

Lancashire's Cycling Areas

Lancaster

Cycle out of an historic city on traffic free cycle paths to outstanding countryside. Centrepiece of the city's cycle network is the Millennium Bridge. Head south along the Lune Estuary to Glasson, a working eighteenth century dock. Follow the river upstream to the Crook o' Lune, a stunning viewpoint out over the Lune Valley. Take the cycle path to Morecambe. Ride along the canal to Carnforth.

Morecambe

Cycle along the Promenade. Enjoy the views across the Bay to the Lakeland hills.

Arnsdale-Silverdale

Ride north to the Arnsdale-Silverdale Area of Outstanding Natural Beauty, a coastal area of low wooded limestone hills, stone built villages and quiet lanes.

Lune Valley

Running inland from Lancaster, the Lune Valley is a pastoral area with stunning views to the Pennine hills. It is a great area to explore by bicycle.



Ribble Valley

Ride through Ribble Valley's attractive countryside on quiet lanes. Stop for a break in peaceful villages.

Bowland

Discover an area of unspoilt countryside, picturesque villages, dramatic heather clad moors and pastoral dates. Ride across remote mountain passes, such as the Trough of Bowland. The brideway across Salter Fell from Slaidburn to Hornby is one of the most remote in the county. Head to Gisburn Forest for mountain biking.

Cycle Lancashire

Further Information

A range of more local cycle maps and leaflets is available from information offices. Visit our website to get more details about cycling in the county, events and news:

Website: www.lancashire.gov.uk/cycling
Telephone: 0845 0530000
Email: sustainabletravel@lancashire.gov.uk

Let us know if you want to receive our E newsletter.

Other useful websites

www.sustrans.org.uk
For information about the National Cycle Network and local routes.

www.visitlancashire.com
For information about places to stay, events and attractions in Lancashire.

www.pmba.org.uk
Pennine Mountain Bike Action's website: Includes maps of mountain bike areas and routes.

www.goskyride.com
British Cycling's programme of led, city and women's rides.

Events

Each year there is a full programme of cycling events in Lancashire ranging from top class racing, charity rides to a gentle ride through a park.

Getting to Lancashire

By cycle: You can cycle onto Lancashire from Merseyside, Greater Manchester, Yorkshire and Cumbria on national cycle routes.

By train: There are traffic free cycle routes from Lancaster, Preston, Accrington, Morecambe, Burnley Central and Colne stations, making the train a great way of getting to Lancashire.

Mapping Spring Surveys
Photos Lancashire County Council
Lancaster City Council, Jon Sparks
and Pat Douglas @pandrhazards

Winners 2009 Best Cycling Scheme National Transport Awards, finalists 2010 and 2012, European Greenway Awards 2011

Preston, Chorley and South Ribble

Cycling is a great way of exploring Central Lancashire's green spaces. Follow the Guild Wheel round Preston or pedal south on route 55 to Chorley via Cueden Valley Park and Astley Hall. Use your bike to cycle to Brookholes Nature Reserve for a great day out.

West Lancashire and Southport

West Lancashire stretches from the outskirts of Liverpool in the south to River Ribble, with Southport to the west. The West Lancashire Plain is famous for its productive market gardens and farms. The Ribble Coast and Wetlands are important for migratory birds. Leave your car at home and cycle to attractions like the Wildlife and Wetlands Trust at Martin Mere for a great day out. You can cycle along the Sefton Coast between Southport and Crosby. Bicycle hire is available in Southport, Crosby and outstations in West Lancashire.

Mountain Biking Areas

Gisburn Forest

Gisburn Forest, in the Forest of Bowland Area of Outstanding Natural Beauty offers you a network of mountain bike trails. For a challenge ride the difficult red trail including the roller coaster ride down Holly Gully and the gnarly rocks of Whelpstone Crags. There are black options marked with a skull. For novices and younger riders there is a blue trail, where Bottoms Beck offers you a mellower ride.

Adrenaline Gateway, Rossendale

Lee and Cragg Quarries. Head to the hills of Rossendale, where a network of mountain bike trails is being developed in old quarries with linking trails. Ride through a lunar landscape. There are red and black trails to test your skills and an easier skills development area.

Other Areas

Include Healey Nab, near Chorley, Hurstwood near Burnley and Billinge Hill in Blackburn.

Pennine Lancashire

Explore the area's heritage riding along the canal or an old railway. Stop at attractions like the National Trust's Gawthorpe Hall near Burnley or visit Towneley Hall. The area is dominated by Pendle Hill, famous for its witchcraft connections. Up on the hills enjoy cycling on empty moorland roads with views of the valley below. Take to your mountain bike to let off steam at the Adrenaline Gateway above Rossendale.

West Pennine Moors

Home to the 2002 Commonwealth Games, mountain biking events. Discover the area's 'lake district' where reservoirs glisten in the summer sunshine. Ride through the area's ancient stone built villages with their history of weaving.

