

FREE

Bowland By Bike



Eleven stunning routes to explore in this cyclist's delight



Beautiful unspoilt countryside, picturesque villages, dramatic open moorland incised by steep valleys, and outstanding scenery - all waiting to be explored. And what better way to do it than by bike. Silently travelling around this area of sublime beauty under your own power, coming across hidden gems around every corner, this truly is a spectacular area for biking enthusiasts of all types and levels.

With cycling one of the best forms of physical exercise around, this whole area must surely be the best gym in the country!

No two routes are alike in terms of scenery, attractions and physical effort. Only by trying them all, over whatever period you like, will you ever really get to know and delight in this area of grandeur and mystery.

Two of the routes can only be done on mountain-bikes (Gisburn Forest and Salter Fell).

This leaflet details eleven recommended cycle routes in and around the Forest of Bowland Area of Outstanding Natural Beauty (AONB) covers 802sq. km of rural north-east Lancashire and North Yorkshire. It is an area of national and international importance because of its unspoiled and richly diverse landscapes and wildlife. For further information about the area see www.forestofbowland.com

Large tracts of the moorland are now designated Open Access land, on foot. For more information on where you can go and what local restrictions may apply see www.countrysideaccess.gov.uk or call the Access helpline on 0845 100 3298.

The area is easily reached from all sides, either by road (off the M6, M65, A59 or A65) or rail (Clitheroe, Colne, Long Preston, Garstang, Lancaster stations are all on or near these routes).



* Countryside Agency Charlie Hadley



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The area includes a network of Quiet Lanes. These are a network of minor rural roads that are appropriate for shared use by walkers, cyclists, horse riders and motorised users as they already have low levels of traffic travelling at low speeds. The pilot network has been established on the lanes around Chipping and Slaidburn along with one from Downham to Worston. More information and a map of Quiet Lanes in Lancashire can be seen at

www.lancashire.gov.uk/environment/policyandquality/quiet.asp

Quiet Lanes is an initiative that has been developed by the Countryside Agency and local authorities. For further information see www.quiet-lanes.gov.uk

North Lancashire Bridleway (phase 1).

This is a new trail running for 45km from Denny Beck in Lancaster through the verdant, fertile lands of the Lune Valley and across the wild Bowland fells to Chipping. The route features over 6km of new concessionary bridleways combined with existing rights of way. It is on a mixture of surface tracks, fields and quiet lanes and is clearly waymarked.

A waterproof leaflet is available free from Lancashire Countryside Service on 01772 534709 or email countrysideservices@env.lancscc.gov.uk

Public Transport






For general public transport information contact Traveline - 0870 6082608.

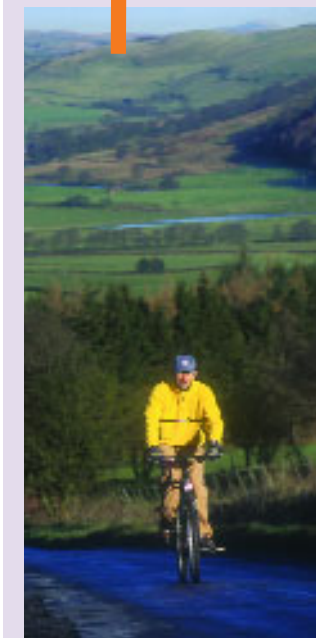
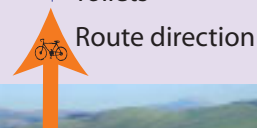
Maps

All of the routes except the Lune Valley can be followed using the OS Outdoor Leisure 41, Forest of Bowland map. The Lune Valley route is on OS Landranger 97, Kendal & Morecambe map. Fully detailed maps of each route can be viewed at

www.pennineevents.co.uk

Key

-  Cycle route
-  Town
-  Parking
-  Public House
-  Refreshments
-  Toilets



The largest forest in Lancashire, rising up above Stocks Reservoir to the North Yorkshire border. It has a well-earned reputation as a centre for outdoor activities. With its network of tracks it is very popular with mountain-bikers of all levels.

There are three specific waymarked cycle routes established by Forest Enterprise. These are a mix of forest track and single-track. The longest route includes some interesting technical challenges. It is also becoming a popular night-riding area.

Start & Finish Point

Cocklet Hill car-park, Gisburn Forest
Grid Ref: 745550.

Arriving by Train/Bus

The nearest stations are Clitheroe (16km), Long Preston (12km) and Clapham (14km).

The 'hail and ride' bus service – the Bowland Transit – runs from the Clitheroe station to Slaidburn and Settle, passing close to the Forest.

Arriving by Car

Gisburn Forest lies just to the north of the Slaidburn – Tosside – Wigglesworth road. It can also be approached via Bolton by Bowland. It is signposted from all these locations.

Park in the first car-park you come to (arriving from the south), called Cocklet Hill.



Toilets & Refreshments

Unfortunately there are no toilet or refreshment facilities in Gisburn Forest. There is a pub in Tosside and a pub, toilets, village store and tearoom in Slaidburn.

