

Cycling in Pendle

Welcome to the Pendle cycle map. Surrounded by outstanding countryside with a growing network of cycle paths, Pendle is becoming a great place to cycle.

Pendle Cycle Network

Canal Towpath

You can now cycle on the canal all the way through Pendle, starting at Burnley and going on to Barnoldswick. The canal towpath is part of Route 68 (the Pennine Cycleway). It takes you through beautiful countryside with reminders of the area's textile heritage in Nelson and Brierfield.

Places to stop on the way include:

- Barden Mill and Marina:** Includes a cafe. North of the marina there are great views of Pendle Hill.
- Brierfield:** At Clogger Bridge, come off the towpath and over the bridge to Junction 12 Shopping Outlet by B&Q, where there is a cafe.
- Nelson Town Centre:** There are several cafes in the town centre. The ACE Centre in Cross Street is Nelson's new Arts, Culture and Enterprise centre.
- Victoria Park, Nelson:** Located close to the town centre, the park includes a lake and river.
- Barrowford Locks:** Watch boats go through the seven locks.
- Foulridge Wharf:** There is a cafe here.
- Salterforth:** Stop for a break at the canal side picnic site or visit the pub.
- Lower Park Marina, Barnoldswick:** Both the boat yard and shop provide canal boat amenities and services.
- Greenberfield Locks, Barnoldswick:** Look out for the cafe and picnic site by the locks.
- Foulridge Tunnel:** The tunnel is nearly a mile long with no towpath. There is a signed route on the road for cyclists to meet the canal at the other side.



There are links from the canal to:

- Barrowford:** Follow the cycle route across the playing fields to Barrowford.
- Pendle Heritage Centre:** From Barrowford, cycle along the river to Pendle Heritage Centre. Here, you can find out more about the area's history. There is also a cafe at the centre.
- Colne:** From Barrowford Locks, follow Greenfield Road, a quiet road, into Colne Town Centre. Use the cycle path on Vivary Way to get to the north side of Colne and Boundary Mill.
- Nelson Town Centre:** Leave the canal by Morrisons and follow the signs to the town centre.
- Brierfield:** Come off the canal onto Clitheroe Road by the railway station near Northlight (Brierfield Mill), or follow a back route in via Hollin Bank, past Junction 12 Shopping Outlet and B&Q.
- Links to Employment Areas:** Enjoy your journey to work and keep yourself fit at the same time. There are cycle routes to both Lomeshaye and Whitehalls Employment Areas. Rolls Royce and Silentnight are both close to the canal in Barnoldswick.
- Links to Schools:** There are now safe cycle routes serving many of the area's high schools and Nelson and Colne College. For example, use the cycle path on Vivary Way to get to the high schools in Colne or cycle across the playing fields from Barrowford or the new link on Regent Street. Meet up with your friends on the way to school. Cycle training is offered at many schools.
- Links to Burnley:** Follow the canal into Burnley. You can continue to Padham on the new Greenway (along the route of the former railway line). For a day out, use your bike to visit Towneley Hall, The National Trust's Gawthorpe Hall, Queens Street Mill, Thompson's Park (with its model railway and boating lake) or Queen's Park (with its children's road system).
- Nelson Town Centre:** You can now cycle through Nelson Town Centre both ways on Leeds and Marne Road. There is a contraflow cycle lane and cycle stands to lock your bike to whilst you are shopping.
- Using your bike to get to the train (or bus):** More and more people are using their bike to get to the train. Alternatively, you can cycle to Nelson Interchange and then take the bus. There are secure cycle lockers at Nelson Interchange and Pendle Leisure Centre, Colne, next to the railway station. Up to two bikes can be taken on a train.
- Barrowford BMX Park:** Try your hand at dirt jumps. There is a BMX track at Barrowford. It is linked to the canal by a cycle path.
- Victory Park, Barnoldswick:** Here, there is a skate park and children's traffic system where you can teach your children how to cycle safely.
- The Steven Burke Cycle Sports Hub:** The cycle circuit and hub opened in July 2014. It is named after Steven Burke, Colne's Olympic Gold medalist. The circuit and hub are located at the boundary between Nelson and Colne on Swinden Playing Fields adjacent to the Leeds and Liverpool Canal (and National Cycle Network Route 68). The Hub acts as a base for adult and child cycle training, sport beginners' rides, local club Cycle Sport Pendle and cycle racing. The cycle circuit is 1.1km long and is free and open to the public when not booked out. To find out what's on at the Hub or to book the circuit, for which there is a charge, visit www.cyclesportpendle.org.uk following the link for circuit bookings.



