

Introduction

Discover some of the finest mountain biking in the north. Ride across Lancashire's Bowland Fells and Pennine Hills. Head to one of our purpose built mountain biking areas. Test your metal on one of our challenge routes.

At the end of a hard day unwind in our warm and welcoming hosteleries.

Cyclists Welcome

Look out for the cyclists and walkers welcome symbol. To qualify for the award accommodation providers have to meet certain defined standards. If you see the symbol you know that you will be well cared for.

For details of accommodation www.visitlancashire.com

Mountain Bike Trail Grading

At many mountain bike areas you will find trails colour graded.

GREEN: Easy

Suitable for beginners: Gradients are generally easy

BLUE: Moderate

Suitable for intermediates: Gradients are generally moderate, but there may be some steep sections. Trails may include small obstacles such as rocks and tree roots.

RED: Difficult

Suitable for proficient mountain bikers: Gradients are steeper and tougher than blue. Surface may be challenging.

BLACK: Severe

Suitable for experts: Gradients can be anything that is rideable. The route can include large rock steps and drop offs.

Lancashire Mountain Bike Clubs

Lancashire Mountain Bike Clubs include:

Blackburn & District Mountain Bike Club www.blackburnbikers.co.uk

Groovy Tribe Mountain Bike Club www.thetrickmbc.co.uk (Chorley, Bolton)

Bog Trotters www.bogtrotters.org (Lancaster)

Brownbacks Racing www.brownbacksracing.co.uk (Rossendale)

Blazing Saddles (Pendle) www.blazingsaddlesmf6.co.uk

The Rough Stuff Fellowship www.rsff.org ride off road but are not a true mountain bike club. They have two local groups in Lancashire.

Gisburn Forest

Head to Lancashire's largest forest for some great mountain biking. The area is situated in the Bowland Area of Outstanding Natural Beauty overlooking Stocks Reservoir. At the end of the day relax in the daleside village of Slaidburn, the ancient capital of Bowland or stay at Tosside, where the Inn is popular with mountain bikers.

The 8' Red (Difficult) 18km with Black (Expert) Options
Highlights include the gnarly rocks of Whelpstone Crag the roller coaster ride down Holly Gully. Test out Home Baked a section of the route built by volunteers.

Along the route there are black (expert) options marked with a skull.

Bottoms Beck Blue (Moderate) 9.5km
Take the mellow ride along Bottoms Beck following the course of an old railway used in the construction of the reservoir. Later twist and turn through Park Wood, before finishing with a sweeping descent back home.

Starting Point
The Trails start from Cockerill Hill car park on the Slaidburn to Clapham road on the east side of Stocks Reservoir. There are plans for a link from Tosside.

More information

www.forestry.gov.uk/cycling
www.forestofbowland.com



Gisburn Forest

Healey Nab, nr Chorley

Healey Nab, a wooded millstone grit hill on the edge of the West Pennines overlooking Chorley offers you a network of mountain bike trails designed by Rowan Sorrell, one of the country's top mountain bike trail builders.

The main run is a demanding red cross country loop. If this is not challenging enough for you, there is a black graded downhill trail with easier options to test your nerve on.

The trails have been constructed with the help of local mountain bikers. They are approached by Healey Fold Lane, a bridleway on the west side of Anglezarke Reservoir. Healey Nab is best accessed by working it in to a longer ride starting from the visitor centre at Rivington. For more information and a map www.westpenninemoores.com

Hurstwood, nr Burnley

There is a blue mountain bike trail by Hurstwood Reservoir above Burnley. It is an ideal place to start mountain biking. The trail links to the Mary Towneley Loop. For more information www.pmba.org.uk/Hurstwood

Billinge Hill, Witton Park, Blackburn

Climb to the top of Billinge Hill a wooded hill on the edge of Blackburn on the red graded "Tricky Sixty" and "Trail of Two Words". There are short black options. There is a visitor centre in Witton Park. For information and a map www.blackburn.gov.uk/transport/section



Healey Nab

Billinge Hill



MOUNTAIN BIKING IN LANCASHIRE

More Information on Cycling in Lancashire

Leaflets and maps on cycling in Lancashire are available from information offices and direct from Lancashire County Council.

www.lancashire.gov.uk/cycling • Tel: 0800 3281 634

Email: sustainabletravel@lancashire.gov.uk

Pennine Mountain Bike Action

Pennine Mountain Bike Action is a volunteer group that aims to support the development of mountain biking in the area. They run work days where you can help build or maintain mountain bike trails. Their website includes up to date maps of the mountain biking areas. www.pmba.org.uk

Boulsworth Hill and Wycoller Country Park

A superb mountain bike trail taking in some of Pendle's best landscape. Starting from Wycoller Country Park climb up on the road through Trawden and then following the Lancashire and Pennine Cycleways to Coldwell Activity Centre. From Coldwell follow the Pennine Bridleway on the edge of Boulsworth Hill back to Wycoller Country Park.

