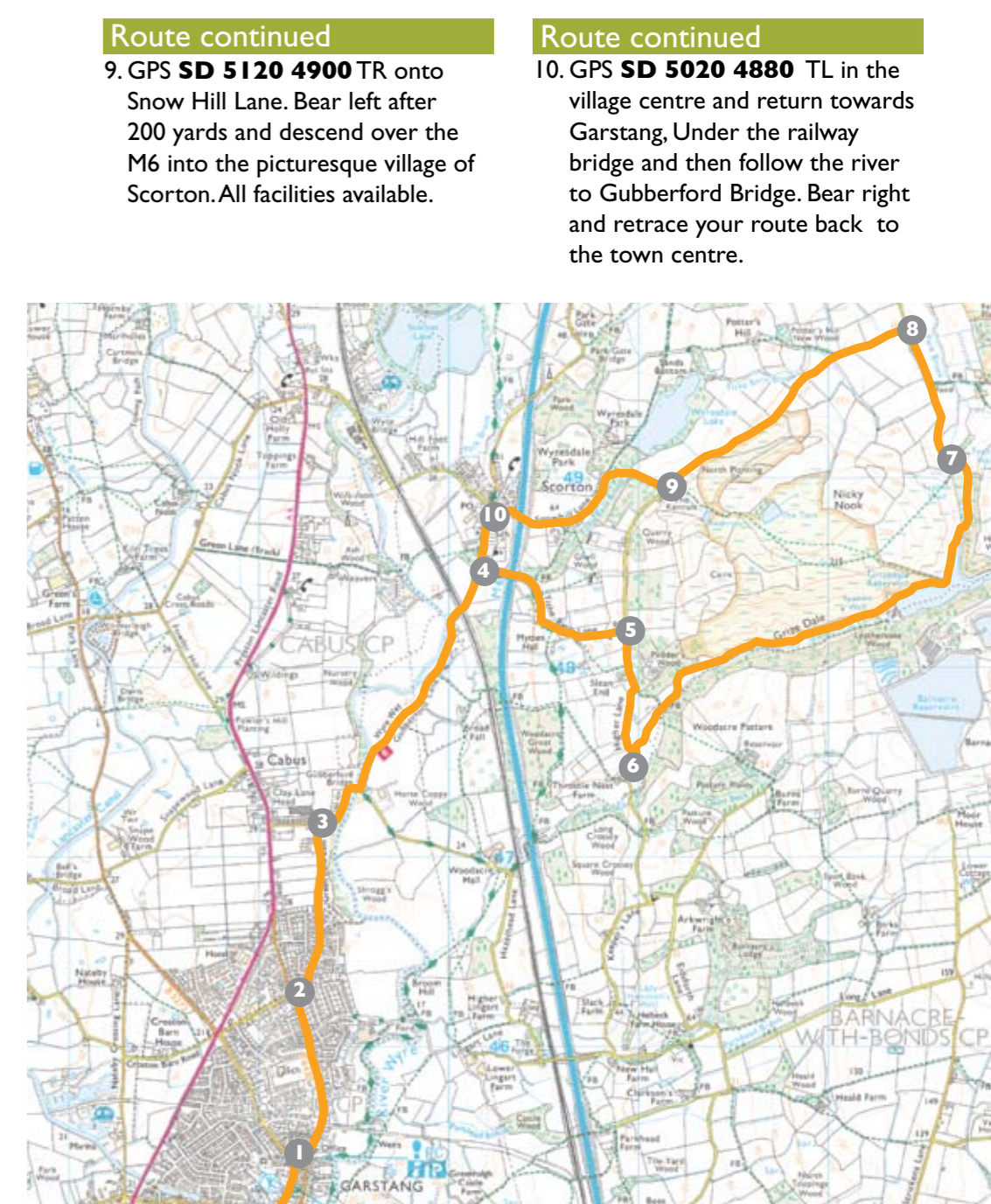
4. GPS SD 5020 4850 TR into Tithe Barn Lane. Follow the incline under M6.

5. GPS SD 5080 4820 TR at T junction onto Higher Lane. Follow a winding narrow lane

6. GPS SD 5090 4760 Sharp TL onto bridlepath and start the off road section. Follow a well defined track for about 2 miles, with the stream on the right. Pass reservoir on your right and bear left at the end of the track to exit the woodland

7. GPS SD 5250 4950 Arrive at a gate that leads back to the on-road section. Fell End Farm is on the right. Nicky Nook is to the left.

8. GPS SD 5240 4970 Just before "ford" sign TL onto Higher Lane. Follow for about 1 mile, with splendid views to the coast.



Route 10 The Trough of Bowland

Distance:
34 miles

Time to allow:
About 4 hours

Terrain/About the ride:
A circular on-road ride, strenuous in parts with long inclines and fast descents. Outward via Scorton to Dunsop Bridge. Return via Chipping. Riders should be prepared for challenging conditions.

Facilities:
Café, shop and toilets, available in Dunsop Bridge and Chipping

Start/Finish Point:
Market Cross, town centre
GPS SD 4920 4520

Route description

1. GPS SD 4920 4540 Leave with market cross on your left. Follow Church street and TR at 1st mini-roundabout. Clockwise around the one way system. Pass Booths store and TR at 4th mini-roundabout. After 50 yards TL at 5th mini-roundabout onto Lancaster road

2. GPS SD 4920 4630 TR at roundabout onto Green Lane East. Follow onto bridlepath.

3. GPS SD 4930 4720 TR towards Scorton. Over Gubberford Bridge

Route continued

and bear left. Follow river, through Scorton village and over M6.

4. GPS SD 5240 5130 Straight over the cross-roads, sign posted Trough of Bowland. Steady incline with fine views.

5. GPS SD 5840 5370 TR at T junction towards the Trough of Bowland. Steady incline to the cattle grid at top. Take care on fast descent.

6. GPS SD 6570 5000 TL and divert to Dunsop Bridge for café stop but bear right signposted Whitewell to follow the route.

7. GPS SD 6570 4790 Follow Hodder valley and TR at bridge to Wild Boar park. Steady incline. Take care, sharp left bend on descent.

8. GPS SD 6440 4380 TR signposted Chipping

9. GPS SD 6220 4330 TR at T junction into village centre. Café, pub and toilets available.

10. GPS SD 6170 4300 Pass butchers shop on your left.

Route continued

Follow towards Garstang for 500 yards. TL to Ingelwhite.

11. GPS SD 5990 4140 TR at T junction to Ingelwhite

12. GPS SD 5930 4100 TR at T junction onto Loudbridge Road

13. GPS SD 5840 4090 TR at T junction to Ingelwhite onto Stoney Lane. This leads onto Sykes House Lane

14. GPS SD 5620 3960 TR at crossroads to Ingelwhite. Through village green, join National Route 6. Take care on descent of Bourne Brow

15. GPS SD 5320 4040 TR to Garstang onto Lydiate Lane. Follow onto Ducketts Lane with M6 on left. Pass Cloughton village hall on right. Follow onto Stubbins Lane, under the M6 and over the canal.

16. GPS SD 5020 4250 TR at T junction to Garstang. Pass golf club on left. Short incline to pass school on right. Descend with care over the canal. Straight across at the mini-roundabout. Return to town centre.

