

FREE

Mountain Biking

in Lancashire's
**Forest of Bowland
and
Pennine Hills.**

Two-wheeled
Adventures through
some of the North
West's Grandest
Scenery





Introduction

Discover some of the finest mountain biking in the north.

Ride Lancashire's Bowland Fells and Pennine hills. Pedal across untamed moorland, grapple with forest trails or descend into unspoilt valleys.

Enjoy hours of exciting trail riding.

You will find everything to test your skills here. Looking for an easy route? Go to Gisburn Forest, with its progressively graded trails.

As a step up try some of the easier sections of the Pennine Bridleway, such as the spectacular track across Rooley Moor. For a challenge ride the 47 mile long Mary Towneley Loop, part of the Pennine Bridleway.

To escape, cross the rugged Bowland Fells on the Salters' Way, said to be the finest moorland crossing in the country. For a technical challenge try the gritstone routes of Rossendale and Lee Quarry, above Bacup, our new championship standard mountain bike area.

At the end of the day you will find many warm and welcoming pubs and B&Bs to relax in, where you can plan the next day's ride.

For more information on Cycling in Lancashire visit;

www.lancashire.gov.uk/cycling

or call 0800 328 1635.

For tourist information visit;

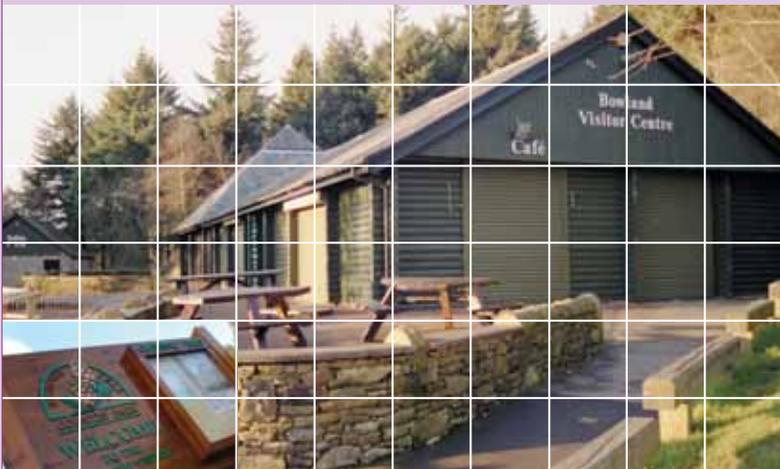
www.visitlancashire.com

A Note on Shorter Routes

For those just starting out or with younger or less experienced children a couple of locations provide a good starting point at which to introduce yourselves to mountain biking.

Beacon Fell Country Park ~ 01995 640557. You can use any of the tracks with a good, made-up surface within the park but there is a special mountain bike route, the Fellside Trail (2.5 miles, blue waymarkers) set out for you. Summit Fell at 226m (741 feet) gives you great views over the Bowland Fells and the Lancashire Plain. The Bowland Visitor Centre near Fell House Car Park has information (maps of the country park showing trails available), a small café, bike rack and toilets.

Leisure Lakes at Mere Brow ~ 01772 813446. 5 miles from Southport. The track itself is only a small part of a large leisure site including a caravan and camping park, watersports centre, golf range and fishing lake. A charge of £2.50 per adult (£2.00 per under 16) allows you access to the track for the whole day.



This provides a beautiful mix of riding conditions, hidden gems and stunning views in the area known as Lancashire's Lake District. Work is underway to create a long challenging off-road circuit of the whole area a la Mary Towneley loop. This route follows the circuit where it currently exists. In time new bridleways will be created to take it off the road sections.

MAIN LOOP

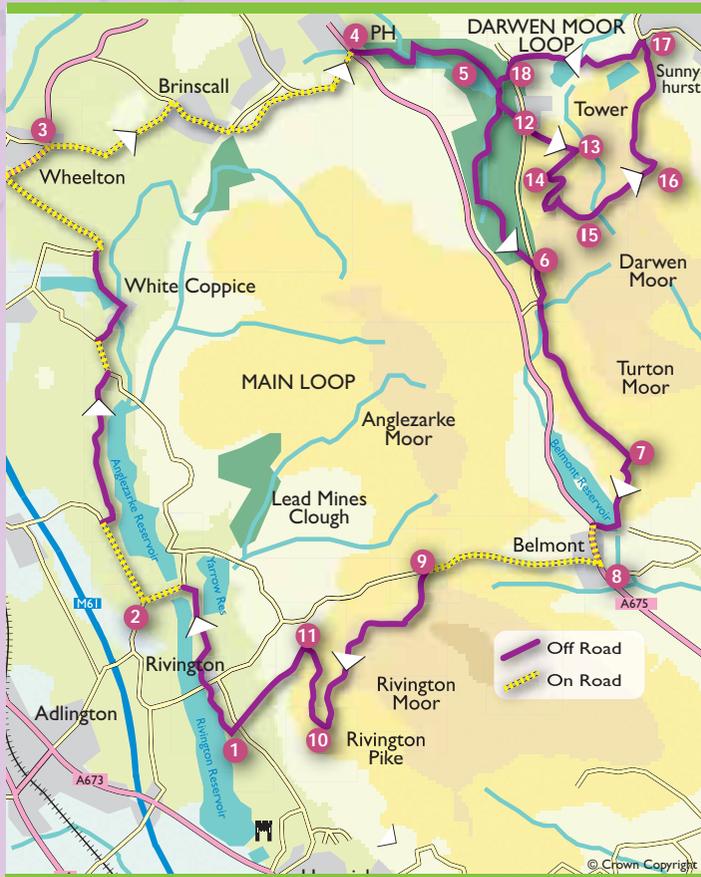
① From Great House Barn car-park follow the track northwards alongside the reservoir towards Yarrow and across the dam at Anglezarke reservoir. ② Follow a sequence of lanes and bridleways past Healey Nab (a popular short circuit in itself) through White Coppice to Wheelton. ③ Head to Brinscall, go straight up Butterworth Brow and follow lanes to Hare and Hounds pub. ④ Follow track past Roddlesworth reservoirs and through an attractive wooded glen until reaching a track signed to the Visitor Centre. ⑤ **Take this to do the Darwen Moors circuit (see below).** Otherwise carry straight on. ⑥ Follow Witton Way signs as it heads south passing along Catherine Edge on a semi-rough track with good views across to Winter Hill. ⑦ By Belmont Reservoir take the track on the right through a farm and down to a junction with the narrow lane crossing the dam. Follow to the A675. ⑧ Turn right to Rivington. ⑨ After reaching the top of the hill turn off left onto a rough stone track. This contours around the hill side giving great views across the whole of W Lancs. ⑩ Take the right fork by the Pigeon Tower and at subsequent junctions to drop down a fast, rough descent to a small car-park. ⑪ Turn left onto a bridleway down to Rivington Hall Barn and return to The Great House Barn.

