



The Guild Wheel

The Preston Guild Wheel is a 21 mile circular cycle route round Preston opened to celebrate 2012 Guild. Preston Guild occurs every 20 years and has a history going back 700 years.

Stop at the floating Visitor Village where you will find a cafe, shops and information centre. There are lakes, hides, walking trails and a play area. The reserve is owned by Lancashire Wildlife Trust. www.brockholes.org

The Guild Wheel links the city with the surrounding countryside and river corridor. It takes you through the different landscapes that surround the city, including riverside meadows, historic parks and ancient woodland.

Attractions along the route include:
Avenham and Miller Parks – Ride through two splendid riverside parks on the edge of Preston City Centre. There is a cafe in Avenham Park. The parks are the centre of the areas cycle network and close to the railway station.
Brockholes Nature Reserve – Brockholes is a new kind of nature reserve. It is a great place to cycle to.

Ribble Steam Railway and Museum – The Guild Wheel runs past the Ribble Steam Railway. There are steam trains at weekends and a museum to visit. www.ribblesteam.org.uk



Cycle routes to the north

Canal Cycle Route (Route 62)
Follow the Lancashire Canal out of the city to Ingot and Cottam. It is a great way of getting to the University Sports Arena.

Grimsgarth Cycle Route
Linking Preston with Red Scar and Grimsgarth the route takes you along an old railway. The railway was opened in 1839 to serve stone quarries in Longridge.

Ribble Link Canal
Connecting with the Lancashire Canal you can cycle on the Ribble Link Canal to Ashton and Lea.

There was also a branch to Whittingham Hospital. The route currently starts at West View Leisure Centre. It is hoped to extend into the city centre in the future.

Moor Park Cycle Route (Route 6)
From the City Centre take the cycle route across Moor Park to Fulwood and Longsands. The route also links to Preston North East Employment Area, the college and hospital.

Eaves Brook Greenway
The Greenway runs along the Eaves Brook Valley through open space. It is hard to believe now that Eaves Brook played an important part in the Battle of Preston 1648 with the opposing armies facing one another across the brook.

Ashton Park Cycle Route
Cycle across Ashton Park and follow minor routes to the University and City Centre.

Oliver Cromwell won and as a result of the battle the king was executed.

National cycle network

Route 62 Preston - Lytham St Annes - Blackpool - Fleetwood
Follow the canal out of Preston. Route 62 then takes you along minor country roads to Kirkham and Lytham St Annes, where you can cycle on the Prom between Lytham Green and Fairhaven Lake. From Blackpool cycle up the Promenade to Fleetwood.

Lancashire Cycleway Routes 90 and 91
The Lancashire Cycleway is a challenging 260 mile tour of the county taking in the Pennine and Bowland Hills to the east and the coastal plain to the west. Route 90 the northern half of the Lancashire Cycleway skirts the north-west side of Preston and Route 91 the southern loop runs round the south side of Leyland.

Route 62 Preston - Southport
Follow route 62 out of Preston to Southport. You can continue along the coast to Liverpool.

A guidebook to the Lancashire Cycleway is available from good bookshops or direct from the Cicerone Press. www.cicerone.co.uk



Cycle clubs

Preston Pirates BMX
Based at the BMX track on London Road, Preston Pirates are part of British Cycling's Go Ride junior cycling programme. www.prestonpiratesbmxclub.com

Preston Wheelers
Preston Wheelers organise a programme of cycle racing and rides. www.prestonwheelers.com

Red Rose Olympic
The club offers a programme of rides, including cyclo-cross. The club's junior section is part of British Cycling's Go Ride scheme with regular training events on the cycle race track at the University Sports Centre. www.redroseolympic.co.uk

Ribble Valley Cycling and Racing Club
Based in the Preston area, the club organises regular Sunday runs, social events, time trials and cycle races. www.ribblevalleycycr.com

Ribble Valley Juniors
Part of British Cycling's Go Ride programme, the club offers a programme of junior rides starting from Walton-le-Dale Primary School near Preston. www.rvjuniors.co.uk

Sky Rides

Watch out for British Cycling's Sky Ride Programme in the summer. www.goskyride.com



Breeze Network

Breeze Rides from British Cycling is about fun, local bike rides for women, by women. www.goskyride.com/breeze



Wheels for All

Wheels for All offer adapted bikes for the disabled. There are Wheels for All Centres at Moor Park and UCLan Sports Arena. Contact Cycling Projects Tel: 01925 234213. www.cycling.org.uk

