

Cycling

Ribble Valley

Make cycling part of your lifestyle

Cycling is a great way of staying fit and healthy, keeping your body in shape and saving you money. Go by bike to the shops, school and work and it's a way to obtain the recommended 30 minutes of exercise per day.

It couldn't be easier to get started
 Why not get in touch with Clitheroe Bike Club who organise a range of regular weekly rides throughout the area for anyone to take part. There are weekend and mid-week evening rides that cater for all levels, which include road and mountain bike rides. Contact **Richard Paige at The Green Jersey Bike shop** – a one stop shop for a total cycling experience in Clitheroe. Tel 01200 427630.
 Cycle and Mountain Bike hire is available from **Pedal Power Cycle shop** in Clitheroe, for family days out and holiday bike rides. For hire rates contact 01200 422066.
Bowland Electric Bicycle Network – if you would like to try out the bikes contact **Mike Pugh** on 01200 448000.



Route 1 Ribbles Valley Villages - 29miles (47km) 3hrs

This ride through a wonderful unspoilt area takes in both, contrasting sides of the Ribbles Valley and passes through several attractive and tranquil villages as well as a number of sites of historical interest. Riding is generally on the flat, with a few short climbs.

Start Finish Point: Waddington car park.

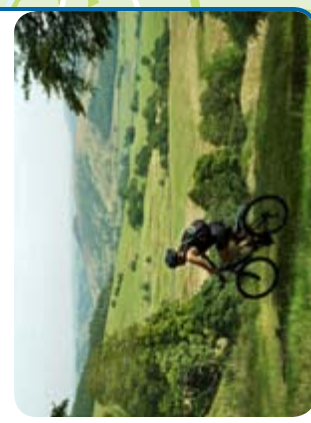
The Route (Minor roads, B roads)

Starting at Waddington car park, take the road straight ahead, passing immediately out into open country. Here you are on a section of the Lancashire Cycleway (Route 90). Follow the blue signs for the next 6km (3.7 miles) until Great Milton.

Possible stop off point at Bashall Bam - shop, cafe and brewery!
Turn left at the T-junction

Places of Interest

- Downham - well known as a backdrop to a few film and TV series, home to Lord Clitheroe and a largely unspoilt estate village.
- Ribchester Roman museum - built on the site of the Roman fort and settlement Bremetennacum Veteranorum, this is the Lancashire's only Roman museum, open all year round.
- Stonyhurst College - Just off the route in Hurst Green this famous Jesuit public school



Route 2 Longridge to Chipping and Hurst Green - 20miles (32km) 2.5hrs

This cycle route starts in the small bustling town of Longridge immediately opening out into the spectacular scenery and views across Longridge Fell. It offers the cyclist a varied selection of landscapes on predominantly quiet country roads in an Area of Outstanding Natural Beauty.