DARWEN MOORS CIRCUIT

⑫ Ride up past a set of terraced houses onto a bridleway for a gentle climb. ⑬ Turn right onto a track running parallel to the wall with great views across to the Fylde peninsula, the coast and Longridge Fells. ⑭ At a subsequent track t-junction, keep left for a final climb to a gate at the edge of the top plateau. ⑮ Pass through a pair of gates to take the middle track to cross the plateau – following the footsteps of the 19th century coal miners! ⑯ Turn left and follow the track towards Darwen Tower. Head north from the tower following the Witton Way signs for a fast descent. ⑰ Turn left onto the lane and out of Sunnyhurst village, then descend and cross the dam. On the far side follow the sign left to Tockholes. ⑱ Turn left then right onto a concessionary bridleway descending through the woods to meet the main circuit.

For more detailed navigational text email info@pennineevents.co.uk

- Distance** Main loop~ 20 miles/32.5 km.
Darwen Moor loop adds 5 miles/8.5km.
- Off - road** Main loop~ 12 miles/18.5 km
Darwen Moor loop~ 5 miles/8.5km.
- Start** Great House Barn, Rivington Lane, Rivington GR: 628138 or Tockholes Visitor Centre, Tockholes Road GR: 665214.
- Grade** Medium~ a mix of broad tracks, moorland paths, the odd fast stony descent and singletrack, interspersed with quiet lanes. Height climbed~ 700m (plus 300m on Darwen Moor loop).
- Duration** Allow 3-4hrs plus 1hr for Darwen Moor loop.
- Map/Guide** OS Explorer 19 West Pennine Moors
Contact Pennine Events for mmo file (for those who have Memory Map).
- Information** Great House Barn Information Centre, Rivington. 01204 691549.
- Getting there** Rail stations at Blackrod & Darwen. Both start locations are signed in the vicinity and easily reached by road.
- Refreshments** Cafés at both start locations (n.b. not always open everyday throughout the year). Pubs and/or village shops in Belmont, Rivington, Wheelton, Brinscall, Stonyhurst and other spots in between.



Tough both in terms of gradients and surface - though there is excellent signing and mapping and many of the tracks have been upgraded. There are easier sections if you just want a quick, less demanding taster of the whole experience, such as the track over Rooley Moor and Limersgate, linking Hurstwood and Widdop Reservoirs. The Mary Towneley Loop is only a small part of the whole Pennine Bridleway which will stretch 350 miles from Derbyshire to Northumberland when finished. The loop's scenery is a unique blend of centuries-old packhorse trails and newer bridleways crossing wild, open moorland indented by steep sided cloughs and gullies. As a multi-user route expect to meet horseriders and walkers along the way and ride appropriately.

The Loop is clearly signed throughout.

From Holme Chapel climb up to Long Causeway. Head north past reservoirs onto the fine moorland track to Widdop Reservoir.

From Gorple Lower Reservoir to the Calder Valley you are on a real mixture of surfaces from tarmac to rough pasture. A steep climb then takes you onto the fantastic Kilnshaw Lane/London Road section under Stoodley Pike and to picturesque Mankinholes.

After a stiff climb up to Reddishore Scout head across to Watergrove Reservoir. Some rough pasture follows towards Broadley. Rooley Moor Road leads to the highest point on the route, Top of Leach.

From Stacksteads minor roads lead over Deerplay Moor back to Holme Chapel.

For more detailed navigational text email info@pennineevents.co.uk

Highlights

- 1 Gorple Road**~ Crossing of Pennines between Widdop and Hurstwood, with splendid views.
- 2 Stoodley Pike**~ Not directly on the route but a visible landmark from many places along it. Originally put up to mark the end of the Napoleonic Wars in 1814 and replaced in 1854.
- 3 Mankinholes**~ A beautifully situated small village with many 18th century houses and youth hostel.
- 4 Rooley Moor Road**~ A significant stretch of this wonderful moorland track still has the original stone setts.
- 5 Gambleside**~ Just off the route by Clowbridge Reservoir is the site of Gambleside, an abandoned mining village.
- 6 Cliviger Gorge**~ Deep gorge in the Pennines between Burnley and Todmorden. Colo Clough Wind Farm is a prominent feature.

Distance 47 miles/ 75.6 km.
 Off - road 42 miles/67.5 km.
 Start Numerous access points along the route.

Grade Very hard - a real mix including broad cobbled highways, rocky singletrack and grassy gradients!

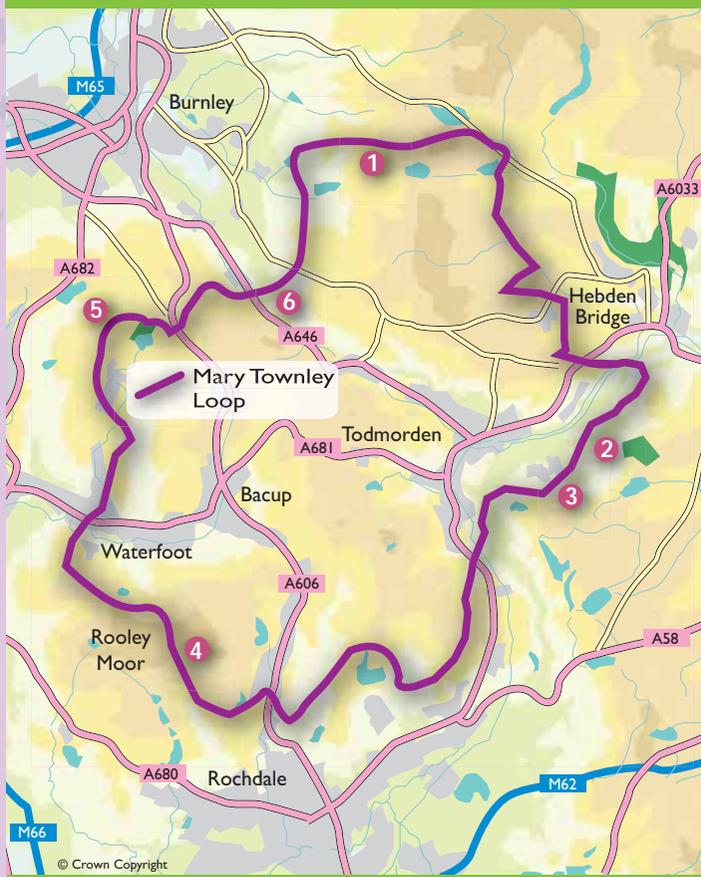
Duration 2 full days mountain biking unless you know the route very well and are very quick!