Slaidburn Link

At the time of writing there are plans to upgrade an existing footpath from Slaidburn to the Forest to a bridleway as part of the Greenways project. See www.quiet-lanes.gov.uk for latest information.

General

You have a choice of three waymarked trails to follow. The shortest one has relatively little climbing and is not very technical. The longest one not only has the most climbing in it but also more single-track, including some exciting descents through the trees.

They all give great views across the forest and upper Hodder valley to the Dunsop and Waddington Fells.

Route Finding

Following the trails is easy as they are all waymarked. They are best done in an anti-clockwise direction. This means that 500m from the car-park (after two 90° turns) you should ignore the waymarks turning left but instead follow the waymarks straight ahead to start the loop.

Other Information

Mountain-bike hire is available from Bowland Cycle Hire. They are located at Higher Highfield Farm approx midway between Slaidburn and the Forest. Contact 01200 446670.



A wonderful way of experiencing the grandeur and isolation of the high moorland of the northern Bowland block. Top and tailed by two quintessential Bowland villages of Slaidburn and Wray this circuit is equally demanding and exhilarating in parts but never dull. A key feature is the off-road crossing of Salter Fell using sections of the old Roman road, the former medieval "King's Highway" between Clitheroe and Lancaster!

Start & Finish Points

Choice of starting and finishing either in Slaidburn (GR 714524) or Wray (GR 603677).

The route is described as a clockwise circuit from Slaidburn but there is little difference to the physical demands whichever way round it is ridden. Comes down to whether you want to start or finish with the off-riding.

Arriving by Train/Bus

Slaidburn – as for Gisburn Forest.

Wray – the nearest station is Wennington 3km north of the village. This is on the Lancaster – Carnforth – Skipton line.

Arriving by Car

Slaidburn is in the upper Hodder Valley approx 14km north of Clitheroe and can be reached via there, or from Settle/N Yorkshire area, via Wigglesworth. There is a pay and display car-park in the village.

Wray is just east of the Lune Valley on the B6480 8km west of Bentham. It can be reached from the A683 between Lancaster and Ingleton. There is no car park so please park considerately in the village.

Toilets

There are public toilets in Slaidburn.

Refreshments

Tea-rooms, pubs and village stores in both Slaidburn and Wray (at the end of Main St.).

General

An elongated elliptical tour heading north-west across Croasdale and Salter Fell on a track on the route of a Roman Road and then south-east on one of the highest roads in the county.

The off-road track is on a firm stone base for the most part and so can be ridden all year round. It is not too technically demanding although you will use your granny ring on some sections!

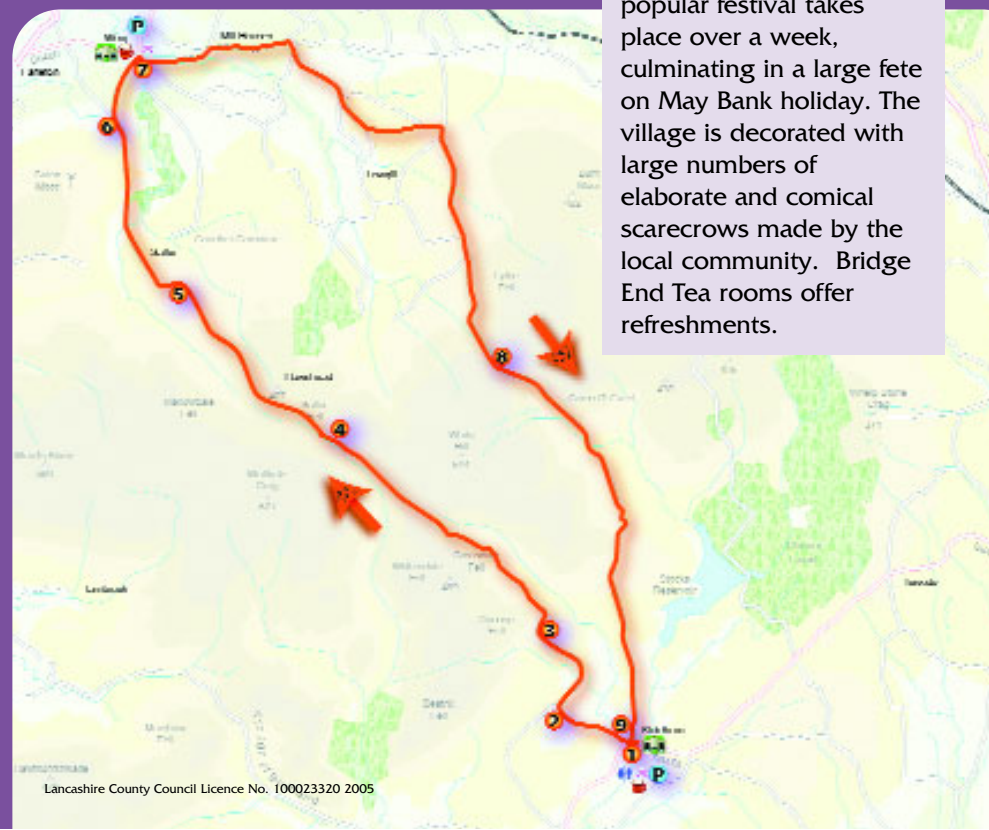
It does therefore feature some tough and long climbs but the inspiring and dramatic views across to the Lakeland Fells, Yorkshire Dales and Lancashire make this very rewarding.

