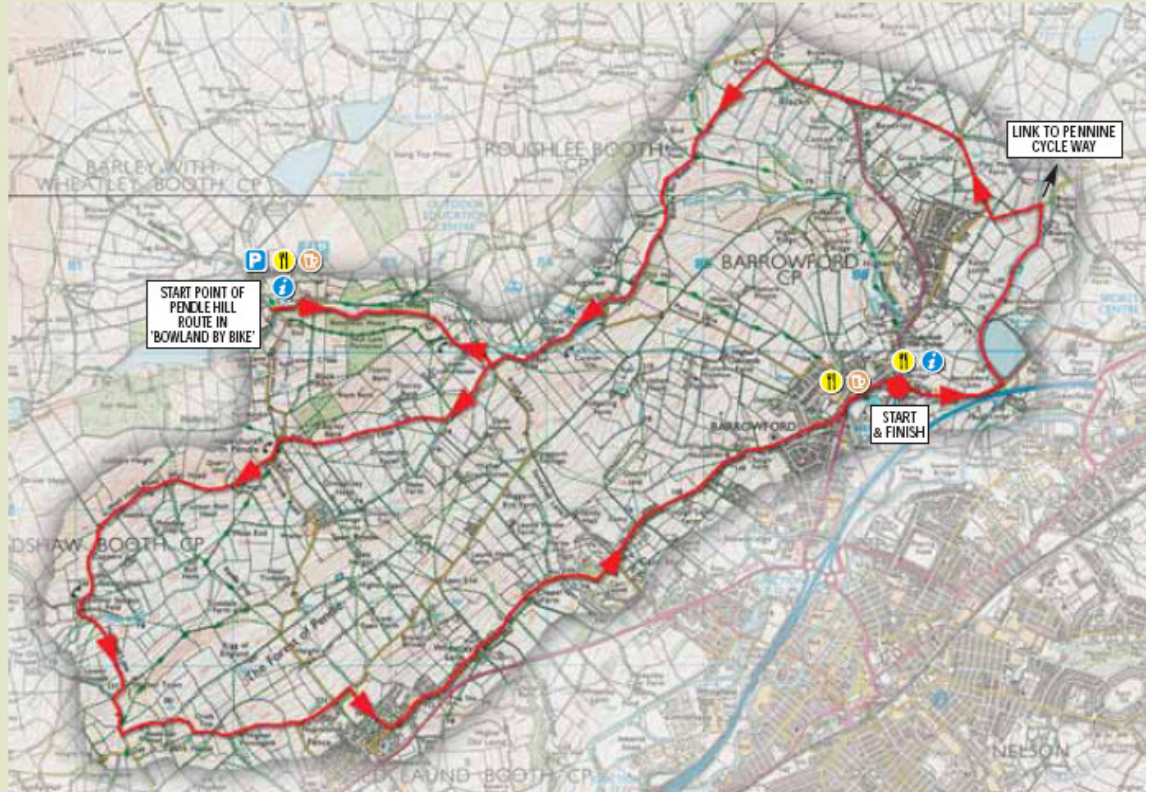


# Pendle Cycle Tour

A 17 mile on-road cycle route through marvellous undulating countryside and picturesque villages, taking from 2 to 3 hours, depending on the pace you go and how long you stop along the route. (Not suitable for beginners)



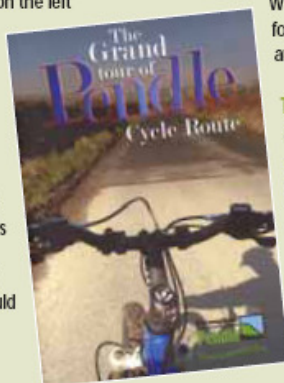
## Pendle Heritage Centre to Cross Gaits

From the Car Park turn left up Colne Road and continue past the college on the right. Soon after a short rise turn left into Coats Road and follow the signed cycle route through Alkincoats Park, to Red Lane. Turn right here, then left into Smithy Lane. Pass the reservoir on your right onto Reedy Moor Lane. Turn left at the T junction up Cocker Hill before bearing left onto Standing Stone Lane, and left again as it becomes Barnoldswick Road. Turn right into Beverley Road at the Cross Gaits Inn.

## Cross Gaits to Barley

Continue to the T junction and turn right to climb through the village of Blacko. At the sharp right bend take the second road on the left (signed Downham).

Follow Wheathead Lane down to cross a bridge then climb before the road bears first left then descends right onto Black Moss Road. Continue up to the crossroads and turn left onto Barley Lane. Follow this road which gives way to a long descent into the lovely village of Barley. (Barley could be used as an alternative start/finish point for this route).



## Barley to Lower Sabden Fold

Turn left by the picnic site onto The Avenue. The level road gives way to a gentle descent after a mile to meet a crossroads. Take the right turn onto Jinny Lane. A short climb is followed by a steeper climb into Newchurch. In the village turn left, then next right into Well Head Road. After climbing gently for half a mile, there is a steep descent into Lower Sabden Fold, followed by a short stiff climb.

## Sabden Fold to Barrowford

Turn left into Croft Lane before a short climb, then descent to Nogarath Road. Turn left at the junction and after passing Heights Lane on the left turn right into Harpers Lane. Turn left at the junction with Wheatley Lane Road and stay on this road for 3 miles, taking you back to Barrowford and the Heritage Centre.

**This route is part of a much larger circular route, the Grand Cycle Tour of Pendle, a 35 mile route which takes in the whole of Pendle.**

**The route is not intended for beginners. A guide is available for this route at Pendle's Tourist Information Centres or by calling 01282 661685.**



## POINTS OF INTEREST

**Barrowford** - Pendle Heritage Centre is a period house, walled garden, gallery and museum well worth a visit.

**Colne** - Alkincoats Park is a lovingly restored park once part of a 16th century estate.

**Foulridge** - Reservoir and historic wharf on the country's longest canal.

**Barley** - A lovely village with picnic site, tea rooms, and pub.

**Newchurch** - charming village, home to "Witches Galore" and with connections to the Pendle Witches.

**Sabden** - Home of Pendle Antiques Centre and Pendle Ski Club.

**Fence** - A name given to marking out the ancient royal hunting ground of the Forest of Pendle. Hoarstones in Fence was the site of an alleged kidnapping of Edmund Robinson by witches.