Map/Guide Harvey Maps' Pennine Bridleway South is detailed and waterproof. Also Mary Towneley Loop pocket guidebook from Rossendale Bridleways Association. Accommodation and Services leaflet for the route, available from the Countryside Agency 0161 2371061.

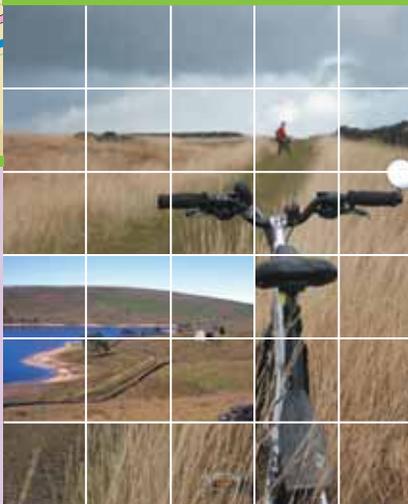
Information Rawtenstall Information Centre. 01706 844678.
 Burnley Information Centre. 01282 664421.

Getting there Rail stations at Burnley, Littleborough, Walsden, Todmorden and Hebden Bridge.

Refreshments Lots along the way - see www.nationaltrail.co.uk/penninebridleway for full listings.



The Mary Towneley loop is named after Mary Towneley, who campaigned for the creation of the Pennine Bridleway.



An outstanding ride on bridleways above the valley. The route uses part of the Mary Towneley Loop of the Pennine Bridleway (PBW), including the crossing of Rooley Moor, on a Famine Relief Road before returning to Bacup via Limers Gate.

- ① Turn right out of the car-park following the Mary Towneley Loop, Top of Leech signs climbing steeply right to the top of the moor. At 474m it is the highest point of the Mary Towneley Loop.
- ② With cracking views across the Rossendale Valley to Thieveley Pike and down to Cowpe Reservoir, continue across Rooley Moor.
- ③ Turn left onto a tarmac track (signed PBW) and following these signs to reach the A671 via Healey Dell.
- ④ Continue to follow the PBW – Lobden signs through a housing estate onto singletrack and then north heading to a solitary white bungalow.
- ⑤ Leave PBW at this point heading north to pass Brown Wardle Hill.
- ⑥ Go left (clock-wise) to climb up and through a small quarry. Then follow the Rossendale Way signs for a steady climb up and across Inchfield Moor.
- ⑦ DO NOT take the more defined track descending into valley but continue following the Rossendale Way signs.
- ⑧ At the A681 turn left then right onto Todmorden Old Rd to descend down into Bacup. Turn left into Greens Lane to come back onto A681. Follow this through the centre of Bacup through Stacksteads back to Waterfoot.

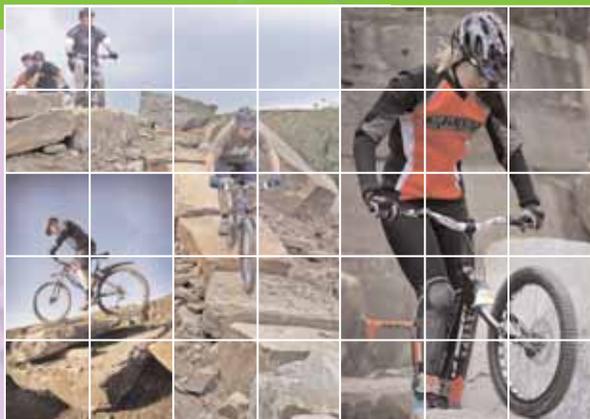
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Highlights

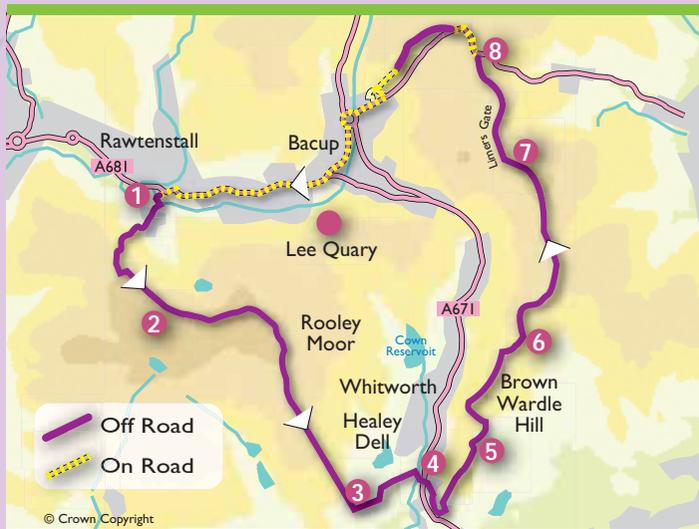
Rooley Moor Road~ Built using stone setts in the 1860's as a means of providing employment during the cotton famine. The fist-size cobbles give you a good shaking!

Healey Dell~ Sitting in a picturesque part of the Spodden Valley on the outskirts of Rochdale it is a Nature Reserve rich in wildlife, with a fascinating archaeological history.

Bacup~ A traditional valley mill town with banked rows of stone-built terraced houses and other buildings remaining as a testimony to an era of prosperity built on cotton, footwear and coal mining. It also lays claim to the shortest street in the world - 17ft long Elgin Street.



Lee Quarry



Lee Quarry, Bacup (Adrenaline Gateway)

A new network of challenging mountain bike trails. Sat in an old quarry, discover rocky landscape with sudden drops, roller coaster ups and downs. There are black and red trails and skills areas. The quarry is home to championship events. There are stunning views over Rossendale. Lee Quarry is approached off the A681 west of Bacup via the Futres Park. There is a steep climb up an old tram road.

For more information visit;
www.adrenalinegateway.co.uk/LeeQuarry.aspx

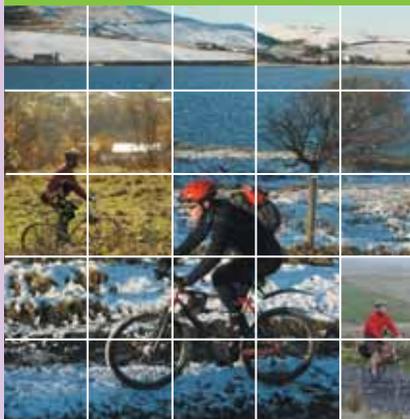
Distance 18 miles/29.5 km.
Off - road 12 miles/9 km.
Start Waterfoot - small free car-park in centre off A68 Newchurch Rd at junction with Cowpe Rd. Grid Ref: 834217.
Grade Medium/Hard - stiff climbs and singletrack moorland crossings with some broad tracks and a final road section. Plus there is a skills 'play area' on the top of the moor to test your bike handling to the max. Height climbed - 805m.