You could also start the ride from Colne Station, joining the ride at Coldwell, though it is a long climb up.



Adrenaline Gateway-Rossendale

Test your grit on Rossendale's Adrenaline Gateway. A network of purpose built mountain bike trails have been developed based upon old quarries in the moors above Rossendale. The area is home to championship events.

Lee Quarry (above Bacup)
The area includes 6km red (difficult) trail and 1km black (expert) trail.

You will find a huge variety of obstacles to test your skills ranging from lung busting technical climbs, huge bermed descents, low timber sections table top jumps and rollers and of course lots of rocks! There is also a pump track and several purpose built areas for cycle trials.

We recommend a helmet is worn at all times and you may wish to consider body armour for some of these trails.

The best to park is at the Futures Park on the A681 west of Bacup. You can also cycle to the area on Route 93 from Rochdale, the Mary Towneley Loop or from the East Lancashire Steam Railway at Rawtenstall.

Cragg Quarry (above Waterfoot)
Follow the 4.5km red (difficult) trail up through Cragg Quarry above Waterfoot. Enjoy the outstanding views over the Rossendale Valley. This is a fast flowing trail with a combination of short climbs and bermed descents.

The Buck Inn on the way up to Cragg Quarry welcomes mountain bikers. You can get to the Cragg Quarry on the Mary Towneley Loop.

There are plans to extend the area to Facit Quarry above Whitworth.

Linking Trail

There is a linking trail from Cragg Quarry to Lee Quarry with connections to the Pennine Bridleway and Mary Towneley Loop.

More information

www.pmba.org.uk for up to date plans of the area

Ride On mountain bike shop in Rawtenstall can also offer route advice

Mountain bike training

Companies offering courses at the Adrenaline Gateway, include

Great Rock www.great-rock.co.uk/blog/

Bike Right www.bikeright.co.uk/

Rossendale Pennine Adventure offer mountain bike hire, trail guiding, skills training and bunk house accommodation. They are situated on the Pennine Bridleway in Waterfoot

Tel 07771 3566196

Ye Olde Boot and Shoe, Millar Barn Lane, Waterfoot, Rossendale BB4 7AU

www.rossendalepennineadventure.co.uk



Lee Quarry



Lee Quarry

Lee Quarry

Other useful websites

www.forestofbowland.com

www.westpenninemoores.com

www.forestry.gov.uk/cycling

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Pennine Bridleway

Running up the Pennine Hills, the Bridleway will, when complete, link Derbyshire to Northumberland offering you a fantastic 350 mile ride. You can use the Pennine Bridleway to link the Adrenaline Gateway in Rossendale with Gisburn Forest in Bowland when it is fully open.

Highlights of the open route in Lancashire include:

Wycoller Country Park – Ride through a picturesque country park based around the ancient weaving village of Wycoller. Wycoller Hall has Bronte associations. The village's packhorse bridges are a unique feature.