Make cycling part of your healthy lifestyle
Cycling is a great way to stay fit and healthy and keep your body in shape. Making short journeys by bike helps ensure that you get 30 minutes exercise a day as recommended by doctors.

Did you know that regular cycling...

- Keeps you young** – regular cyclists are as fit as people 10 years younger!
- Can extend your life expectancy** by up to ten years.
- Reduces your chance of illnesses** such as coronary heart disease, strokes and diabetes.

Save money by cycling
Regular cycling means that you have more money to spend on you.

Take the kids cycling
Cycling is something that the whole family can enjoy. Kids love cycling. The canal towpath and the area's cycle paths offer a safe place for you to cycle with your children. There are child seats, tagalongs and trailers so you can take younger children cycling. Many schools in the area offer cycle training.



Long distance routes

National Cycle Route 91 'The Lancashire Cycleway'
The Lancashire Cycleway is a challenging 280 mile cycle tour of the county, rated one of the top 10 cycle routes in the country. It skirts the edge of Burnley on a roller coaster route around the edge of the Pennine Hills with many ups and downs.

National Cycle Route 68 'Pennine Cycleway'
The Pennine Cycleway, which runs from Derby to Berwick upon Tweed, crosses into Lancashire from Yorkshire past Cliviger Wind Farm, before making a grand entry into Burnley via Towneley Park. From Burnley it follows the canal to Barnoldswick. Another arm of the Pennine Cycleway runs direct from Hebden Bridge to Colne.



Useful Contacts

Pendle Council
www.pendle.gov.uk/cycle
01282 661051

Lancashire County Council
www.lancashire.gov.uk/cycling
01772 533338
sustainabletransport@lancashire.gov.uk

See also 'Cycle Clubs in Pendle' inside.

Tourist Information

Discover Pendle Centre
Boundary Mill, Colne
01282 856186
www.visitpendle.com
DiscoverPendle@pendle.gov.uk

Pendle Heritage Centre
Colne Road
Barrowford
01282 677150
<http://htnw.co.uk>

Nelson Transport Interchange
Broadway
Nelson
01282 698533
<http://www.lancashire.gov.uk>



Discover Pendle's countryside by bicycle

Cycling is a great way to discover Pendle's Pennine countryside.

For a traffic-free ride, try:
Canal towpath: Follow the canal towpath from Barrowford and Colne to Barnoldswick for a leisurely ride in the countryside.

For short rides on minor roads, try:
Wycoller Country Park: Ride out from Colne to Wycoller Country Park. There is a tearoom at Wycoller.

Back road from Foulridge to Kelbrook: Follow the minor road from Foulridge to Kelbrook.

For longer more challenging rides, try:
Tour of Pendle Hill villages: Explore the area made famous by the Pendle Witches by exploring the villages surrounding Pendle Hill by bike.

Barrowford – Barnoldswick – Downham – Barley: From Barrowford take the canal to Barnoldswick, then follow the National Cycle Route 91 (the Lancashire Cycleway) to Downham, before crossing back over via Barley and Pendle Hill.

Newchurch – Higham – Burnley Circular: Follow minor roads on the edge of Pendle Hill to Higham, then take the brideway to Ightenhill and Burnley. Follow the canal back to Nelson and Barrowford. On Jinny Lane, east of Newchurch you will find the Clarion House cafe, a unique survivor from the days when workers used to cycle and walk out into the countryside to escape the grime of mill life.