Duration Allow 3-4hrs
Map/Guide OS Outdoor Leisure

Information OL2 South Pennines. Contact Pennine Events for mmo file (for those who have Memory Map) Rossendale Leisure Trust - 01706 244678 www.rossendale.gov.uk/tourism/site

Getting there From Rochdale Station head north on the A671 to meet the route in Healey Dell. By car - head into Waterfoot on the A681 from either Rawtenstall or Bacup.

Refreshments Cafés, pubs and shops in Waterfoot and Bacup.



A delightful figure of eight circuit around the Pendle district taking in the rugged moorland Bronte country and Pennine Lancashire Fells interspersed with picturesque hamlets and villages. It is a popular route with the local mountain-bikers on a mix of quiet lanes and rough stuff.

- ① The Pennine Cycleway takes you south to just past Coldwell Activity Centre.
- ② Onto a bridleway along the northern edge of Boulsworth Hill.
- ③ Single-track descent into the historic and beautiful Wycoller village, where the remains of Wycoller Manor are often thought to be the inspiration for Ferndean Manor.
- ④ The Lancashire Cycleway takes you through Laneshaw Bridge to the junction with the old Skipton Road.
- ⑤ Back lanes via Noyna lead into Foulridge and
- ⑥ then a tarmac climb passing Whitemoor Reservoir.
- ⑦ Turn right just past the riding stables to climb further before turning onto the Pennine Bridleway leading to a fast stony descent down towards Barnoldswick, across a road and down to the B6383. Follow shared pavement/cyclepath down to Salterforth village.
- ⑧ Picking it up beside the Anchor Inn, the canal towpath will lead you back to Foulridge.
- ⑨ Quiet lanes take you back out of the village to Lake Burwain Sailing Club.
- ⑩ Turn right onto the Pennine Cycleway (signed to Burnley) in front of the sailing club. Shortly after, this track drops onto the canal towpath at the southern end of the famous mile-long tunnel.
- ⑪ Turn left immediately after passing underneath the motorway onto Greenfield Lane – it is signposted as a cycle way to Colne. Follow these signs back to the leisure centre.

For more detailed navigational text email info@pennineevents.co.uk

Highlights

Wycoller Village and Country Park~ probably most renowned as one of the main inspirations for the Bronte sisters, this beautiful village, including the ruins of Wycoller Hall and unusual packhorse bridge, with surrounding open countryside is one of the most popular outdoor attractions in the area.

Weets Hill & Boulsworth Hills~ two thirds of the Lancashire Three Peaks, along with the larger Pendle Hill they dominate the area with their brooding presence.

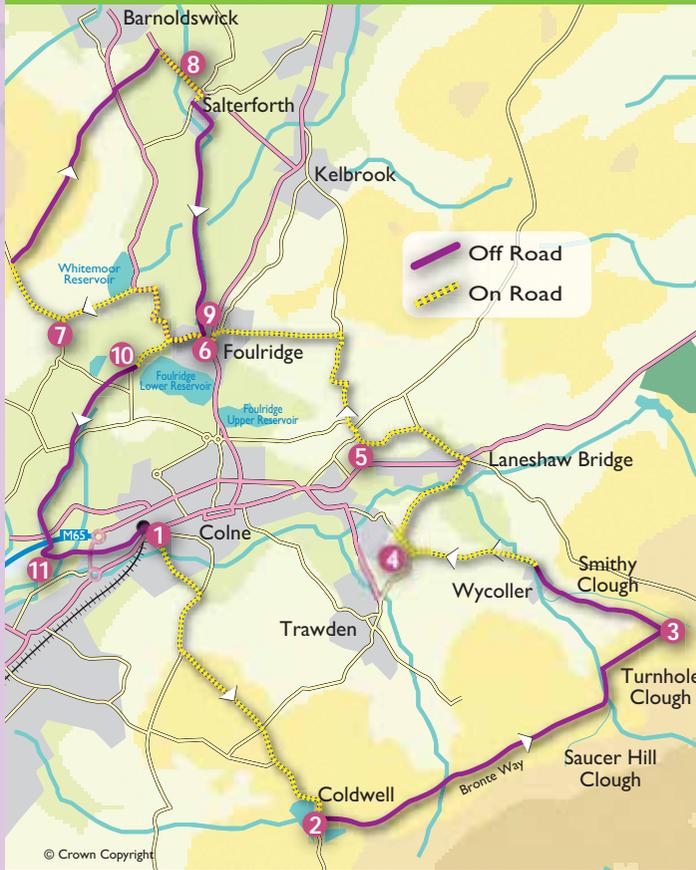
Foulridge Wharf & Tunnel~ hailed as a wonder of Victorian canal building the mile-long tunnel is a unique feature and is close to the old lime burning kilns at the Wharf.

Route Description

Distance	23 miles/38.5 km.
Off - road	12 miles/18.5 km.
Start	Colne Leisure Centre, Crown Way, Colne. Grid Ref: 881399.
Grade	Medium - a mix of broad tracks, canal towpath, fast stony descents and singletrack, interspersed with quiet lanes. Height climbed~ 775m.
Duration	3-4 hours.
Map/Guide	OS Outdoor Leisure OL21 South Pennines Contact Pennine Events for mmo file (for those who have Memory Map).
Information	Pendle Tourism Unit 01282 661981 www.pendlelife.co.uk
Getting there	Colne railway station is right next to the leisure centre. It is served directly by trains from Burnley, Blackburn and Preston. By Car - the leisure centre is approx 500m from the end of the M65 and is just off Vivary Way by Prestons BMW showroom.

Refreshments Cafés in Colne Leisure Centre and Wycoller. Pubs and/or village shops in Colne, Laneshaw Bridge, Foulridge and Salterforth.

MEDIUM



- ① East of Ribchester road links bring you to a lovely track ② to Hey Hurst Farm where field sections mean a carry over a narrow footbridge before more field sections to Trough House and a superb quality track to Hurst Green. ③ Quality bridleway leads to Greengore Farm followed by a lovely section alongside woods; gradients are modest here but you'll still need technical ability on the undulating track.
- ④ Meeting the road allows you great views back over Ribblesdale which only get better as you ascend the field bridleway ⑤ into Longridge Woods before a fairly steep and technical descent on the northern side.
- ⑥ The minor road to Jeffrey Hill has stunning views. At Longridge a short bridleway (waterlogged in winter) and ⑧ a very minor road leads to a lovely grassland and track section back to Ribchester.