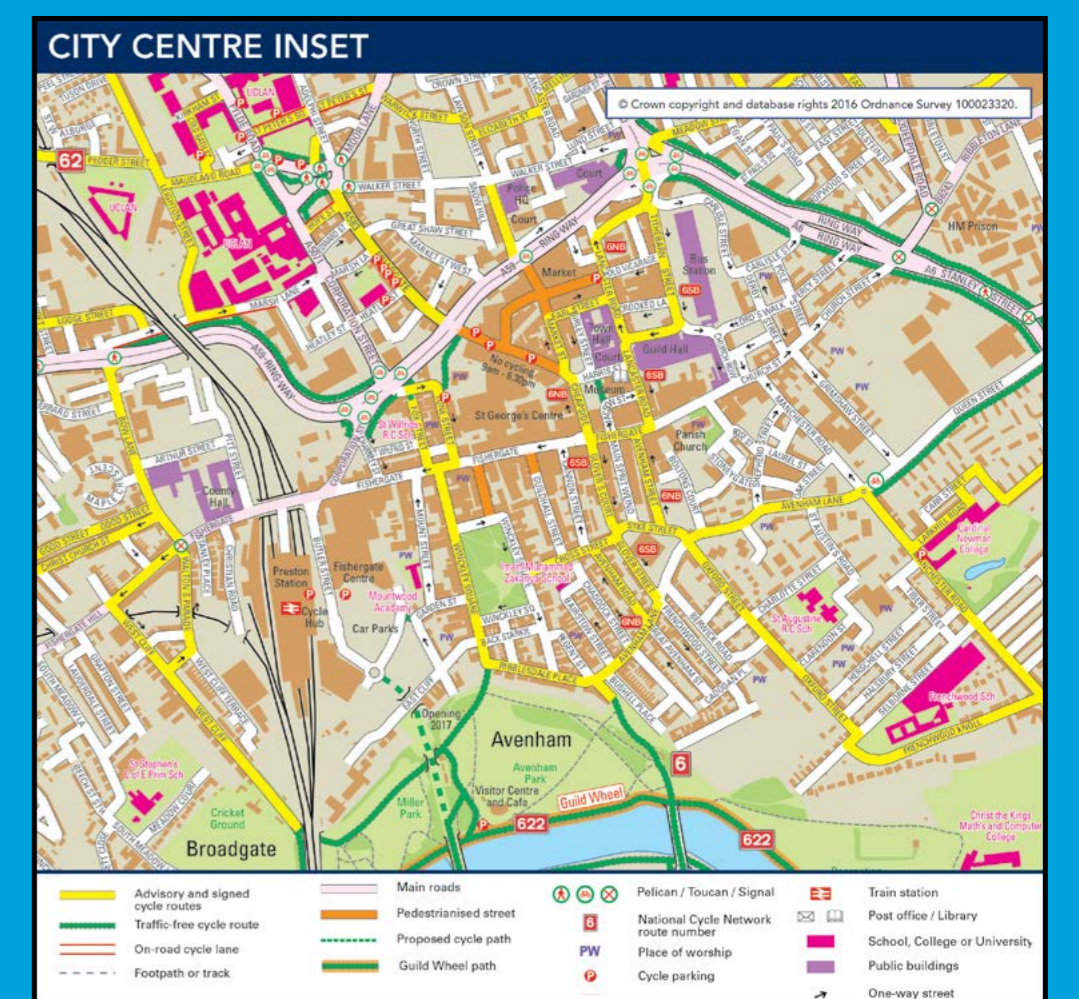
Other facilities

UCLan Sports Arena
The University Sports Arena has a 1.5km cycle race track and a 0.75km junior cycle race track, open for use by individuals, groups, clubs and cycle races. There are also wheels for all bikes for the disabled.

Fishwick BMX Track
Home of Preston Pirates, the BMX track is just off the Guild Wheel. It is one of the best BMX tracks in the north and regularly hosts top class competitions.



