



Route 4 Foulridge ~ Barrowford ~ Victoria Park

10km 1 1/2 hours

This is another nice route that follows the canal towpath in the opposite direction to route 3 from Foulridge. The surface has recently been upgraded following its designation as part of the Pennine Cycleway and is a good surface to ride on all year round. Being a towpath means there are no hills, apart from the short road section between Foulridge and Lake Burwain.

You can either do this straight through from Foulridge to Victoria Park or take the worthwhile detour to the Pendle Heritage Centre in Barrowford.

Arriving by Train: As for route 3

Arriving by Car: As for route 3

Toilets: There are no toilets at the start but there are at the Pendle Heritage Centre.

Refreshments: Pubs in Foulridge and Barrowford. Tea-room at Pendle Heritage Centre.

Start & Finish Point: Foulridge Wharf, Foulridge.

The Route (Initially on road, then towpath)
Follow the lane up the short hill away from the Wharf.

Ignore the first right turn but take the next one, almost immediately afterwards, opposite the Hole in the Wall pub (it is sign-posted Pennine Cycleway, NCN route 68). This meanders for about 600m. When it swings sharply right take the turning on the left towards Lake Burwain. This passes a small row of cottages and then drops a small way down towards the sailing club. At this point you need to pass through a gate forking to your right and onto a good surface track (this is signed NCN 68 to Burnley). At the other end of this track, turn right onto the quiet lane then immediately left onto another track. Pass through a pinch-gate and continue on the track as it drops gently down to the towpath. Continue all the way along the towpath to Barrowford Locks. There is a reservoir on your left and views across to the South Pennines. A short distance after the locks the canal passes underneath a road.

If you wish to go to the Heritage Centre, at this point take the right turn over the canal on a cobbled bridge.

Follow the track to come out on the road. Then continue in the same direction along the road for approx 1km until you reach the Heritage Centre on your left. (The pavement is wide enough for children to ride along). If you are going straight to Victoria Park stay on the towpath and follow as it passes by Nelson. You will pass underneath 3 bridges after the Motorway. As you reach the 4th you should look out for a sign stating "Lomeshaye" on your right. Leave the towpath here onto the lane (there is a playground here). Follow the road down to Lomeshaye Village. Turn right at the T-junction and follow this lane to Carr Rd. You will then see Victoria Park on your left.

Places of Interest

- Foulridge Wharf and Mile Long Tunnel – see route 3
- Pendle Heritage Centre – set in grade 2 listed buildings with visitor centre, garden tea-room, gallery, walled garden and small woodland walk.
- Barrowford Park – next to the Heritage Centre, small lake and well-equipped play area.
- Victoria Park – see route 5.
- Barrowford Locks – a good stopping point with views across to Blacko Tower and Boulsworth Hill. 1km walk around the reservoir.

What Else Can The Children Do

Playgrounds and cafes as mentioned, blackberry picking in late summer, occasional events at the Heritage Centre.