For more detailed navigational text email info@pennineevents.co.uk

Highlights

Ribchester~ Packed with historic interest, it boasts a Roman Museum, Roman Bath remains and a lovely church.

Hurst Green~ A quiet village with several nice pubs. Stonyhurst College is just off the route near here and is worth seeing.

Greengore Farm~ Now a farm, this was once a royal hunting lodge where Henry VII is reputed to have stayed. Camping barn facilities make an excellent mountain bikers' base.



Route Description

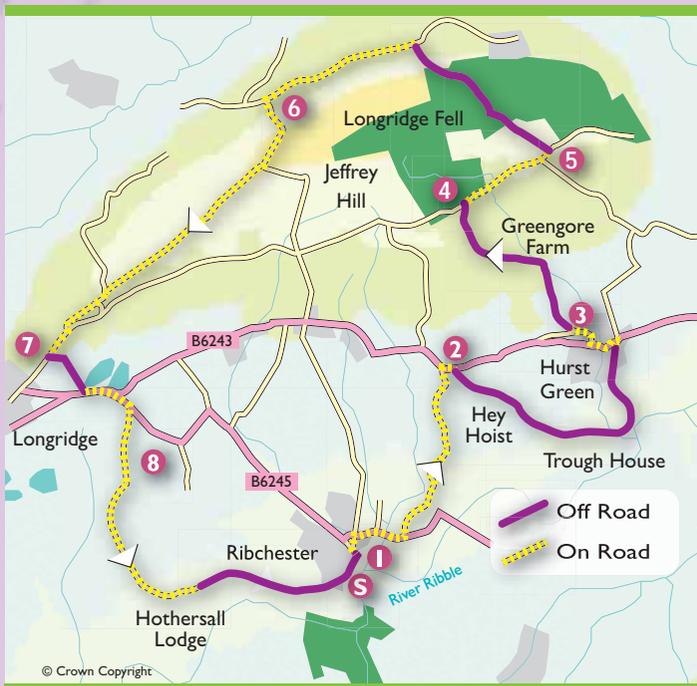
Distance 18 miles/ 29 km.
Off - road 8 miles/13 km.
Start Ribchester.
Grade Medium - definitely a summer route as you cross the lush pastures north of the River Ribble. There are several pasture/field sections but also some fine broad tracks across the gently rolling green countryside. Height climbed: 680m.

Duration 4-5 hours.
Map/Guide OS Landranger 103, Blackburn & Burnley, OS Explorer OL41 Forest of Bowland / Ribblesdale & Explorer 287 West Pennine Moors.

Information Clitheroe TIC, 12-14 Market Place, Clitheroe. 01200 425566.

Getting there Nearest train station is at Ramsgeave & Wilpshire, north of Blackburn, 4 miles from the route.

Refreshments Several stores and two pubs in Ribchester. Pub and village store at Hurst Green. Corporation Arms pub near Spade Hill. Reservoirs does food and accommodation.



Rightly described as one of the finest moorland crossings in England, the track over Croasdale and Salter Fell is known as Hornby or Salter Fell Road. From Slaidburn a very minor road leads you to the moors where the tarmac surface becomes potholed and increasingly challenging at a bouldery climb onto Croasdale Fell. The track becomes more technical and the surface less firm and predictable as you head across 'the tops' before joining a well-made stony track. Eventually a nice, wide grassy section joins the tarmac at High Salter Farm for a great descent over the River Roeburn. Climb over Whit Moor for another great descent into Wray. (Wray hosts a very popular and creative Scarecrow Festival every May Bank Holiday). Although the return route is largely on tarmac it uses minor roads and a very fast descent just past the Cross of Greet on the Lancashire Cycleway to cross the River Hodder and return to Slaidburn.

Note: Much of this route is very isolated. You should make sure your bike is in good working order and that you have a pump and spare tube as there are no cycle shops en-route.

For more detailed navigational text email info@pennineevents.co.uk

Highlights

Slaidburn~ Isolated and beautiful moorland village of stone houses. Boasts the historic Hark to Bounty pub where Forest Law was once dispensed in a courtroom. It does accommodation as does the Youth Hostel opposite. The Heritage Centre cum tearoom is worth a look.

Three Peaks Views~ This very famous area of the Yorkshire Dales is visible on a clear day from Salter Fell.

Wray~ Another lovely stone village with the George and Dragon Inn at its heart.

Route Description

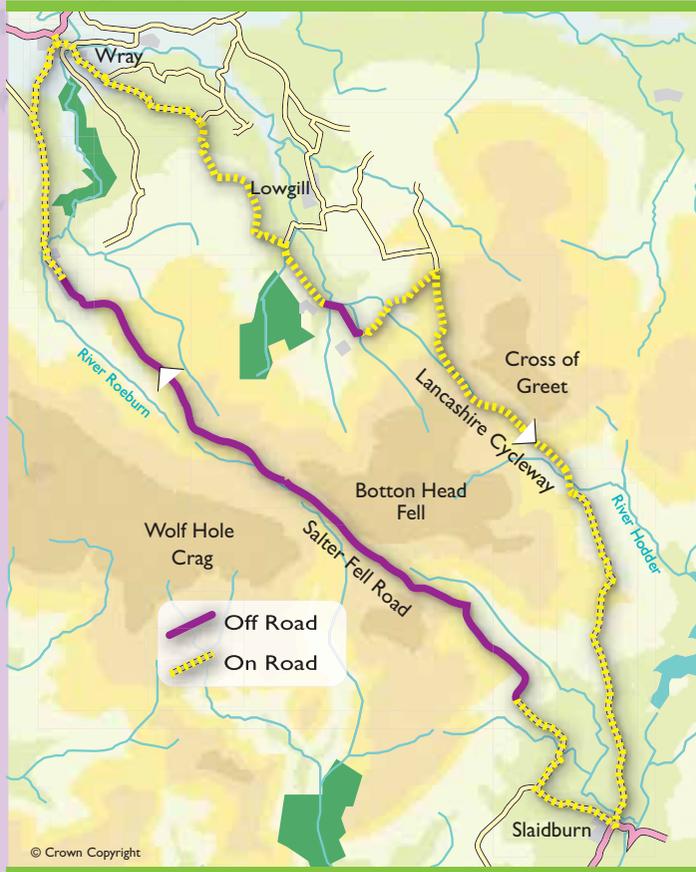
Distance 28.5 miles/46 km.
Off - road 8.5 miles/13.5 km.
Start Slaidburn (car parking by the river) or Wray .
Grade Hard. This rating is more due to length and height climbed than the track which is largely good condition and broad. Although there is a lot of road work it's worth it for the incredible views of the fells. Alternatively, for a route that is mainly off-road just turn round and head back across Salter Fell and appreciate a whole new set of spectacular vistas in the opposite direction. Height climbed: 1300m.

