

PRESTON GUILD WHEEL

A walking and cycling route around the City



The Guild Wheel is a 21 mile circular route that takes you round the city of Preston. You can use it for walking, running and cycling or in your mobility scooter or wheelchair. The Wheel is best enjoyed at a slow pace stopping off at attractions and cafes on the way. It is also great for short walks and cycle rides.

THE HISTORY

The Guild Wheel was created as a legacy of 2012 Preston Guild Year. It was set up with the help of the Friends of the Guild Wheel. Preston Guild happens every 20 years and has a history going back to 1179. It is the only Guild still celebrated in the country.

GETTING AROUND

The Guild Wheel takes you through the different landscapes that surround the city. It is made up of paths shared between pedestrians and cyclists with some sections on minor roads.

From Avenham Park, a historic park on the edge of the city centre, follow the route west along the River Ribble past riverside meadows and ancient woodland to Brockholes Nature Reserve. Climb up the hill from the Nature Reserve and continue through grassland and woodland.

The route then takes you round the north of the city on shared use paths and minor roads, before joining the Ribble Link Canal. Follow the Guild Wheel back into the city centre along the river passing Preston Dock on the way.

USING THE GUILD WHEEL

The Guild Wheel is great for walkers, runners, mobility scooters, wheelchair users and cyclists. You do not have to do the whole route to enjoy it to the full.

Keep Healthy – Walking, running or cycling is one way to ensure that you get the 30 minutes a day exercise that doctors recommend for good health.

Bring the Family – Ideal for family walking and cycling trips. Visit Brockholes Nature Reserve, Avenham and Miller Parks or the Docklands.

Enjoy the open air – A good way of enjoying the great outdoors

Getting to School – Walk, scoot or cycle to school: A number of schools are close to the route

Getting to Work – The Guild Wheel passes through a number of Preston's employment areas and close to the city centre.

Links to the Railway station – The route passes close to the railway station. Cycle parking is available at the railway station.

Car Parks – There are several car parks close to the route – please refer to the map shown overleaf.



ATTRACTIONS ON THE ROUTE

- Brockholes Nature Reserve** - located on the edge of the city by the M6. You can view birds and wildlife at lakes and wetlands or eat in the floating visitor village. Managed by Lancashire Wildlife Trust.
- Avenham and Miller Parks** - historic city centre parks located by the river. They are the centre of the area's greenway network. Outdoor events and festivals are held in the Parks during the summer.
- Uclan Sports Arena** - has a cycle race track, used by local cycling groups, including junior cycle clubs and disabled cyclists.
- Ribble Link Canal** - opened in 2000 to link the Lancaster Canal to the Ribble estuary and the Leeds – Liverpool Canal.
- Preston Dock** - When opened in 1892, the dock was the largest in the world. Trade included fruit from the West Indies, timber from Scandinavia and a car ferry service to Ireland from 1948. The Dock is now a marina.
- Ribble Steam Railway** - runs alongside the Guild Wheel by Preston Dock. There are steam trains on summer weekends.
- River Ribble** - The route takes you from the Ribble Estuary to the floodplains of the river valley passing rapids on the way.



Avenham Pavillion



Brockholes

NEED A BREAK?

There are a number of places to stop and take a break on the route.

The Pavilion at Avenham Park – riverside cafe.

The Continental, South Meadow Lane – riverside pub with beer garden.

Boathouse Coffee Shop, Preston Marina – light snacks and beverages.

Baffito's Waterfront – dockside bar and restaurant

Final Whistle Stop – canal side café at Uclan Preston Sports Arena.

The Ancient Oak, Merry Trees Lane – serves food, beer garden.

Guild Merchant, Tag Lane – on other side of roundabout from Guild Wheel.

Broughton village – local pubs to Broughton – one at the crossroads and village shops.

ASDA, Pittman Way – cafe, food outlets.

Preston East Services, Bluebell Way – has a coffee shop and a take away.

Brockholes Nature Reserve – an award winning floating visitor centre and restaurant.

