

Route 3 Foulridge ~ Greenberfield ~ East Marton

6km  1½ hours

This is a lovely route following the Leeds-Liverpool canal north towards the Yorkshire Dales. It is all through open country apart from the short section passing Barnoldswick – and even here you won't really notice you are in the town.

Along the way you can stop and enjoy places like Sakerforth Village, with a nice park and playground, and Greenberfield Locks, where the ducks are always waiting to be fed, or simply savour the views across the Dales and West Craven countryside. Don't feel like you have to do the whole distance – you can break it down and do it in sections on different occasions.

Arriving by Train: The nearest station to Foulridge is Colne. From the station follow the Pennine Cycleway signs towards Foulridge. These will bring you to the start at Foulridge Wharf.

Arriving by Car: Foulridge Wharf is a short way off the A56 in Foulridge, just north of Colne. It is sign-posted from the A56. There is a free car-park at the Wharf.

Toilets: There are no toilets at the start. However there are toilets in Salterforth, at Greenberfield locks (key from refreshment kiosk) and at the café in East Marton.

Refreshments: Pubs in Foulridge, Salterforth and East Marton. Café in East Marton. Refreshment kiosk at Greenberfield Locks.

Start & Finish Point: Foulridge Wharf, Foulridge.



The Route

(Towpath - flat, easy)

This delightful route is simplicity itself in terms of following – you simply stay on the canal towpath. From the car-park turn right onto the towpath and follow away from the famous mile-long tunnel (the canal will be on your left). Take care passing underneath the quaint farm-track bridges where the surface is often bumpy and where you may not see approaching cyclists and walkers until quite late. Otherwise the surface is good and smooth, although puddles can form in the section to Barnoldswick after periods of prolonged rain.

After 5km you will come to Salterforth village. You can stop for refreshments in the Anchor Inn, on your right hand-side, or a play in the well-equipped park.

Continuing along the canal you pass by a marina where they repair the ubiquitous canal-boats and into Barnoldswick.

At this point the towpath switches to the other side of the canal. 4km on from Salterforth you will reach Greenberfield Locks, a very picturesque setting on the edge of Barnoldswick, with good views across the Dales, Ribble Valley, Weets and Pendle Hills. There is a refreshment kiosk here (open Wed – Sun, 11am-4.30pm, spring to autumn).

The final section is all through open country and takes you into North Yorkshire. The surface is not as smooth from that point, but is still comfortable enough to cycle on easily. East Marton is approx 7km from Greenberfield. The final approach takes you underneath the unusual double-arch bridge.

At the next bridge, come off the towpath and turn left to cross the canal. The café, Abbots Harbour, is 50m on your right. The Cross Keys pub is a little further up the lane. This is an out-and-back route so to return to Foulridge from any point, simply retrace your outward ride.

Places of Interest

- Mile Long Tunnel, Foulridge – unique feature of the canal.
- Salterforth village – park and historic Anchor Inn
- Greenberfield Locks – voted best-kept locks in Britain and the highest point on the canal.
- East Marton – lovely little village on the canal, with stables, good pub and café.

What Else Can The Children Do

Small open-air limekiln museum at Foulridge Wharf, playground in Salterforth, feeding ducks at Greenberfield and the cafes. Plus blackberry picking in some sections in late summer!