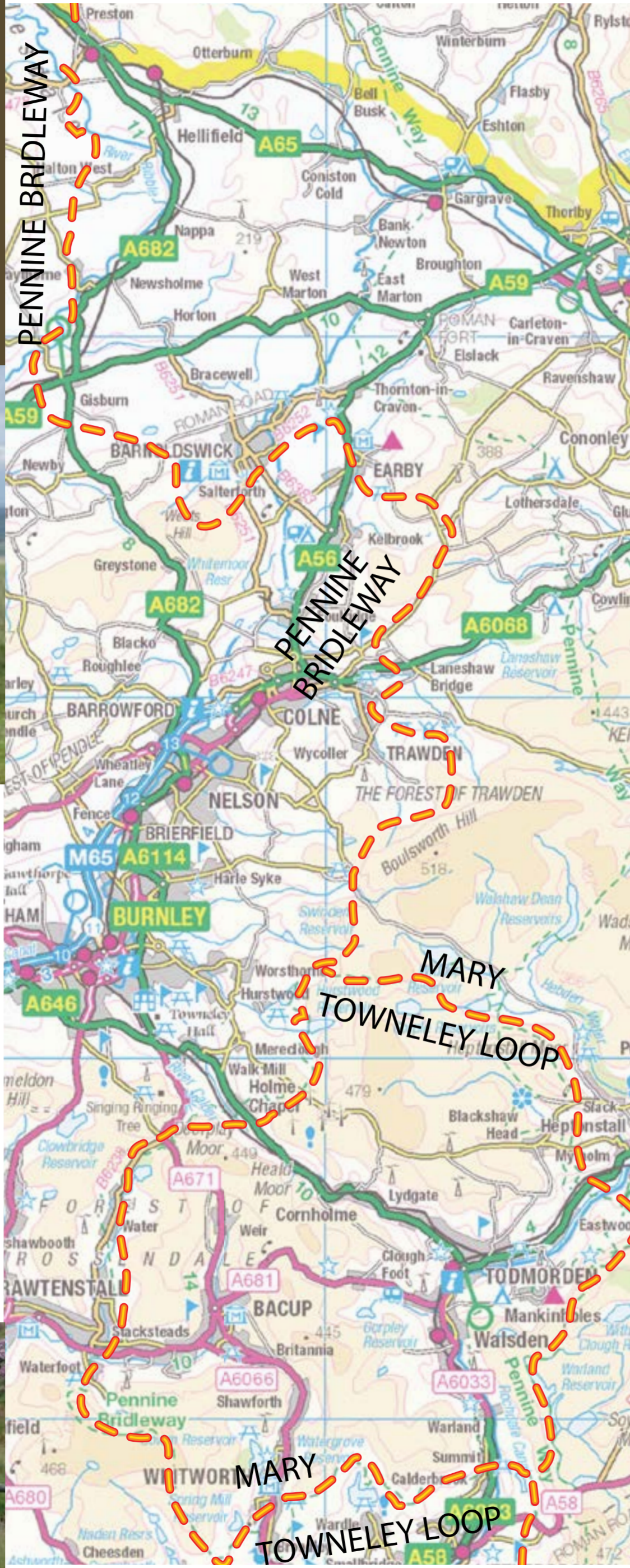
Boulsworth Hill – Ride along the bridleway under the steep scarp face of Boulsworth Hill. At 1,696 feet it is said on a clear day you can see Scafell, Blackpool Pleasure Beach and Ferrybridge Power Station in Yorkshire from the summit. The bridleway offers some tricky downhill single-track routes past Saucer Hill Clough and fantastic views of Pendle Hill.

Weets Hill – The third of Pendle's Three Peaks with extensive views over Pendle and the Ribbles Valley.

For more information www.nationaltrail.co.uk/PennineBridleway



PENNINE BRIDLEWAY



Key
Pennine Bridleway ————

North Lancashire Bridleway including Salter Fell Crossing 28 miles (45km)

An epic crossing of the Bowland Fells from Chipping in the south to Halton in the Lune Valley to the north.

The route includes the crossing of Salter Fell on one of the most remote moorland tracks in the country, where you will be literally miles from anywhere. There are outstanding views from Salter Fell Road towards Morecambe Bay, the Lakeland Hills and Yorkshire's Three Peaks.

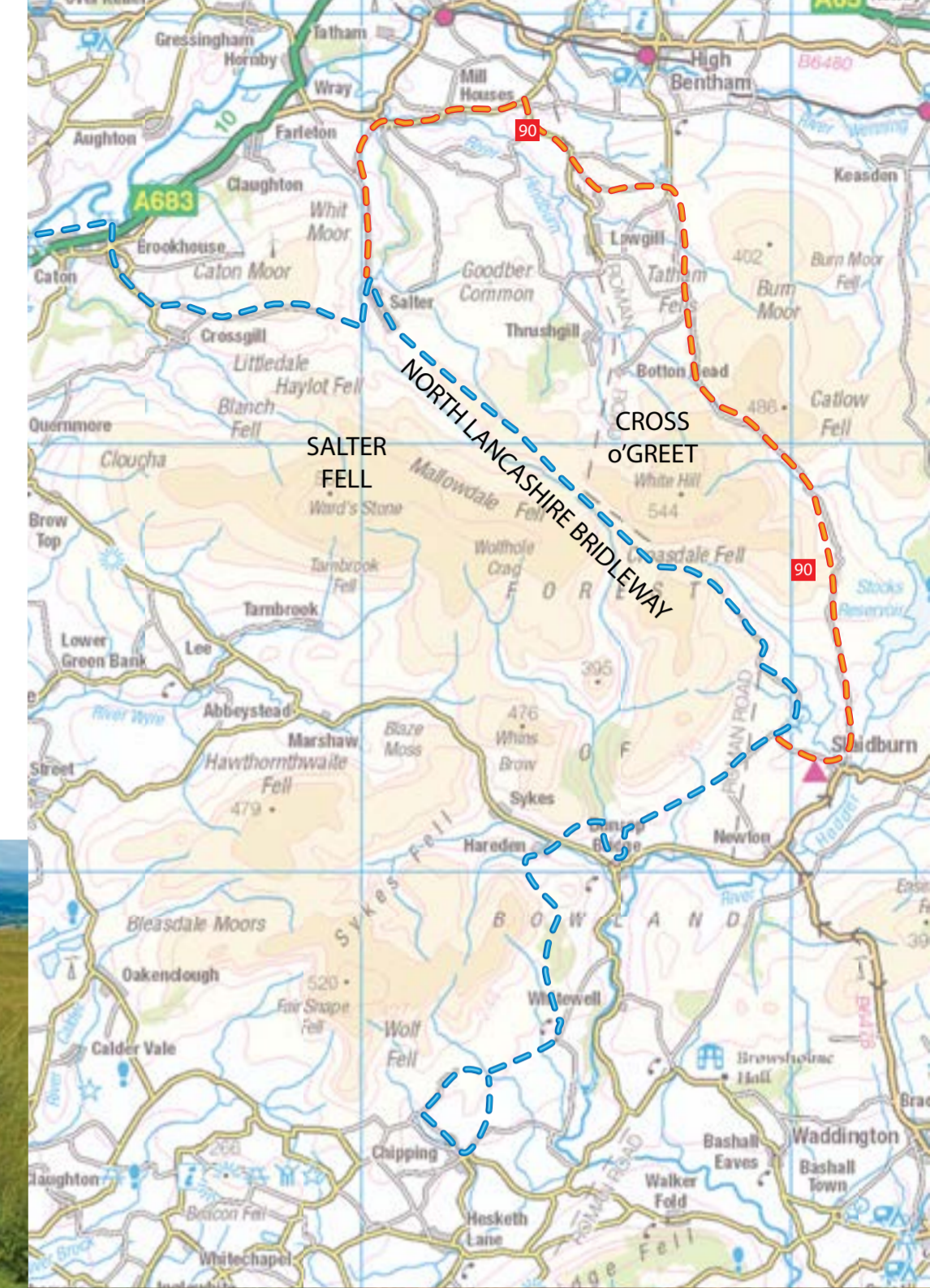
From Halton you can continue into Lancaster on the riverside cycle track.