Preston Grasshoppers – The Wainwright Bar at Preston's top flight rugby club is open to the public.

SHARE WITH CARE



Keep speeds down



Short leads



Look out for others



Please share with care

ADVICE FOR CYCLISTS

- Cycle at a relaxed pace and watch your speed going downhill.
- Slow down when passing other users. Ring your bell. Say hello and thank you.
- Allow plenty of room when passing other users.
- Slow down on bends or where visibility is limited.
- Keep a close eye on children cycling with you.

ADVICE FOR WALKERS

- Allow cyclists/mobility scooters to pass you and keep to one side of the path.
- Be aware that child cyclists and scooter riders may take an erratic course.

ADVICE FOR DOG WALKERS

- Keep your dog on a close lead. Not everybody regards your dog as friendly. Long leads are a trip hazard and clean up any dog mess.

BOILTON WOOD

- There is a steep narrow path down to Brockholes Nature Reserve through Boilton Wood, a site of special scientific interest.
- The path has an uneven surface. Cyclists should dismount for safety.

FLOODING

- Parts of the path along the river and on Sandygate Lane, south of Broughton are subject to flooding.

LITTER

- Take your litter home with you or use bins provided.

MAKING CONNECTIONS

"The Spokes in the Wheel"

The Guild Wheel forms part of the National Cycle Network being developed by Sustrans. Preston is the midpoint of the network. The Guild Wheel Route 622 links together a number of key routes.

Route 6 (Preston – Lancaster) From the city centre, the route crosses Moor Park joining the Guild Wheel at Longsands.

Route 55 (Preston – Chorley) The route takes you along cycle paths to Bamber Bridge, Cuerden Valley Park, Buckshaw village, Astley Hall and Chorley.

Route 62 (Preston – Blackpool) Follow the canal out of Preston to the Fylde Countryside. The route continues to Lytham St Annes and Blackpool along the seafront.

Route 62 (Preston to Southport) Cross the river by Penwortham Old Bridge and ride along cycle paths to Hutton. The route continues on minor roads and cycle paths to Southport.

Preston – Grimsargh From West View Leisure Centre follow the cycle path on the old railway out of Preston towards Grimsargh.

REPORT A FAULT

You can report faults on roads, footpaths and cycle paths via the highway fault line on www.lancashire.gov.uk Tel 0300 123 6780.

Acknowledgements

Mapping by Cycle City Guides on behalf of Lancashire County Council OS Licence no. 100023320 2015. Every effort has been made to make sure the map is correct. However we cannot guarantee its accuracy.



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TOURIST INFORMATION

Town Hall, Lancaster Road, Preston PR1 2RL
Phone: 01772 253731 www.visitpreston.com

Further Cycling Information

Cycling in Lancashire www.cyclelancashire.com

Cycling in Preston www.preston.gov.uk/cycling

Sustrans www.sustrans.org.uk

Mile Markers

Around the route are 21 wooden mile markers showing how many miles you are from the start point at Avenham Park. Distances are given in both the clockwise and anti-clockwise directions. Also shown is a letter or number – make a note of all of these and see if you can work out the anagram.

