

Cycling in Skelmersdale

A network of high quality routes are being developed in Skelmersdale linking the town centre with housing estates, schools and employment areas.



It is quick by bicycle

You can cycle a mile at moderate pace in 5 minutes, meaning that you should be able to cycle into the town centre from anywhere within Skelmersdale in 15 minutes.

Cycling is good for your health

Cycling to the shops, work or school is one way of ensuring that you get enough exercise each day to keep fit and healthy.

- Cycling helps you control your weight and reduce your chance of suffering from diseases like diabetes, heart disease, high blood pressure and cancer.
- If you are retired a short cycle ride or walk each day is a good way of keeping fit.
- Cycling is fun. Being outside cycling can help make you feel happy.

Cycling to School

Children love cycling so why not let them cycle to school, or if they are younger cycle with them.



Cyclists from Little Digmaor School

Cycling for leisure

Cycling is a good way of exploring Skelmersdale and the surrounding countryside. The Lancashire Cycleway skirts the north of the town.



Did you know?

- On average cyclists live two years longer than non-cyclists
- An average UK household spends one in every six pounds on travel – think how much you will save if you travel by bicycle
- Cycling uses 0.03 mega joules of energy per kilometre, 70 times more energy-efficient than the average car
- Cycling is the least polluting way of travelling after walking
- 2kg of carbon is saved for every short journey made by bike
- 10 bikes can be parked in the space of one car

♦ Photos by Pat Douglass www.xpandinghorizons.co.uk