Blackpool and the Fylde Coast

Ride along the promenade from Blackpool to Fleetwood, where you can enjoy the view across the bay or take the ferry across the Wyre Estuary to Knott End. Cycle hire is available on Blackpool promenade during the summer season.

Lytham St Annes

You can cycle along the promenade in Lytham. It is a great route for all the family.

Fylde and Wyre Countryside

Discover the magic of the Fylde and Wyre countryside by bike. Ride along flat country lanes with attractive villages such as Scorton to stop for tea. Inland there are views to the Bowland hills.

Mountain Biking Routes

Pennine Bridleway

The Pennine Bridleway runs from Derbyshire to Cumbria. In Lancashire the route includes the South Pennines, Pendle and the Ribble Valley.

Mary Towneley Loop

46miles/74km
Part of the Pennine Bridleway, the Mary Towneley Loop criss-crosses the Lancashire Yorkshire border on ancient packhorse route. Allow two days to enjoy the route to the full.

West Pennine Bridleway Loop

A circular bridleway loop is being developed round the West Pennines exploring the area's moorland scenery with stunning views.

North Lancashire Bridleway

28 miles/45km
Ride across the Bowland Fells on the North Lancashire Bridleway. The crossing from Slaidburn across the wild Salter Fell to Wray is the highlight of the route.

Cycle our promenades

Cycling on promenades is a great way of enjoying Lancashire's seaside. You, your friends and family can cycle on the below promenades in Lancashire.

Morecambe Promenade Blackpool to Fleetwood Lytham Promenade to Fairhaven Lake.

You can also cycle on the promenade in Southport.

Cycle hire is available in Blackpool, Morecambe and Southport.

Lancashire's Top Traffic Free Paths include

Lancaster to Glasson Dock, Lancaster to Caton Preston Guild Wheel (Brookholes to Preston Dock) Cueden Valley Park, Hyndburn Greenway, Canal towpath Burnley to Barnoldswick, Padiham Greenway, Healey Dell and Whitworth Cycleway.

Car Free Days Out

Combine a cycle ride with a visit to an attraction or ride to a cafe for lunch. Attractions near cycle routes include: Towneley and Gawthorpe Halls, Burnley, Pendle Heritage Centre, Barrowford, Astley Hall, Chorley, Brookholes Nature Reserve, Preston, Blackpool Pleasure Beach, Lancaster Maritime Museum, Martin Mere WWT, Leighton Moss RSPB.

Lancashire's Top Cyclists

Sir Bradley Wiggins - Olympic Gold Medalist and Tour de France Winner.
Steve Burke - 2012 Olympic Gold Medalist from Colne.
Jason Queally - 2000 Olympic Gold Medalist.

National Cycle Network

The National Cycle Network is made up of traffic road cycle paths and signed routes on quiet roads. It is coordinated by Sustrans, the sustainable transport charity. Preston is the midpoint of the national cycle network.

Route 6 Blackburn-Accrington

From Blackburn follow the canal and traffic free paths to Accrington. There are links to Witton Country Park and Great Harwood. You can continue south from Accrington across a stunning causeway through the Woodnook Nature Reserve to Baxendale.

Route 6 Preston-Lancaster-Kendal

Leaving Preston the route takes you along minor roads and the Lune Estuary Path to Lancaster. It then follows the canal to towpath at Carnforth, with views across Morecambe Bay before using country lanes to get to Kendal. The route continues to Windermere.

Route 55 (Preston-Chorley-Adlington)

Route 55 runs south from Preston through Cueden Valley Park to Chorley. It then takes you along the canal towpath to Adlington. Stop at Astley Hall on the way.

Route 68 (Pennine Cycleway)

Route 68 runs from Derby to Benwick-upon-Tweed. There is another loop crossing the South Pennine to Hebden Bridge on a single track road via Thursden. From Hebden Bridge it crosses the moors into Lancashire. It runs past Towneley Hall which is open to the public, before following the canal from Burnley to Barnoldswick.

Route 62 Preston-Blackpool - Fleetwood

Route 62 is open from Preston to Blackpool and Fleetwood. The route follows minor roads to Lytham St Annes through the Fylde countryside then goes along the Promenade to Fleetwood.

Route 62 Liverpool to Southport

Part of the Trans Pennine Trail, Route 62 runs through Lancashire on the Cheshire Lines Path from Liverpool to Sefton. You can return via Route 810 along the Sefton Coast to make a circular tour.

Route 69 Way of Roses Cycle Route

A cross country cycle route linking Morecambe in Lancashire to Bridlington in Yorkshire. The route takes you through some of the North's most stunning scenery. On the way there are heritage attractions such as Brimham Rocks, Fountains Abbey and York Minster to visit. There are also links to West Yorkshire.