Cross the Pennines to Hebden Bridge: Follow the National Cycle Route 68 (Pendle Cycleway) across the Pennines from Colne on a single track road to Hebden Bridge. Return via Cliviger Wind Farm and the canal from Burnley.

There are more ride suggestions on www.visitpendle.com

For the ultimate challenge, try...

Grand Tour of Pendle
The Grand Tour is 35 miles long, with 4,286 feet of ascent, the Grand Tour takes you round Pendle's outstanding countryside. **More details:** www.visitpendle.com

Mountain biking
Surrounded by hills, the area has some great mountain biking!

Pennine Bridleway: A long distance trail for horse riders, mountain bikers and walkers. It runs through Pendle, taking in Wycoller Country Park, Bousworth Hill and Weets Hill en route. When complete, the Bridleway will link Derbyshire with Cumbria. More information www.nationaltrail.co.uk/PennineBridleway

Mary Towneley Loop: Part of the Pennine Bridleway, the Loop links Lancashire and Yorkshire.

Suggested rides include:
Bousworth Hill – Wycoller Circuit: Ride up through Trawden to Coldwell, before following the Pennine Bridleway underneath Bousworth Hill to Wycoller Country Park.

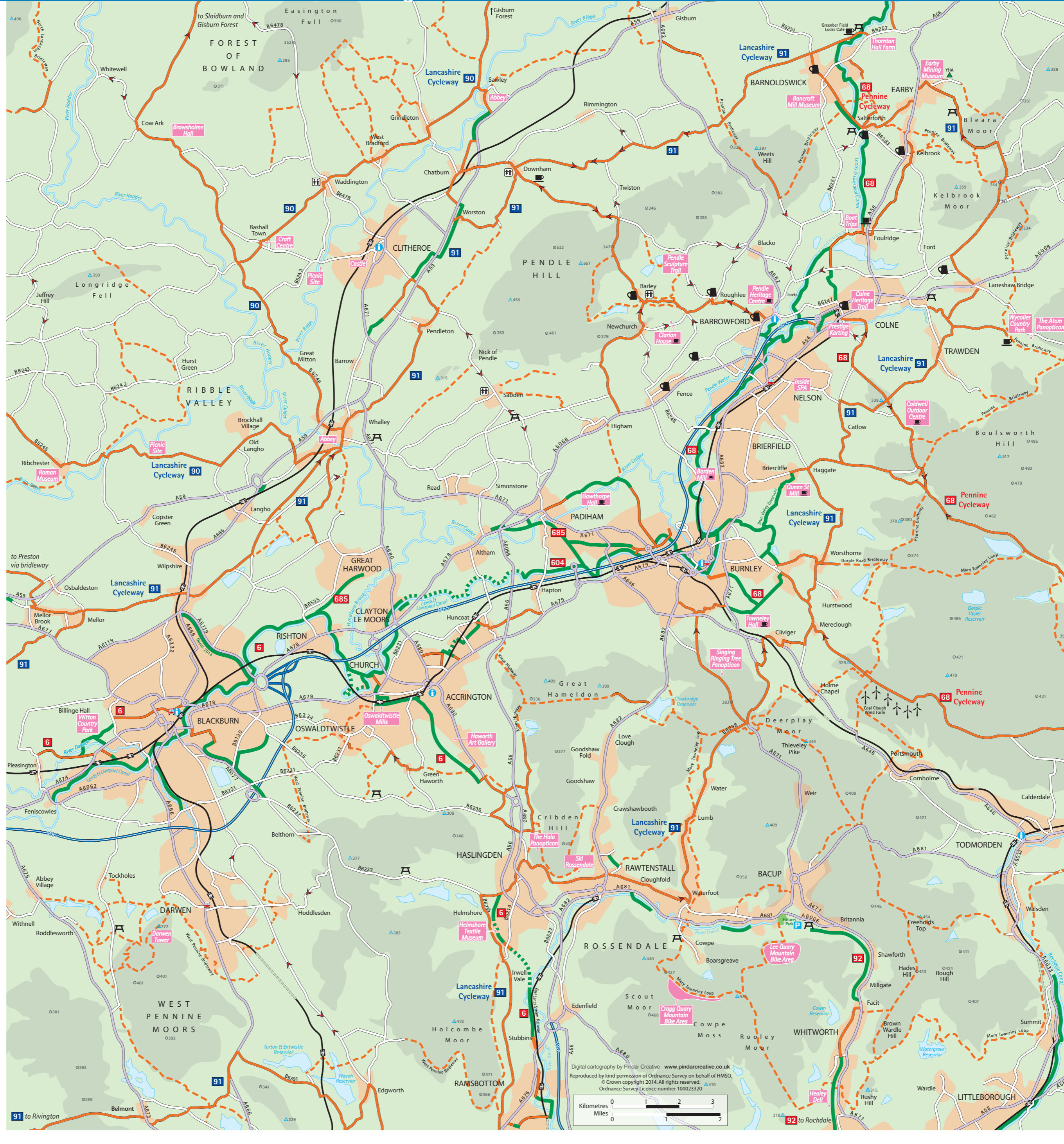
West Craven Hills: From Barnoldswick you can do a figure of eight circuit taking in Weets Hill and Bleara Moor, based on the Pennine Bridleway and Lancashire Cycleway.