Duration 6-7 hours.
Map/Guide OS Landranger 103, Blackburn & Burnley, 97, Kendal to Morecambe & 98, Wensleydale. OS Outdoors OL41 Forest of Bowland/Ribblesdale. Clitheroe TIC, 12-14 Market Place, Clitheroe. 01200 425566.

Information Clitheroe TIC, 12-14 Market Place, Clitheroe. 01200 425566.

Getting there Nearest train station is at Wennington, less than 2 miles from Wray.

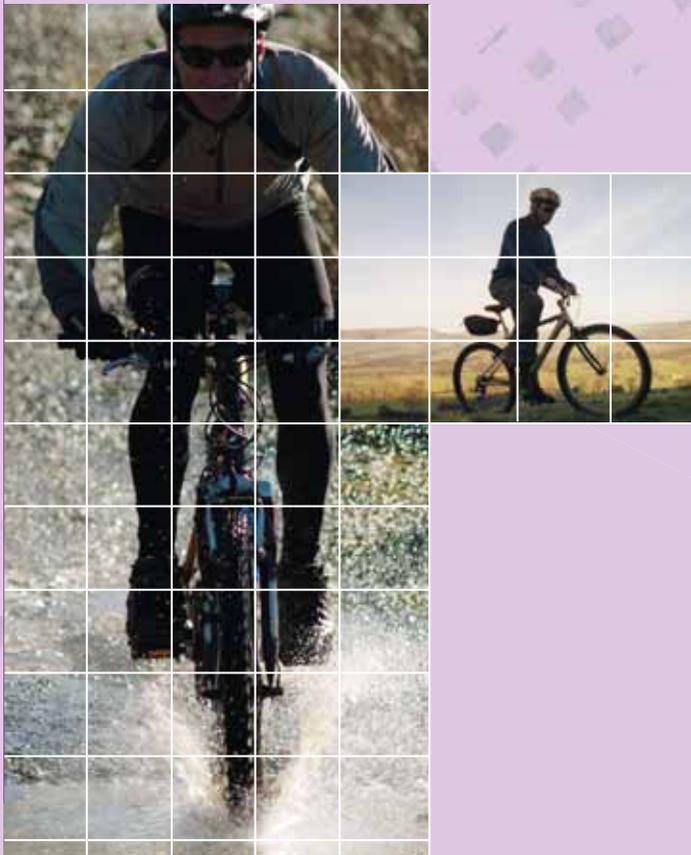
Refreshments Slaidburn has tearooms, an historic inn and village stores cum post office. The pub at Wray does food.



A great place to learn off-road skills. Ease yourself into mountain biking on the short loop or for a short step up try the medium loop. Both pass through gently rolling scenery amidst woodland, with views across Stocks Reservoir. The Largest forest in Lancashire, it offers a great range of off-roading from gentle tracks through to exhilarating single-track runs through the closely packed trees. There are three main waymarked routes. Plus the authorities are working to develop exciting new circuits based on the 7 Stanes model.

The longest route will take you past Martin's Laithe Shelter - useful in wet weather - and near the highest point of the route close to Whelpstone Crag. All routes are individually waymarked to help with navigation. There are no highlights as such directly on the route - just drink in the whole atmosphere of the forest air and great views.

For more detailed navigational text email info@pennineevents.co.uk



Route Description

Distance Short Loop:
5.5 miles/9 km.
Medium Loop:
8 miles/12.5km
Long Loop:
10 miles/15.5 km.

Off - road All.
Start Cocklet Hill car park,
Gisburn Forest.

Grade Easy through to
medium, depending
which route you pick
Height climbed:
Easy Loop - 140m.
Medium Loop - 240m.
Long Loop - 400m.

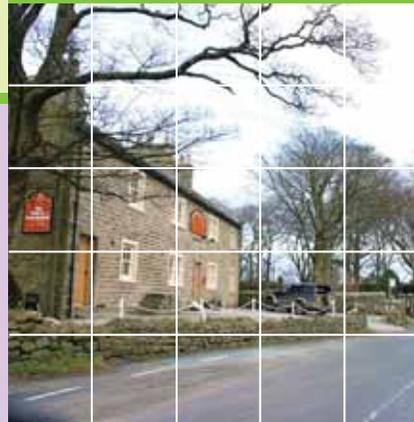
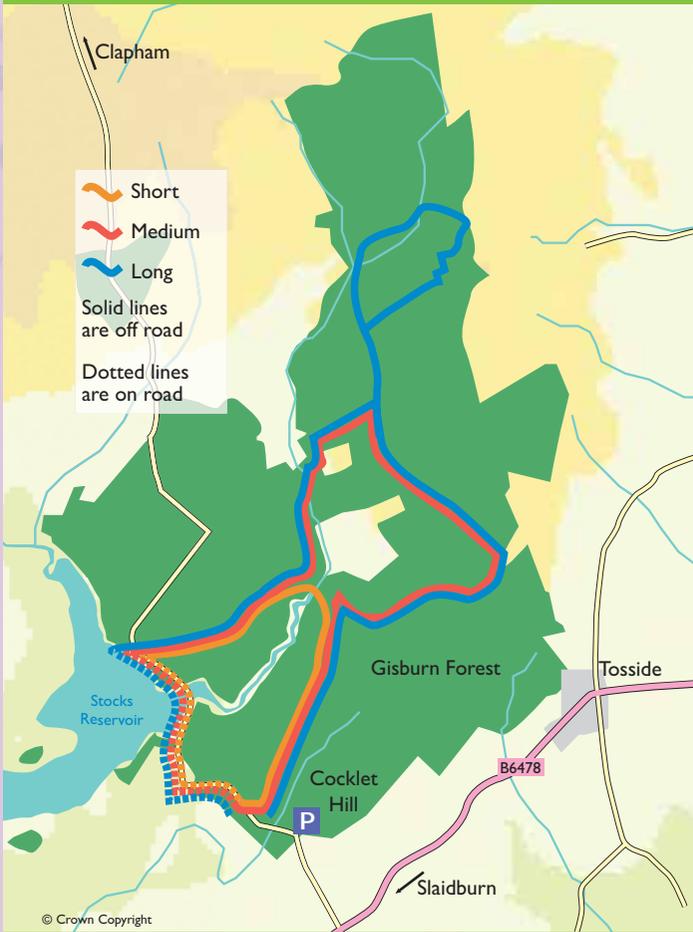
Duration Anything from 1 to 4
hours depending on
route and speed.