Let's Cycle Preston and South Ribble



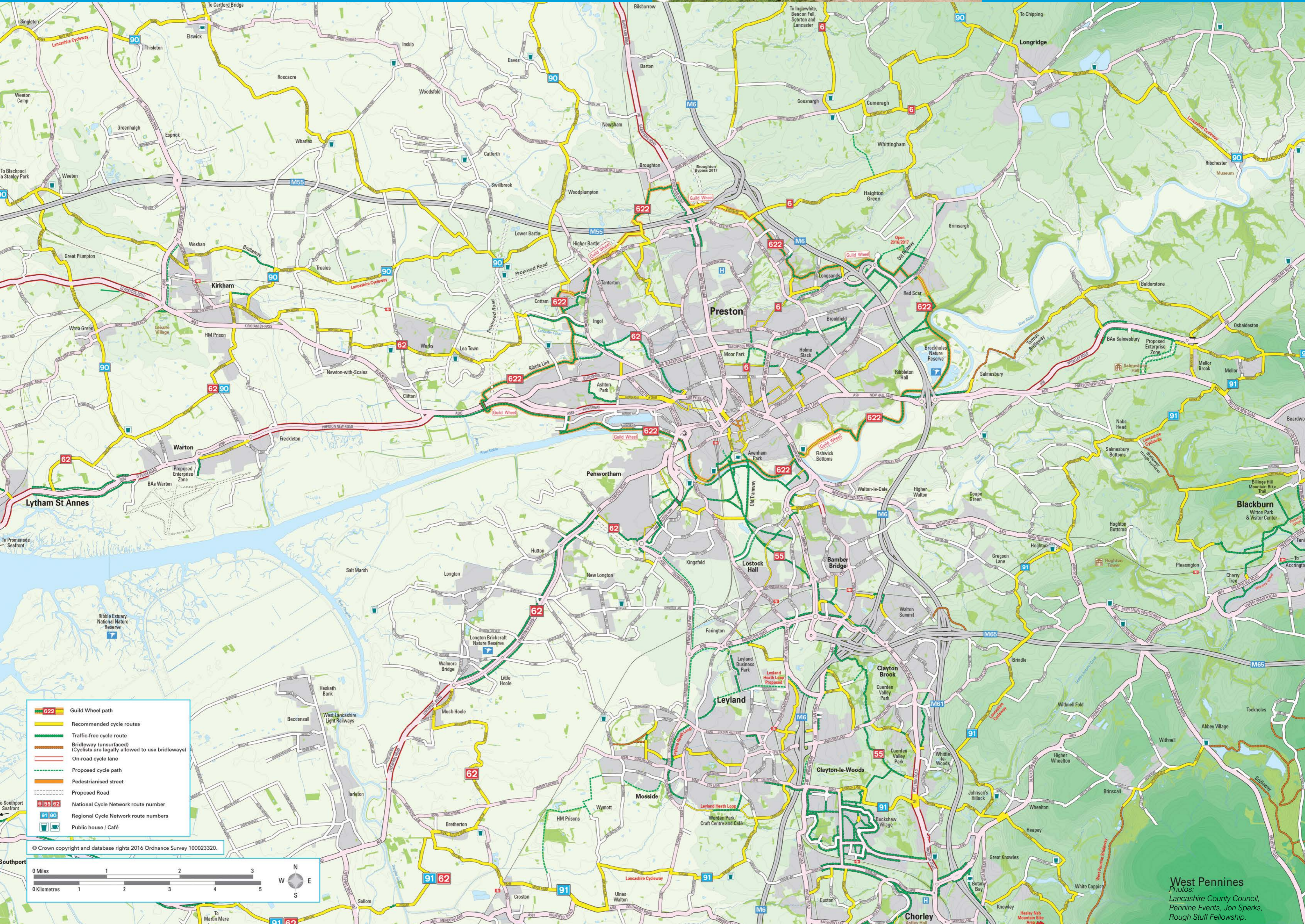
Further information

Websites
www.visitlancashire.com/cycling
For details of cycle routes in Lancashire
www.lancashire.gov.uk/guildwheel
For full details on the Guild Wheel
www.sustrans.org.uk
For information on the national cycle network
www.cyclestreets.net
Plan your route on line

Preston Station Cycle Hub
A new cycle hub is due to open at the railway station in the summer 2016. It will offer secure parking for 200 bikes, a cycle shop and repair facilities.



Photographs: Lancashire County Council, jctaylor.com, Preston Pirates, Visit Lancashire.