Pendle Hill: There are a number of brideways on the side of Pendle Hill, which you can cycle on.

Further afield, visit:
Gisburn Forest: Situated high on the Bowland Hills, Lancashire's largest forest has a network of blue (easy), red (difficult) and black (very difficult) mountain bike trails. For an easy mountain bike ride, try the Bottoms Beck trail.

Adrenaline Gateway (Rossendale): For demanding mountain biking, head for Rossendale's Adrenaline Gateway. Based on old quarries, there is a network of black and red trails. Not for the faint hearted!

Cycling in Penine Lancashire



CODE OF PRACTICE

Many of Pendle's cycle routes follow paths shared with walkers. On canal towpaths and joint use paths, please follow these simple guidelines:

- Cyclists**
- Cycle slowly past pedestrians, giving them plenty of room. Do not assume they can hear or see you, use your bell if necessary or say hello and thank you.
 - On downhill sections, watch your speed. You will be surprised how quickly you can pick up speed!
 - You no longer need a permit to use your bike on the towpath but please use the Greenways Code for Towpaths. Ride at a sensible speed. Be very careful at bridges. Dismount if necessary. Find out more at www.canalrivertrust.co.uk or telephone 0845 671 5530.
 - You are legally allowed to cycle on cycle paths and brideways, but not on footpaths.
 - Take extra care when passing horses. On brideways you should give way to them.
 - When cycling with children, keep a close eye on them.
- Walkers**
- Let cyclists and horse riders pass you.
- Dog Walkers**
- Keep dogs under control.
 - Long leads can be trip hazards to other users – always be aware.
 - Remember to clean up after your dog.
- Horse Riders**
- Remember that other path users can feel intimidated by horses, so give them plenty of room.
 - When other people are about, ride slowly. Do not canter or gallop.
- Key**
- Rural area
 - Urban area
 - Land over 300m
 - Water
 - Main road
 - Motorway
 - Minor road
 - Recommended on-road cycle route (not all signed)
 - Cycle track
 - Bridleway (cycling is allowed)
 - Proposed cycle track
 - National Cycle Route number
 - Regional Cycle Route number
 - Steep Hill
 - Bus Station
 - Rail line and Station
 - Rail Tunnel
 - Information point
 - Public convenience
 - Public house
 - Cafe
 - Picnic site
 - Triangulation pillar/spot height