Salter Fell and Cross o'Greet

You can also make an excellent round trip combining the Salter Fell Road with Lancashire Cycleway route 90 over the Cross o'Greet pass.

Start from Slaidburn or Wray. Slaidburn, the capital of Bowland is a picturesque dales village, boasting the historic Hark to Bounty pub, where Forest Law was once dispensed in the courtroom, youth hostel and riverside tearooms. Wray in the Lune Valley is a stone built village with a background in hat making. The village hosts an annual scarecrow festival.

The return route uses the Lancashire Cycleway (Route 90) over the Cross o'Greet pass following a single track road through open moorland with splendid views to the Three Peaks to offer you one of the best cycling days out in the country.



Mary Towneley Loop

Straddling the Lancashire-Yorkshire boundary, part of the Pennine Bridleway, the Mary Towneley Loop is a demanding 47 mile route. Following ancient packhorse routes, the Loop takes you across the Pennine Hills and back again. The route is named after Lady Mary Towneley from Burnley who led the campaign for the Pennine Bridleway. The route is best done in two days to enjoy to the full.

Highlights of the route include:

Rowley Moor Road – Follow the famine relief road across the moors above Rossendale. The road was built to give work to unemployed mill workers during the 1861 cotton famine.

Gorple Gate – Cross the Lancashire-Yorkshire border at Gorple Gate. There are fantastic views down into Burnley.

Stoodley Pike – You will see Stoodley Pike from many places along the Loop. The tower was put up to celebrate the end of the Napoleonic Wars in 1814 and replaced in 1845.

Makinholes – A beautifully situated village above Calderdale, where you will find many 18th century weavers cottages and a youth hostel.

Cliviger Gorge – A deep gorge in the Pennines between Burnley and Todmorden. You have to ride down into the gorge and then up again.

Cold Clough Wind Farm – Above the gorge is visible for miles around.

Waterfoot – Rossendale – Good starting point for the loop with attractive shops. Karmimor was started by a Waterfoot bicycle shop owner after the Second World War.



West Pennine Moors Bridleway Loop 56 miles

A figure of eight bridleway loop is being developed round the West Pennines. The route takes you across moorland, through deep wooded valleys, past reservoirs and up to stunning view points offering you a beautiful mix of riding conditions.

Highlights of the route include:

Lever Park was created by Lord Lever the soap magnate in the nineteenth century. The area was home to the mountain biking events in 2002 Commonwealth Games.

Rivington and Angelzarke Reservoirs – A network of reservoirs on the west side of the moors was created in the nineteenth century to supply water to Liverpool.

White Coppice – A beautifully situated village at the bottom of the West Pennine Moors with a famous cricket pitch.

Roddlesworth Woods – Attractive wooded valley with a network of bridleways. There is a visitor centre and café at Tockholes.

Darwen Tower – Another splendid viewpoint erected in the year of Queen Victoria's Jubilee.

Holcombe Moor – Owned by the National Trust there are outstanding views over the Greater Manchester conurbation from the moor. Peel Tower on the top was erected in memory of Sir Robert Peel, the prime minister who set up the police force.

For more information visit www.westpenninemoores.com