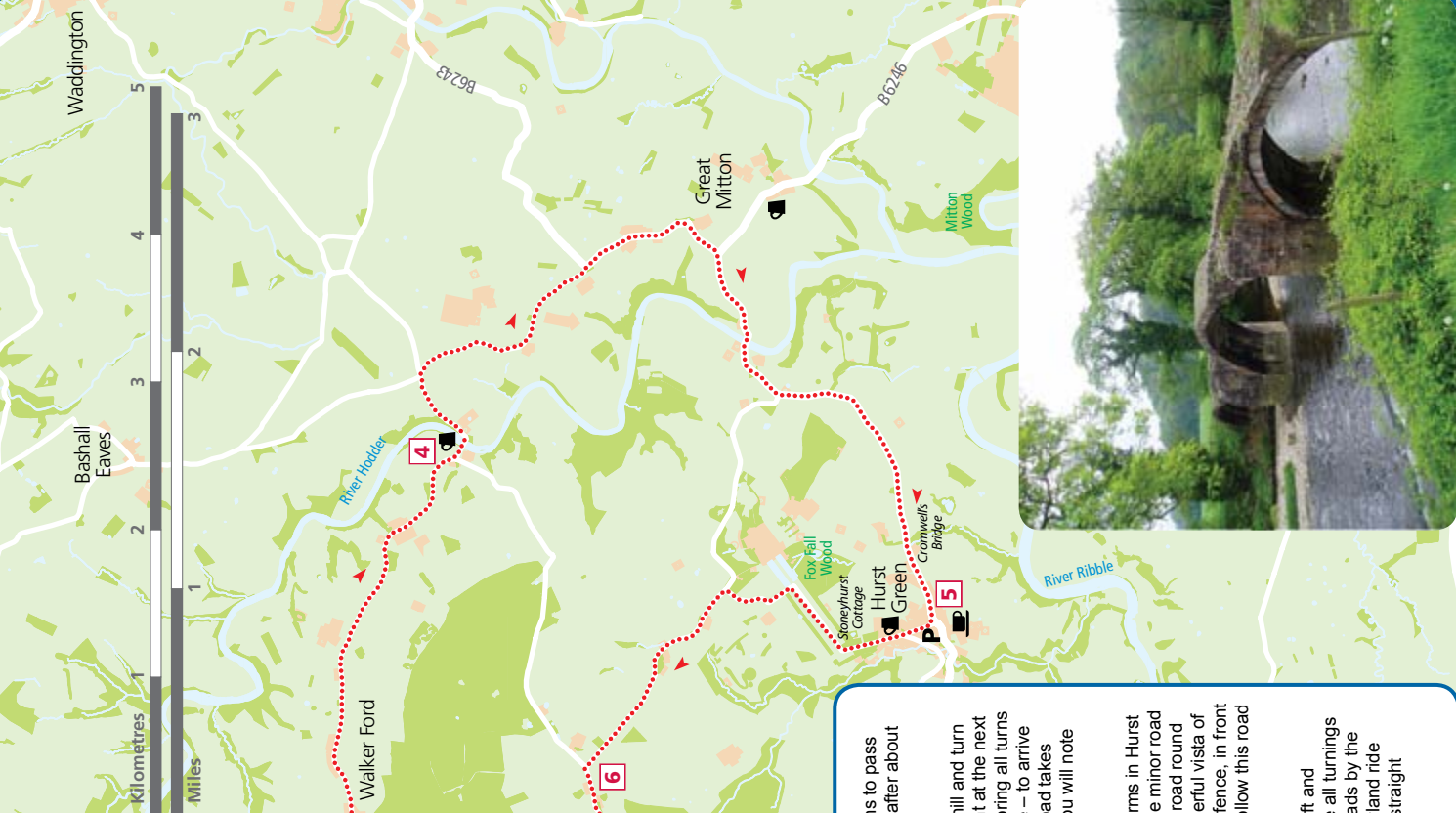
The final section passes alongside Cromwell's Bridge and the splendid buildings of Lancashire cheese and cheddar-making. The Sun Inn is believed to be haunted by the ghost of the serving wench, Lizzie Dean, Cromwell's Bridge. An old pack horse bridge believed to have been used by Oliver Cromwell.

Places of Interest

- Chipping. A picturesque village famed for Lancashire cheese and cheddar-making. The Sun Inn is believed to be haunted by the ghost of the serving wench, Lizzie Dean, Cromwell's Bridge. An old pack horse bridge believed to have been used by Oliver Cromwell.
- Stonyhurst College. Independent school for boys and girls. The Hall formerly belonged to the Shireburn family.

Start Finish Point: Berry Lane, Longridge town centre

- The Route** (Medium Road Ride)
- Ride carefully up Berry Lane (the main street in Longridge), turn left at the top and at the White Bull where the road swings right, carry straight on. After passing the Haven / Caravan Park take the left hand branch of the road in the road. Pass the reservoirs on your right and ride straight on (really a left turn) at the next junction taking care down the hill. Do not turn right at the junction over Jenny Hill to Whitwell and Parlick Fell.
 - At the bottom of the hill go right at a small 'through road' go round to a T-junction by the Dog & Partridge and turn right. Follow the road into Chipping by going left and right at the next junctions. Visit the ancient church of St Bartholomew and the old craft centre. Stop for coffee at the Cobbled Corner Café.
 - Turn right in Chipping and taking the road towards Clitheroe, ignore all turns to pass over the Higher Hooller Bridge (after about 6 miles).
 - Cross the bridge, go up the hill and turn right at the crossroads: filter right at the next junction and follow the road ignoring all turns off it, especially the Whalley one - to arrive at Hurst Green (B6245). This road takes you across the Hooller where you will note Cromwell's Bridge on your left.
 - On reaching the Shireburn Arms in Hurst Green, turn right and head up the minor road towards the college. Follow the road round to the right and take in the wonderful vista of Stonyhurst College. Before the fence, in front of the lakes, turn left here and follow this road for approximately a mile.
 - At the next T-junction, turn left and continue along the ridge. Ignore all turnings and go straight over the crossroads by the Newdrop Inn. A wonderful moorland ride along this road finds Longridge straight ahead.