Map/Guide OS Landranger 103,
Blackburn & Burnley,
Explorer 41.

Information Clitheroe TIC, 12-14
Market Place, Clitheroe.
01200 425566.

Getting there Slaidburn is the nearest
village of any size and is
accessible using
Bowland Transit's 'Bike
Bus' (B10 from
Clitheroe and the B14
from Colne both stop at
Slaidburn).

Refreshments The Dog and Partridge
pub is at Tosside, just
over 2 miles from
Cocklet Hill, whilst
refreshments at
Slaidburn (see Salters'
Way route for more
details) are about 3.5
miles away.



LOOP 1

The track to Hareden on the Trough of Bowland road across the shoulder of Mellor Knoll then through Lower Fencewood must rank as one of the most varied and technical in Lancashire. From Dunsop Bridge follow minor roads before taking the bridleway. There's some nice singletrack through the conifers which leads to a series of superb dips and climbs on a pretty rocky track with big views across the Hodder Valley. After spectacular vistas up the Trough of Bowland, there's a great descent to Hareden. A tricky section but almost entirely rideable in the dry.

LOOP 2

The track over Stanley Hill from Chipping to Lickhurst is less challenging but has great views and the challenge of a ford (stepping stone option). The remaining off-road section over Knot Hill is the easiest section but still involves a nice woodland ford (can be slippery) and some rocky sections. A route easily tackled from either Chipping or Dunsop Bridge.

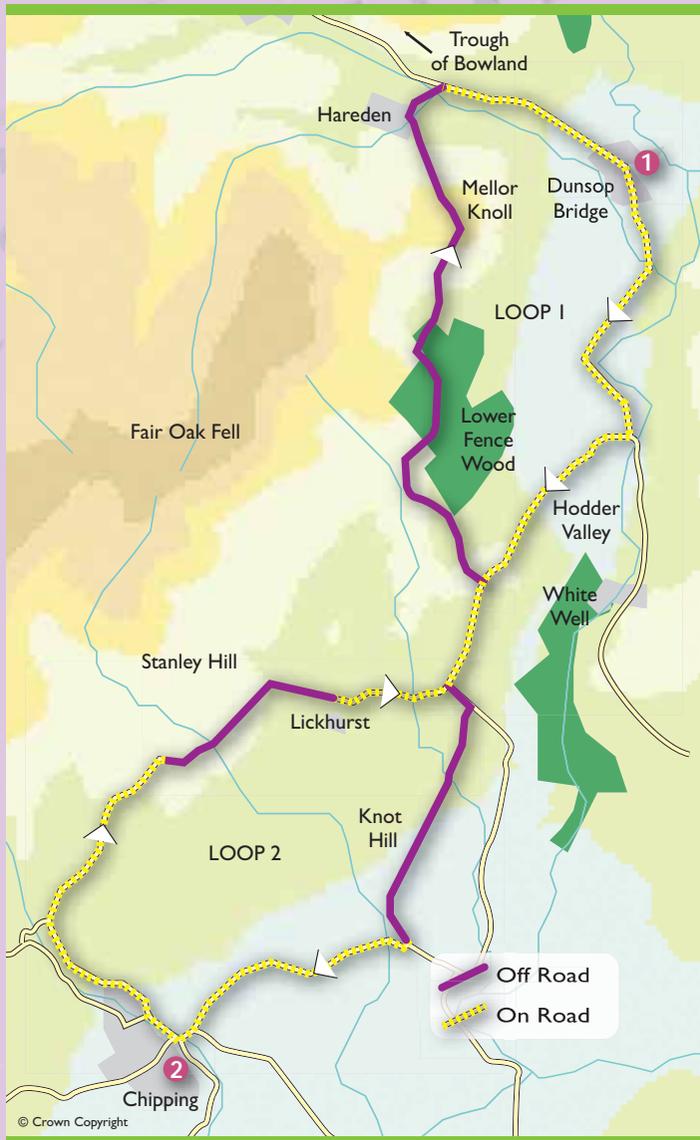
For more detailed navigational text email info@pennineevents.co.uk

Highlights

- 1 Dunsop Bridge** - A real 'honeypot' village on summer weekends, with visitors attracted by the green, duck-filled banks of the River Dunsop. Look in the local phone box to see the village's claim to fame!
- 2 Chipping** - A truly beautiful Bowland village. Three traditional pubs, and many ancient buildings line its narrow and very atmospheric streets.



- Distance** 14 miles/22 km.
Off - road 5.5 miles/9 km.
Start Dunsop Bridge or Chipping (free car parking at both).
Grade Medium/Hard - Although there is a fair proportion of roads they are quiet and the tracks are real classics with and some great technical riding. Height climbed: 563 metres.
Duration 3-4 hours .
Map/Guide OS Landranger 103, Blackburn & Burnley. OS Explorer OL41. Forest of Bowland/Ribblesdale.
Information Clitheroe TIC, 12-14 Market Place, Clitheroe. 01200 425566.
Getting there Dunsop Bridge is on Bowland Transit routes B10 and B14. Chipping is on routes B11 and B12. All their buses are equipped with bike racks. Call (01200) 429832 for more details or see www.bowlandtransit.co.uk
 The buses link to Preston and Clitheroe train stations.
Refreshments Cafés at Dunsop Bridge & Chipping. Chipping has three pubs.



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Route Description

Distance 28 miles/45 km.
Off - road 16 miles/25 km.
Start Caton or Chipping.
Grade Medium/Hard.
Duration 8 hours.
Map/Guide OS Explorer OL41 Forest of Bowland/Ribblesdale.