Route 562 Southport to Wigan (Pier to Pier)

A 34km (21mile) route connecting Southport's Victorian seaside pier to Wigan's industrial, historic pier. Parts of the route along the canal towpath can be muddy in winter. There are plenty of attractions along the way including Burscough Wharf, where you can enjoy arts and crafts with your refreshments.

Lancashire Cycleway Routes 90/91

The Lancashire Cycleway is a challenging 260 mile figure of eight cycle tour of the county based on Whalley in Ribble Valley. Described by the Daily Telegraph as one of the top ten rides in the country, the route takes in Bowland Fells, the Pennine hills and the coastal plain.

A guidebook on the Lancashire Cycleway by Jan Sparks is available from Cicerone Press telephone 01539 562069 www.cicerone.co.uk or good book shops.

Route 92 (Rochdale-Bacup)

Route 92 follows an old railway out of Rochdale through Healey Dell Nature Reserve to Britannia south of Bacup. It is a great way of getting to the Adrenaline Gateway mountain bike area.



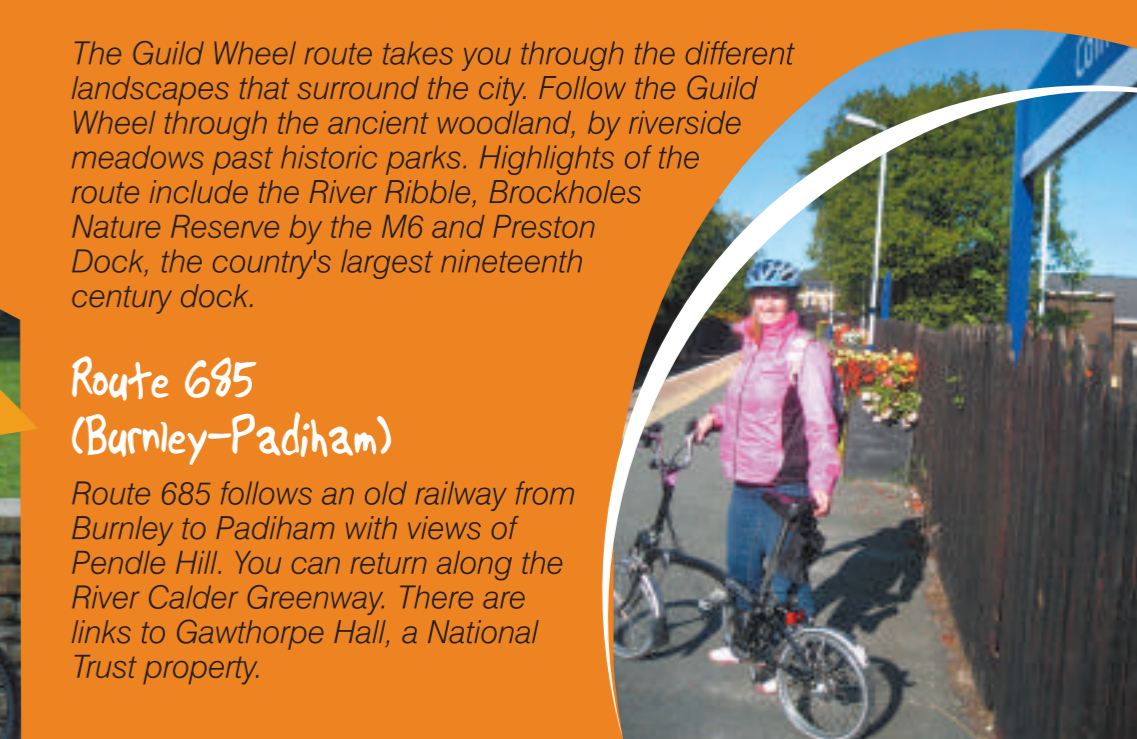
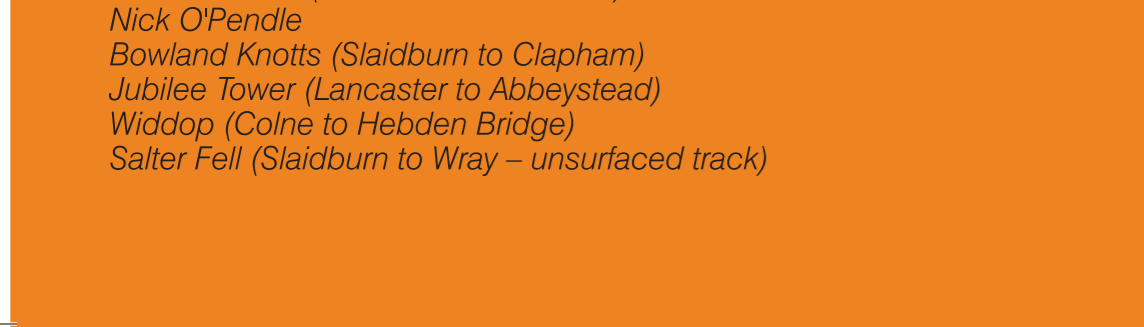
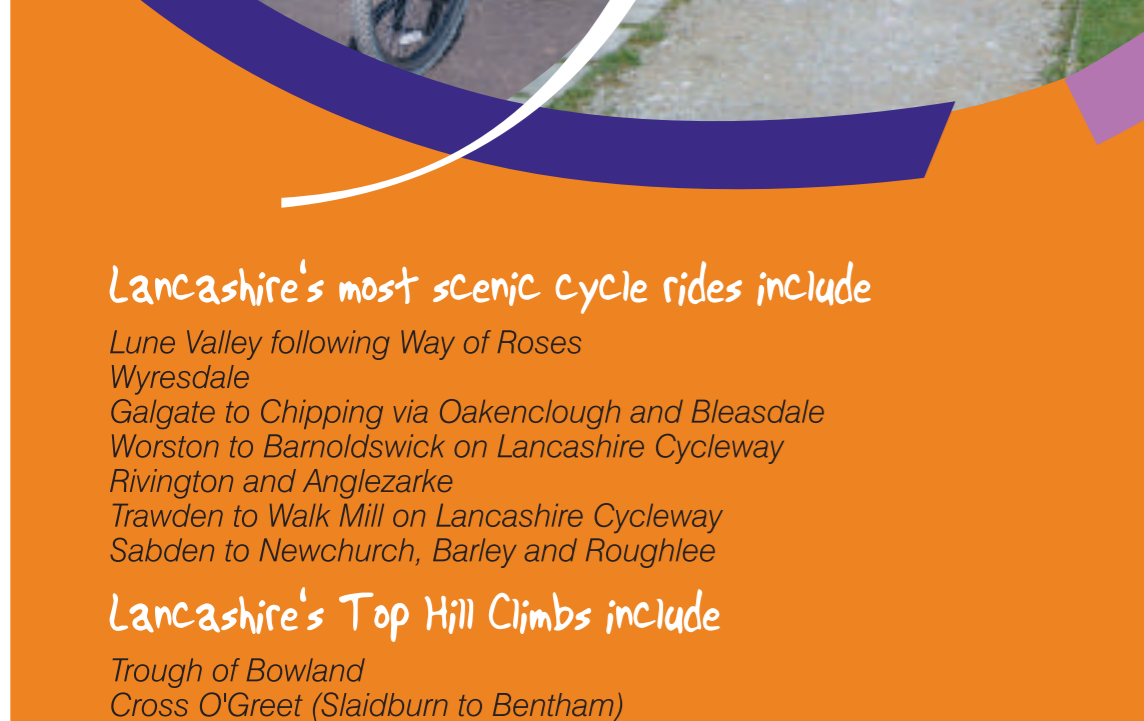
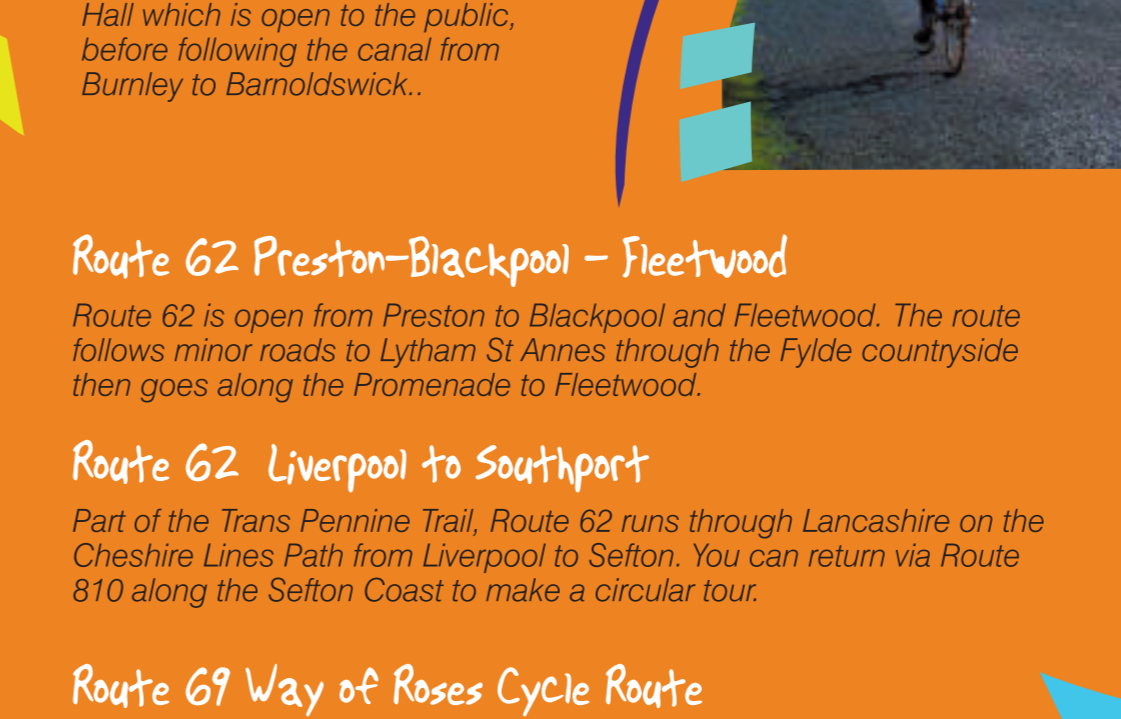
