

Getting about by bicycle

Did you know that there are now over 75 km of traffic free cycle paths in Preston and South Ribble? With new routes like the Guild Wheel and 20 mph speed limits it is becoming more attractive to get around the area by bicycle.

It is quicker by bike easier to cycle. In a commuter challenge from Lostock Hall to Preston, it took a cyclist just 14 minutes to cover the 3 mile

It is healthy too Cycling and walking are a great way of keeping fit and staying in shape.

journey beating the bus and car.

Cycle to school Many schools in the area are served by

area 30% of pupils cycle to the school.

traffic free paths. At one high school in the

The Forest of Bowland, Fylde Countryside and West Pennines nearby, cycling is a great way of exploring the local countryside.

Fed up with motorway driving. More and

more people are cycling to the station and catching the train. A new cycle hub is

opening at Preston station in Summer 2016.

There is good cycle parking at other stations

Cycle to the station

Cycle to the Coast You can now cycle on promenades in Lytham, Blackpool, Southport and Morecambe.

It saves you money Cycling means that you have more money to spend on yourself.

Cycle routes to the south

Preston to Bamber Bridge and Lostock Hall (Route 55) Following an old railway line across the River Ribble the cycleway provides a traffic free route out of Preston to Bamber Bridge and Lostock Hall. The route takes you through Preston Junction Nature Reserve, which is rich in butterflies, birds and wild flowers. It is planned to extend the cycle route to the Railway Station and Fishergate Centre.

Old Tramroad Linking with the cycle route to Bamber Bridge and Lostock Hall the Old Tramroad runs from Avenham Park to Walton Park meadows. The Old Tramroad linked the

Lancaster Canal to the north of Preston

pulled wagons along the tramroad.

with the canal system to the south. Horses

Preston to Walton-le-Dale Follow the cycleway alongside the River Ribble to Walton-le-Dale

Preston to Penwortham and Hutton From Penwortham Old Bridge take the cycle path to Penwortham. You can continue

Route 6 Preston - Lancaster

Follow route 6 from Preston to Lancaster.

village with its cafes and the Lune Estuary.

It is a great way of getting to Beacon Fell

Country Park and the Bowland Hills. You

can continue on route 6 to Kendal and

622 Guild Wheel path

Recommended cycle routes Traffic-free cycle route ridleway (unsurfaced)

Proposed cycle path

National Cycle Network route number Regional Cycle Network route numbers

© Crown copyright and database rights 2016 Ordnance Survey 100023320.

Martin Mere

91 62

Windermere.

Highlights of the route include Scorton

National cycle network

from Preston. Cycle one way and catch the train back.

Preston is the midpoint of the National Cycle Network. The network is coordinated by

Sustrans, the sustainable transport charity. The following national cycle routes are open

to Hutton on the cycle route or use minor roads to Kingsfold. There is a link to Hurst Grange Park, which includes a large

Preston to Leyland New crossings are being installed across the A582 making it easier for you to cycle from Preston to Leyland. When the improvements are complete, there will be a new cycle path along the road.

Cuerden Valley Park (Route 55) Ride through Cuerden Valley Park on a traffic free path. Following the River Lostock

the path takes you through riverside pastures and woodlands.

There are picnic sites, a lake and visitor centre run by Lancashire Wildlife Trust. There are linking paths to Buckshaw village, Chorley and Leyland.

Leyland Health Loop A new circular route is being developed Park, Cuerden Valley Park and Buckshaw

Route 55 Preston -

Chorley - Adlington

This route takes you on traffic free paths via

Cuerden Valley and Astley Parks to Chorley.

Continue on the canal towpath to Adlington

Park. Stop for tea at the cafe by Astley Hall.

or on minor roads to Rivington Country

children's playground.

Canal Cycle Route (Route 62) Grimsargh Cycle Route to the University Sports Arena.

Cycle routes to the north

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

The Guild Wheel links the city with the surrounding countryside and river corridor.

that surround the city, including riverside meadows, historic parks and ancient

Avenham and Miller Parks – Ride through two splendid riverside parks on the edge of Preston City Centre. There is a cafe in

the areas cycle network and close to the

Brockholes Nature Reserve – Brockholes

is a new kind of nature reserve. It is a great

Attractions along the route include:

railway station.

place to cycle to.

going back 700 years.

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

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.

Ashton Park Cycle Route Cycle across Ashton Park and follow mino roads to the University and City Centre.

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 Anne's, where you can cycle on the Prom between Lytham northern half of the Lancashire Cycleway Green and Fairhaven Lake. From Blackpool cycle up the Promenade to Fleetwood.

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

Bretherton

91 62

Follow the Lancaster Canal out of the city to Linking Preston with Red Scar and Ingol and Cottam. It is a great way of getting Grimsargh the route takes you along an old railway. The railway was opened in 1839 to

serve stone quarries in Longridge.

Stop at the floating Visitor Village where you will find a cafe, shops and information

Preston Docks – Stop for a drink at one

Ribble Steam Railway and Museum

- The Guild Wheel runs past the Ribble

weekends and a museum to visit.

Steam Railway. There are steam trains at

ride down to the lock gates. When opened in 1892 it was the largest dock basin in Europe employing over 500 people. Today

Lancashire Wildlife Trust.

www.prestondock.co.uk

www.ribblesteam.org.uk

www.brockholes.org

It takes you through the different landscapes of the cafes and pubs by the dockside or

centre. There are lakes, hides, walking trails and a play area. The reserve is owned by

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

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

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

another across the brook.

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 skirts the north-west side of Preston and Route 91 the southern loop runs round the south side of Leyland.

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.ribblevalleycrc.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.

Other facilities

www.cycling.org.uk

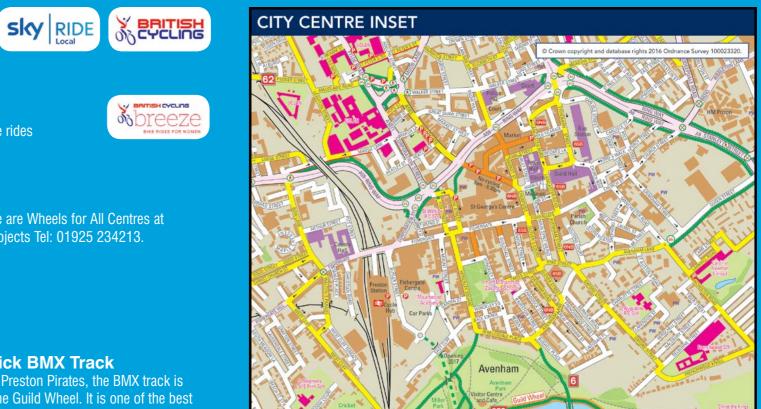
UCLan Sports Arena The University Sports Arena has a 1.5km cycle race track and a 0.75km junior cycle groups, clubs and cycle races. There are also wheels for all bikes for the disabled.

Leyland

Clayton-le-Woods

Fishwick BMX Track Home of Preston Pirates, the BMX track is just off the Guild Wheel. It is one of the best top class competitions.

obreeze



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 www.cyclestreets.net

Advisory and signed cycle routes

Traffic-free cycle route

Lancashire

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.

and South Ribble

Let's Cycle Preston

www.lancashire.gov.uk





Blackburn

West Pennines

Lancashire County Council, Pennine Events, Jon Sparks, Rough Stuff Fellowship.

Plan your route on line