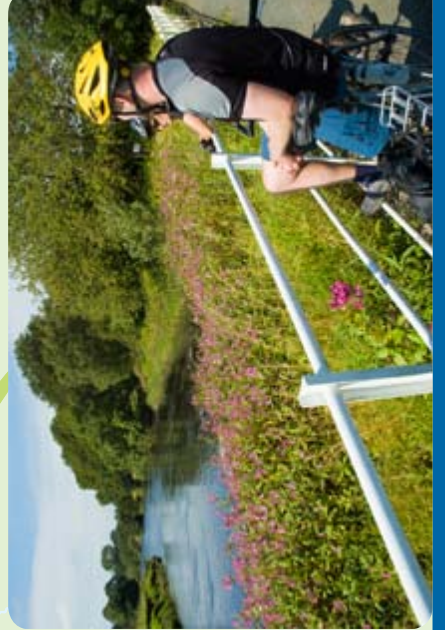
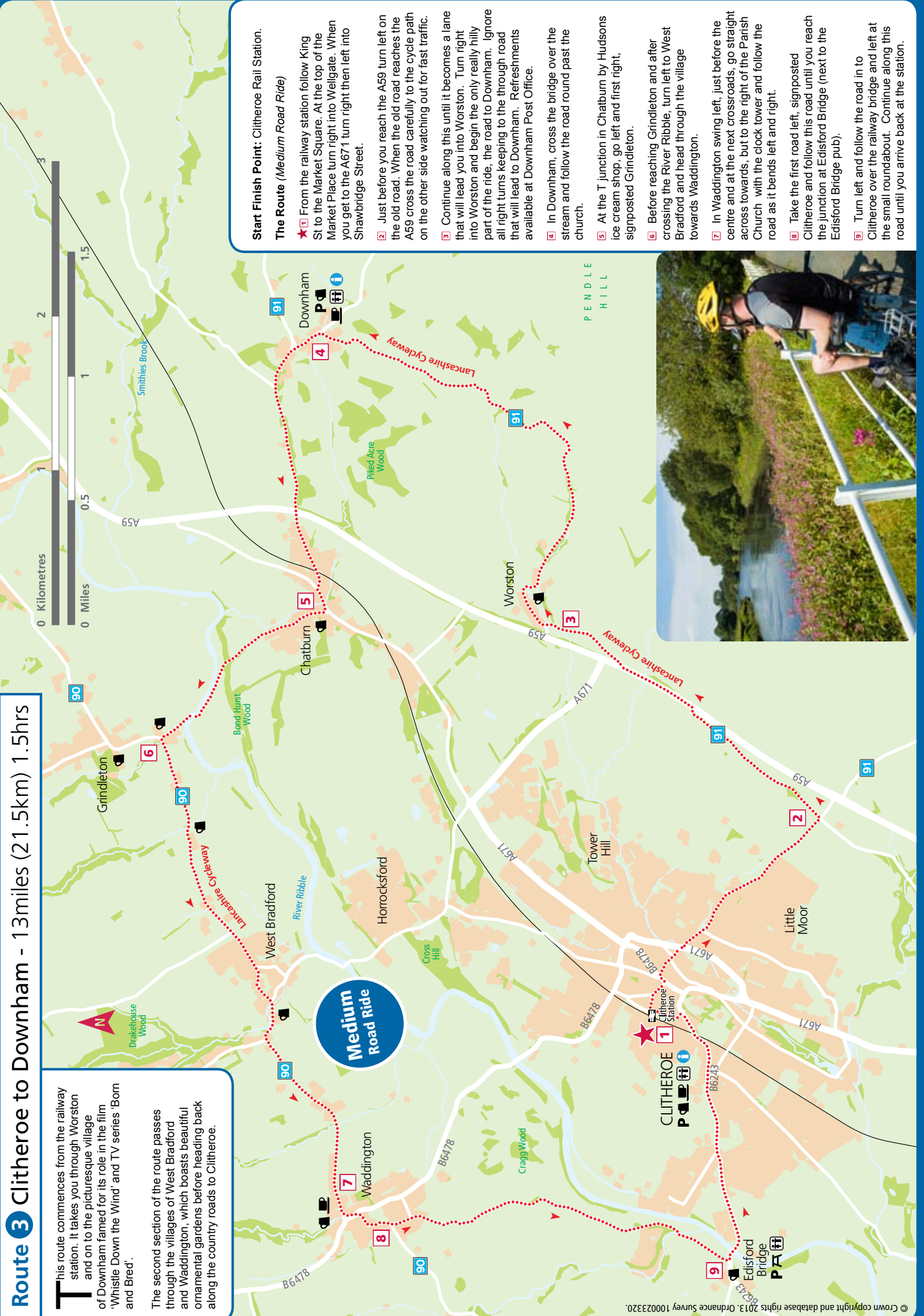
Route 3 Clitheroe to Downham - 13miles (21.5km) 1.5hrs

This route commences from the railway station. It takes you through Worsley and on to the picturesque village of Downham famed for its role in the film 'White Down the Wind' and TV series 'Born and Bred'.