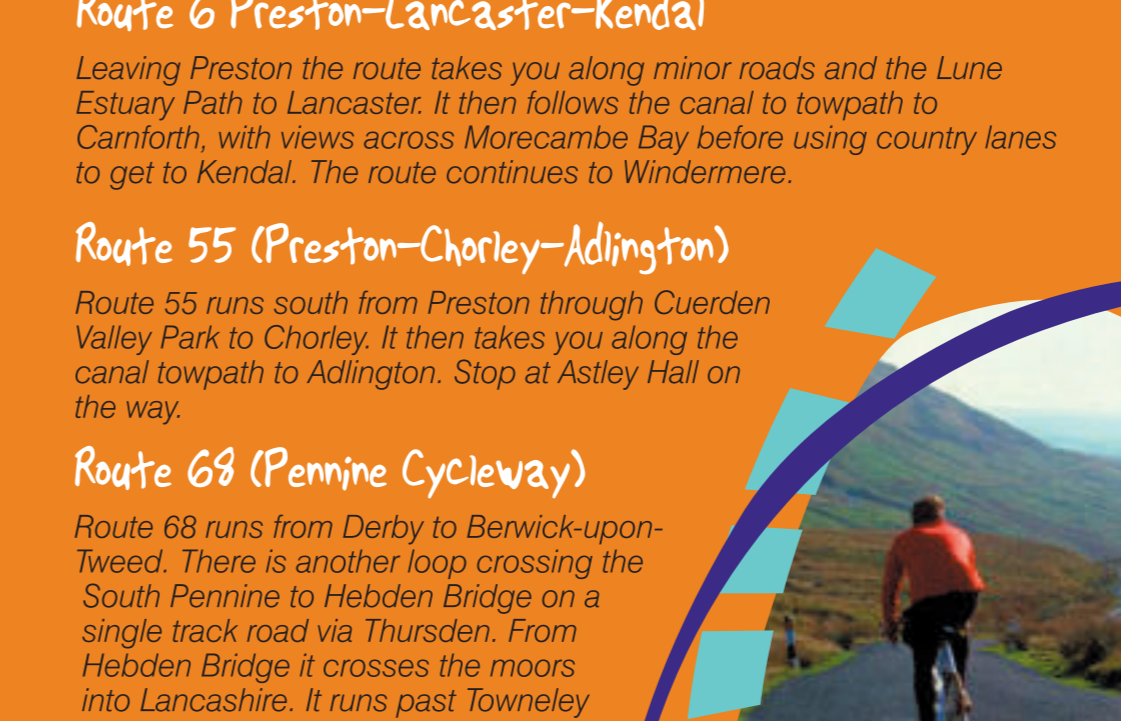
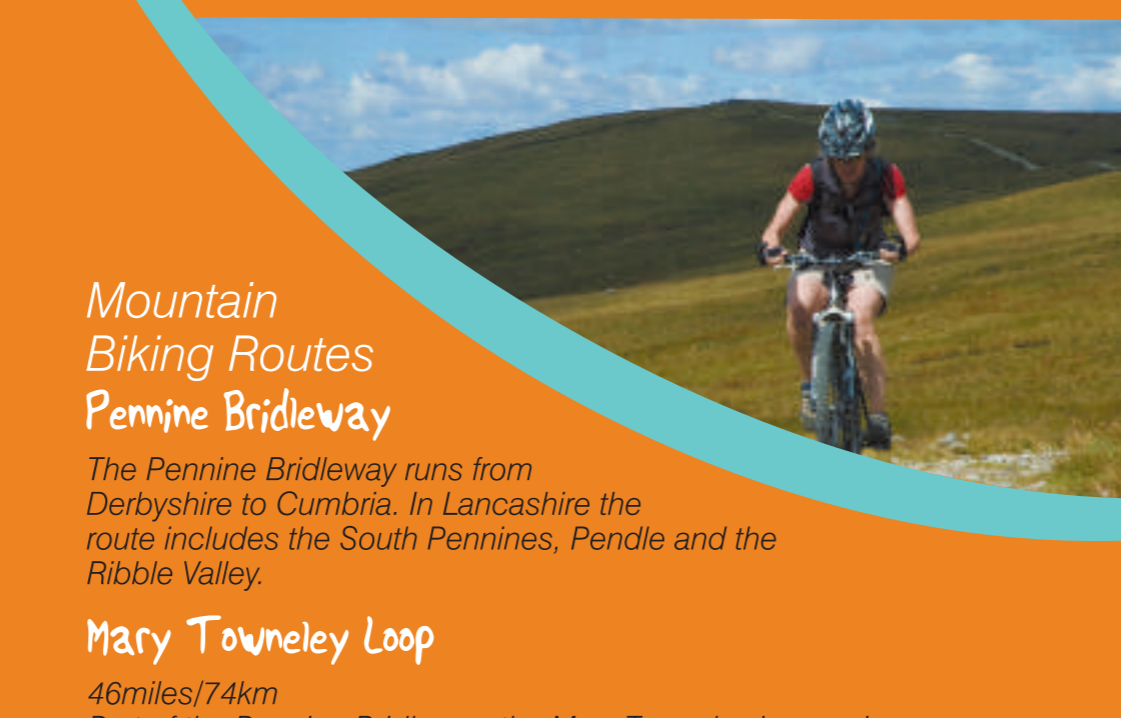
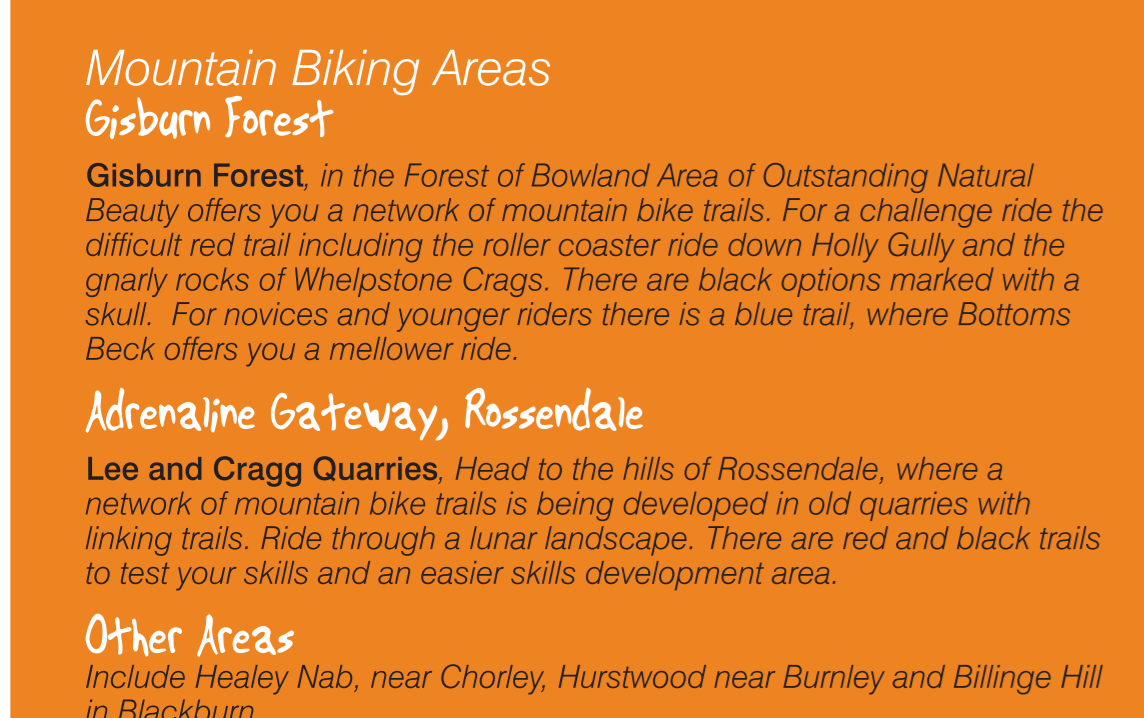
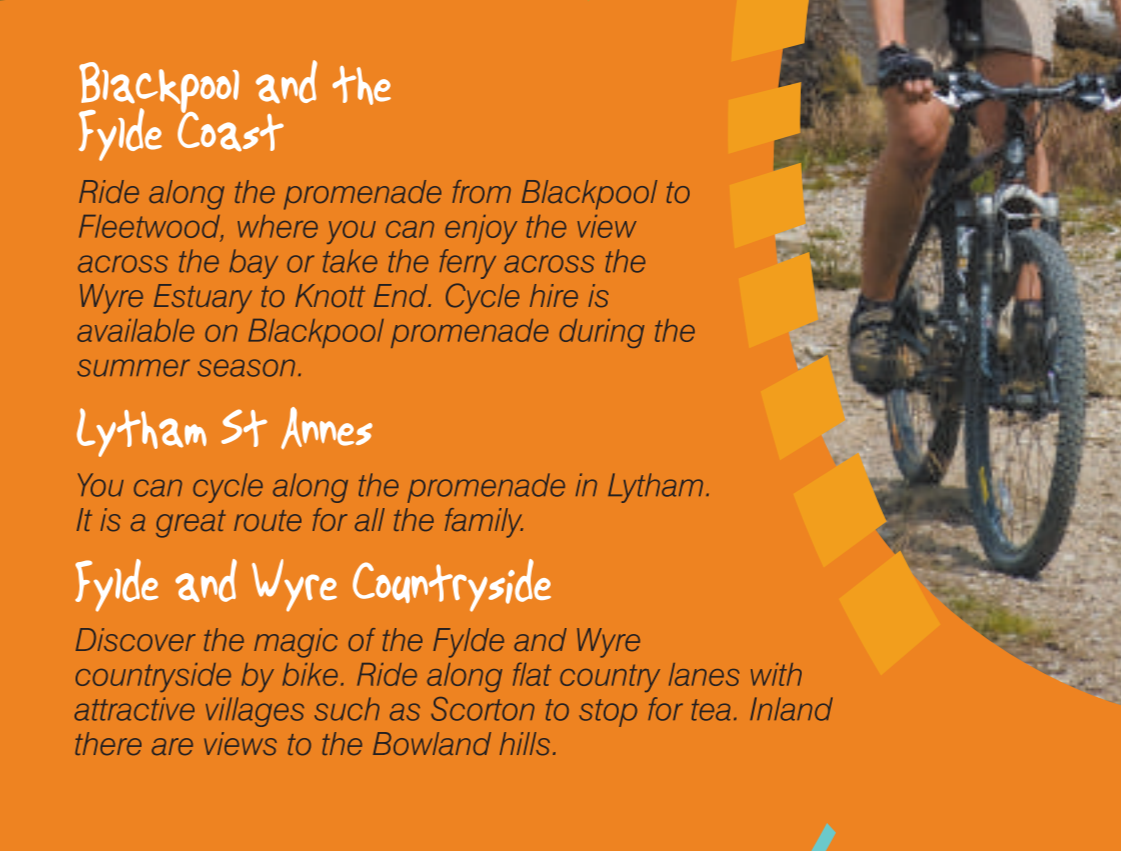
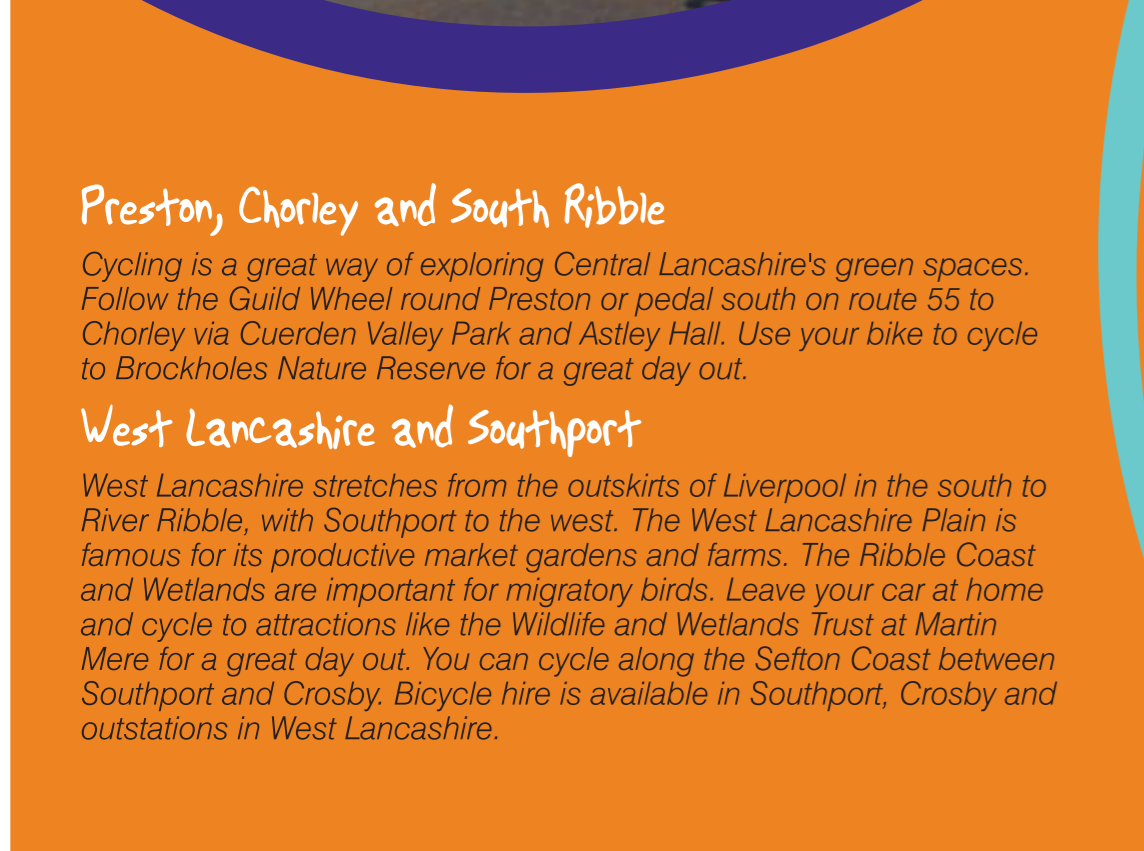
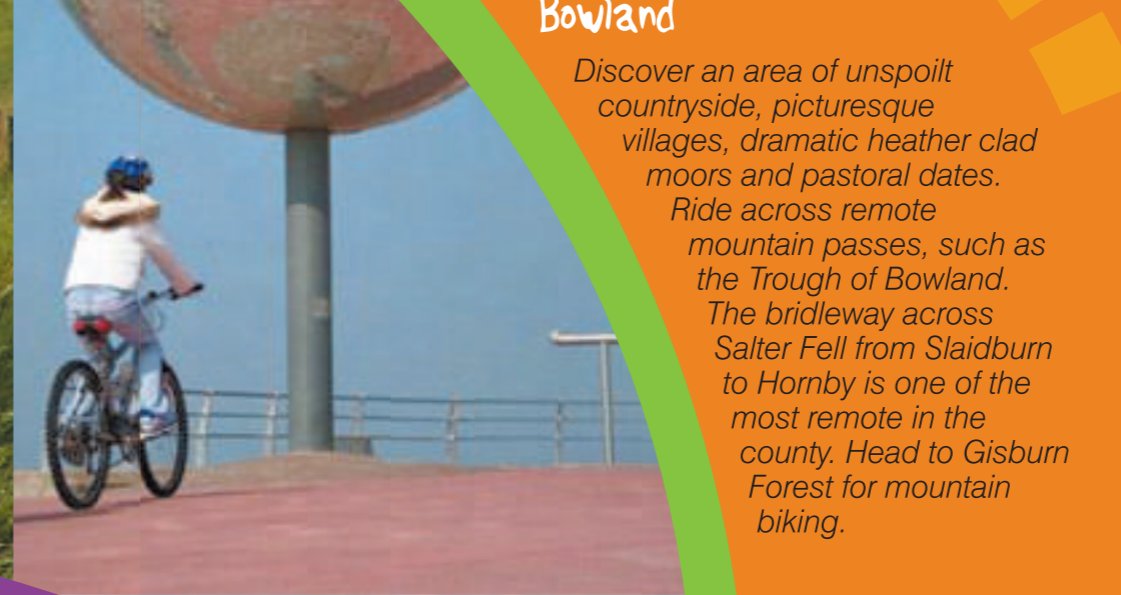
Route 622 Preston Guild Wheel