Information

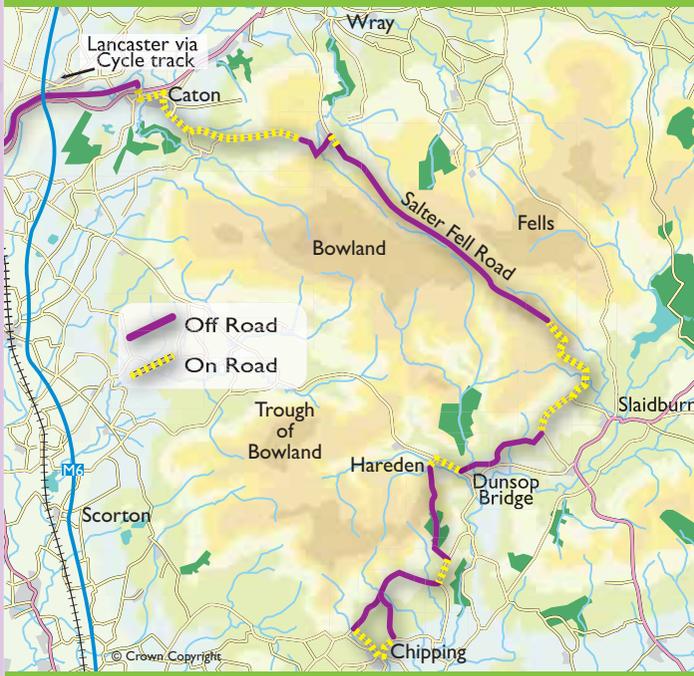
Clitheroe Information Centre,
12-14 Market Place,
Clitheroe. 1200 425566.
Lancaster Information Centre,
29 Castle Hill,
Lancaster. 01524 32878.

Getting there

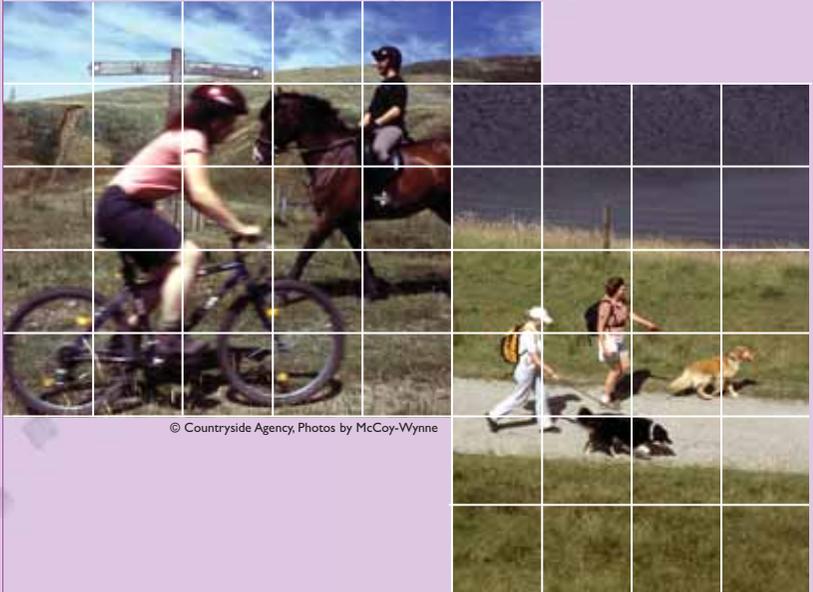
Cycle Track from Lancaster Station to Caton. Bowland Transit to Chipping (buses have bike carriers). Or cycle to Chipping from Preston.

Refreshments

Chipping, Caton and Dunsop Bridge.



- Bridleways** ~ open to cyclists but you must give way to walkers and horseriders.
- Byways** ~ usually unsurfaced tracks open to cyclists. As well as walkers and cyclists you may meet occasional vehicles which also have a right of access.
- Footpaths** ~ no right to cycle exists. Look out for posts from the highway or waymarking arrows (blue for bridleways, red for byways and yellow for footpaths).
- Open land** ~ on most upland, moorland and farmland cyclists normally have no right of access without the express permission of the landowner.
- Pavements** ~ cycling is not permitted on pavements.
- Designated cycle paths** ~ look out for designated cycle tracks and routes which may be found in urban areas, on Forestry Commission land, disused railway lines or other open spaces. Cyclists must adhere to the Highway Code.



© Countryside Agency, Photos by McCoy-Wynne

Follow the Countryside Code.

This is an annotated version - for full details see www.countrysideaccess.go.uk

- Enjoy the countryside and respect its life and work.
- Guard against all risk of fire.
- Leave gates as you found them.
- Keep dogs under control.
- Keep to rights of way across farmland.
- Use gates and stiles to cross fences, hedges and walls.
- Leave livestock, crops and machinery alone.
- Take your litter home - littering is a criminal offence.
- Help to keep water clean.
- Protect wildlife, plants & trees.
- Drive with care on country roads.
- Make no unnecessary noise.
- Check weather forecasts.

Safety

- Ensure that your bike is safe to ride and prepared for all emergencies.
- You are required by law to display working lights after dark (front and rear).
- Always carry some form of identification.
- Always tell someone where you are going.
- Learn to apply the basic principles of first aid.
- Reflective materials on your clothes or bike can save lives.
- For safety on mountains refer to the British Mountaineering publication Safety on Mountains.
- Ride under control going downhill as this when most serious accidents occur.
- If you intend to ride fast off-road it is advisable to wear a helmet.
- Particular care should be taken on unstable or wet surfaces.

West Pennine Moors~

"follow in the tracks of the 2002 Commonwealth Games riders. Climb up from Rivington Country Park through superb scenery with views of beautiful reservoirs to the moors above".

Mary Towneley Loop~

"there are easier sections if you just want a quick, less demanding taster of the whole experience, such as the track over Rooley Moor and Limersgate, linking Hurstwood and Widdop Reservoirs".

Around Rossendale~

"an outstanding ride on bridleways above the valley. The route uses part of the Mary Towneley Loop of the Pennine Bridleway".

Boulsworth Hill and Wycoller~

"this time on meeting the Pendle Way head roughly north-east for a superb bit of off-roading. You are soon alongside the ravine of Saucer Hill Clough on some great singletrack, some of it an ancient packhorse route".

Around Ribblesdale~

"meeting the road allows you great views back over Ribblesdale which only get better as you ascend the field bridleway into Longridge Woods before a fairly steep and technical descent on the northern side".

Salter's Way and Cross O'Greet~

"rightly described as one of the finest moorland crossings in England, the track over Croasdale and Salter Fell is known as Hornby or Salter Fell Road".

Gisburn Forest~

"a great place to learn off-road skills. Ease yourself into mountain biking on the short loop or for a short step up try the medium loop".

Chipping and Dunsop Bridge~

"lower Fencewood must rank of one of the most varied and technical in Lancashire".

The North Lancashire Bridleway~

"this 28 mile/45km route uses many of the tracks detailed in this booklet to make an epic ride or walk from the Lune Valley in the north, over the Bowland Fells, to picturesque Chipping".