Guild Wheel audio trail

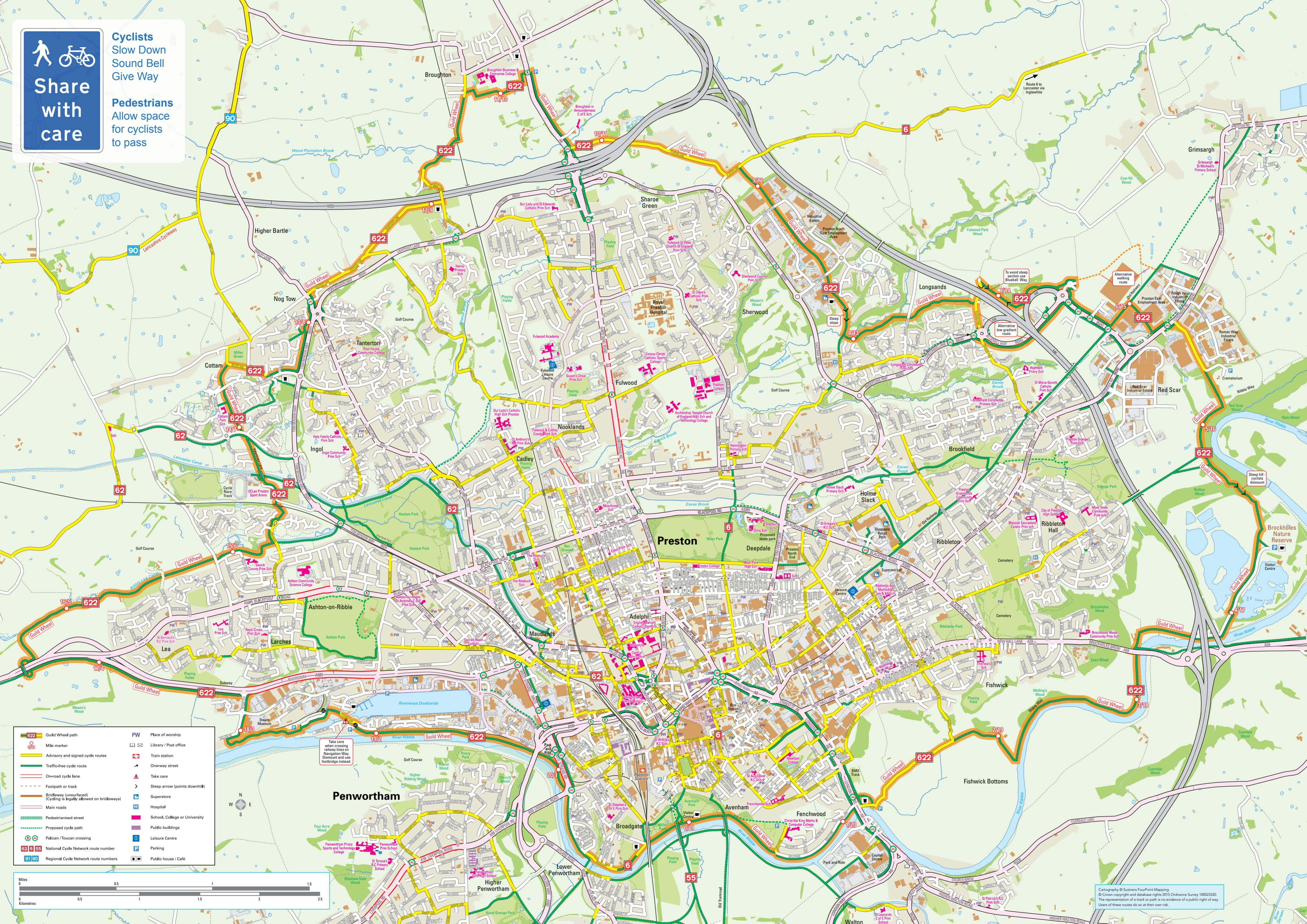
At marker posts 0/21, 2/19, 5/16, 7/14, 8/13, 10/11 and 12/9 using a smartphone, you can listen to musical compositions composed by local schools.



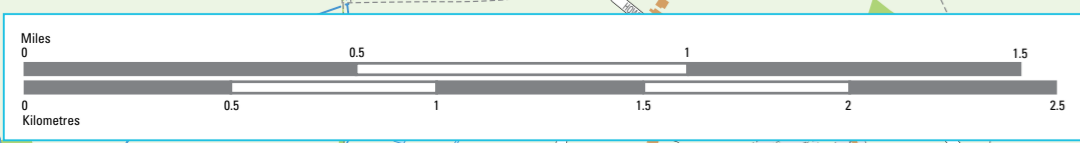
Cyclists
Slow Down
Sound Bell
Give Way

Pedestrians
Allow space
for cyclists
to pass

Share with care



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



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The representation of a track or path is no evidence of a public right of way.
Users of these routes do so at their own risk.