The Preston Guild Wheel is a 21 mile cycle route that encircles Preston, linking the city to the countryside. It was created as a legacy of the 2012 Preston Guild.

The Guild Wheel route takes you through the different landscapes that surround the city. Follow the Guild Wheel through the ancient woodland, by riverside meadows past historic parks. Highlights of the route include the River Ribble, Brookholes Nature Reserve by the M6 and Preston Dock, the country's largest nineteenth century dock.

Route 685 (Burnley-Padiham)

Route 685 follows an old railway from Burnley to Padiham with views of Pendle Hill. You can return along the River Calder Greenway. There are links to Gawthorpe Hall, a National Trust property.



- Legend**
- Motorway
 - Dual carriageway
 - A road
 - B road
 - Unclassified road, hill
 - Railway, station
 - Traffic-free path
 - Bridleway
 - signed route highlight
 - signed bridleway highlight
 - National route number
 - Regional route number
 - Historic house, mill
 - National Trust, nature reserve
 - Country park
 - Sea, estuary
 - river, canal, stream
 - built-up area
 - Woodland
 - 700m +
 - 600m to 700m
 - 500m to 600m
 - 400m to 500m
 - 300m to 400m
 - 200m to 300m
 - 100m to 200m
 - 0m to 100m



Cycle Lancashire

Discover Lancashire by bicycle.

Lancashire is a great place to cycle with outstanding scenery from the rugged Bowland and Pennine Hills to the flat coastal plain.

With a growing network of cycle routes why not ride along our traffic-free cycle paths, seaside promenade and canal towpaths or visit our mountain bike areas.