The second section of the route passes through the villages of West Bradford and Waddington, which boasts beautiful ornamental gardens before heading back along the country roads to Clitheroe.

Start Finish Point: Clitheroe Rail Station.

- The Route** (Medium Road Ride)
- From the railway station follow King St to the Market Square. At the top of the Market Place turn right into Welgate. When you get to the A671 turn right then left into Shawbridge Street.
 - Just before you reach the A59 turn left on the old road. When the old road reaches the A59 cross the road carefully to the cycle path on the other side watching out for fast traffic.
 - Continue along this until it becomes a lane that will lead you into Worsley. Turn right into Worsley and begin the only really hilly part of the ride, the road to Downham. Ignore all right turns keeping to the through road that will lead to Downham. Refreshments available at Downham Post Office.
 - In Downham, cross the bridge over the stream and follow the road round past the church.
 - At the T-junction in Chatterton by Hudsons ice cream shop, go left and first right, signposted Grindleton.
 - Before reaching Grindleton and after crossing the River Ribble, turn left to West Bradford and head through the village towards Waddington.
 - In Waddington swing left, just before the centre and at the next crossroads, go straight across towards, but to the right of the Parish Church, with the clock tower, and follow the road as it bends left and right.
 - Take the first road left, signposted Clitheroe and follow this road until you reach the junction at Edson's Bridge (next to the Edson's Bridge pub).
 - Turn left and follow the road in to Clitheroe over the railway bridge and left at the small roundabout. Continue along this road until you arrive back at the station.



Route 4 Upper Dunsop Valley - 5miles (8km) 1hr

Starting from Dunsop Bridge this ride follows a tarmac bridleway up the Upper Dunsop Valley in the heart of the Bowland Fells. Except for the occasional farm vehicle the route is all but traffic free. Dunsop Bridge at the start of the ride is the geographic centre of the UK.

Refreshments: The general store and Post Office, Puddlicocks, also contains a cafe open 9am-5pm including Sundays.

Start Finish Point: Dunsop Bridge (village car park).

- The Route** (Short ride on tarmac bridleway suitable for families)
- Turn right out of the car park and right again immediately past the shop along a track indicated by a bridleway sign. After 700m you come to a small row of houses. Follow the track behind them, pass through a gate and over a wooden bridge over the river. Turn right in the tarmac road. Refreshments continue along the tarmac track to where the valley divides.
 - The bridleway continues but it becomes a lot harder with steep hills and descents, so you are better stopping here and admiring the view.
 - To return to Dunsop Bridge simply retrace your route down the valley. As an alternative to crossing the wooden bridge again you can continue along the drive to the village. You come out by the war memorial - turn left down the short hill over the bridge and back to the car park.

Route 5 Gisburn Forest "Bottoms Beck" Blue Trail - 5.5miles (9.5km) 1hr



Gisburn Forest offers a network of mountain biking trails. The Forest is located high in the Bowland Hills by Stocks Reservoirs.

Bottoms Beck the blue graded trail is suitable for novices and younger riders. Starting from the Forest Hub the trail takes you down to Stock Reservoir and back along an old railway following Bottoms Beck. The trail is marked with blue marker posts.

- Start Finish Point:** Cocklet Hill car park, Gisburn Forest.
- The Route** (Short mountain bike ride suitable for novices)
- Gisburn Forest Hub** Located in the centre of the Forest with cafe, toilets and car parking. Postcode BB7 4TS
- Staldburn and Tosside** There are also facilities at the nearby villages of Staldburn and Tosside. At Staldburn you will find a pretty riverside area, pub, tearoom and youth hostel. At Tosside there is a pub with accommodation.
- Other trails at Gisburn Forest include**
- The '8' Red difficult trail (18km, 11 miles) with black options
 - Hope Line & Leap of Faith - Downhill trails (0.25km)
 - Skills Area - located close to the Forest Hub
- For more information visit www.fores7ry.gov.uk/gisburn