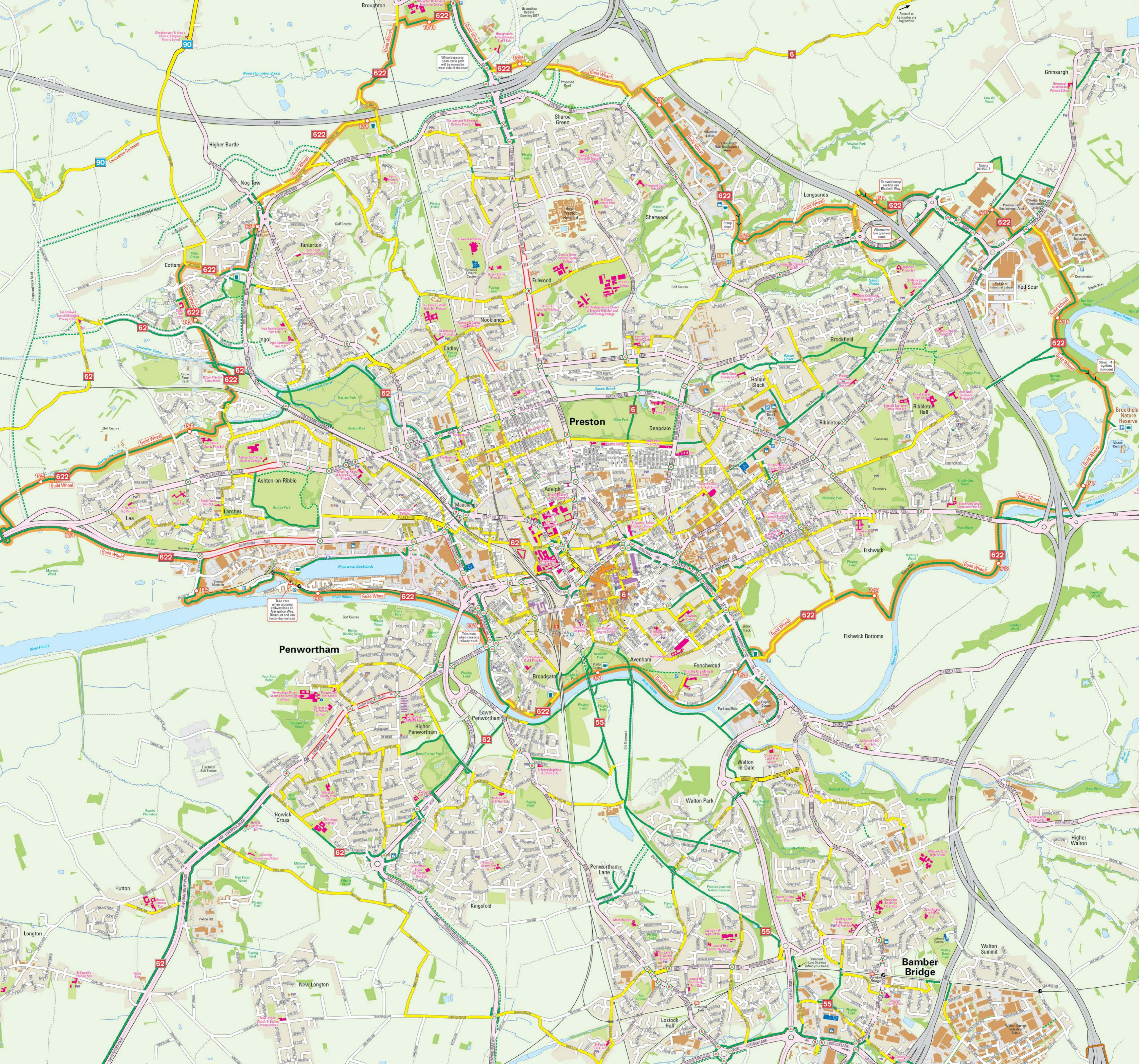


Legend:

- 622** Guild Wheel path
- Recommended cycle routes
- Traffic-free cycle route
- Bridleway (unsurfaced) (Cyclists are legally allowed to use bridleways)
- On-road cycle lane
- Proposed cycle path
- Pedestrianised street
- Proposed Road
- 053/62** National Cycle Network route number
- 04/06** Regional Cycle Network route numbers
- Public house / Cafe

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West Pennines
PHOTOS:
Lancashire County Council,
Pennine Events, Jon Sparks,
Rough Stuff Fellowship.



- Guild Wheel path
- Mile marker
- Advisory and signed cycle routes
- Traffic-free cycle route
- On-road cycle lane
- Footpath or track
- Bridleway (unsurfaced) (Cycling is legally allowed on bridleways)
- Main roads
- Pedestrianised street
- Proposed cycle path
- Proposed Road
- Pelican / Toucan / Signalled crossing
- National Cycle Network route number
- Regional Cycle Network route numbers
- Place of worship
- Library / Post office
- Train station
- One-way street
- Take care
- Steep arrow (points downhill)
- Superstore
- Hospital
- School, College or University
- Public buildings
- Leisure Centre
- Parking
- Public house / Café

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