Route Finding

1. Turn right - go straight through the village following the brown sign for Myttons Farm Crafts.
2. Turn right into Woodhouse Lane.
3. Pass through the gate and continue along the main track ignoring the bridleway on left. There are no other route options on the section across the fell so although

isolated, route finding is straightforward.

4. The highest point on this section.
5. Straight through the gate onto the tarmac lane. Follow the lane.
6. Turn right (signpost to Wray). Follow down into the village to a T-junction. You may want to explore the village.
7. Turn right and follow the road (signpost to Bentham and Lowgill) - also the Lancashire Cycleway (northern section, NCN route 90), which you follow all the way to Slaidburn, 26km away. The Cycleway is clearly signed at all the junctions.
8. The long climb up to Cross O'Greets takes you upto 428m above sea-level before the fast descent on other side.
9. Left turn to the car-park and tea-room.



Other Information

There is a Youth Hostel and Heritage Centre in Slaidburn and Mytton Crafts Farm 3km away (on the route).

Slaidburn can be traced back to a medieval settlement. A courtroom was established in the Hark to Bounty pub in the 1600s and remained operational until the 1930s.

Wray – well-known in the county for the Wray Scarecrow festival. This highly successful and popular festival takes place over a week, culminating in a large fete on May Bank holiday. The village is decorated with large numbers of elaborate and comical scarecrows made by the local community. Bridge End Tea rooms offer refreshments.

An attractive exploration of this unspoilt area, which also highlights the natural differences between the two sides of the Ribble Valley. It not only takes you through the attractive and tranquil villages of the area but passes a number of sites of historical interest.

One of the flatter routes, but there are still a few, shorter climbs. It arcs in a quiet laurel-leaf shape on either side of the river.

Start & Finish Points

The nature of this route allows for many starting points. We have described it starting or finishing in Waddington. However you could equally start in Downham, Chatburn, Whalley and Pendleton. Although the route does not pass through the centre of Clitheroe you can access the route within a couple of kilometres from the centre. Waddington – Grid Ref: 728438

Arriving by Train

Alight at Clitheroe Station and Bus Interchange. Turn left and then left under the bridge on the Waddington road (signed to Waddington).

Arriving by Car

Waddington is just 4km north of Clitheroe centre and is clearly signed from there. Park in the new village car-park (free).

Toilets

There are toilets in Waddington (just north of village centre), Whalley, Downham, Chatburn and Ribchester.

Refreshments

This is certainly a route where you won't want for lack of refreshment opportunities. There are pubs, cafes or village stores in most of the villages and a few places in between.

General

A pleasant undulating circuit on quiet lanes passing through many of the villages of the area. With wonderful views across the valley to Pendle Hill, Waddington Fell and Longridge Fell.



Route Finding

1. Take the road straight ahead passing immediately out into open country. Also on a section of the Lancashire Cycleway, NCN 90. Follow these blue signs for approx 6km until Great Mitton.
2. Bashall Barn - craft centre and Green Oak café.
3. Follow main road right - optional detour straight into Great Mitton village.
4. At crossroads (by Halls Arms pub), turn left.
5. Turn left, although you may want to detour and explore Ribchester.
6. Turn left immediately after bridge. Back onto another section of the Lancashire Cycleway. Follow the Cycleway signs through Dinckley,

Old Langho and Billington into Whalley.

7. Turn right (signpost to Oakhill College, Wiswell and Pendleton as well as NCN 91).
8. Cross the A671 - continue into Wiswell Village then Pendleton. Follow the NCN 91 signs as you drop down to the A59 from Pendleton Hall.
9. After crossing the A59 turn right after 25m - this is a very quiet lane that eventually comes back to a crossing of A59 after 1.2km onto cyclepath into Worston Village.
10. Turn right (signpost to Downham) - designated Quiet Lane.
11. Turn left at the t-jtn then take first turning on the right (signpost to Grindleton).
12. Turn left & follow road back into Waddington.



Other Information

Downham Village.

Probably the most visited village in the area, not just due to it being used as a setting for a few films / TV series. Very picturesque.

Ribchester Roman

Museum. Built on the site of the Roman station of Bremetennacum, this is the county's only Roman Museum. Open all year round.

Stonyhurst College.

The famous Jesuit public school, it was established on this site in 1794. The Grade 1 building is reputed to be one of the largest buildings under one roof in Europe. Set in 400 acres of a beautiful country estate. Open at certain periods during the summer holidays.

Whalley Abbey. Ruins of the abbey originally built in 1296. It is now a retreat and conference centre. Open to the public all year round, visitors are welcome to visit the historic ruins and beautiful gardens

Road Tour of Pendle Hill Area

24.5km 1½~2hrs

Road, steep in many parts

Bowland by Bike

One of the shorter routes but what it lacks in distance it makes up for in height! A full tour around fringes of the area's best known and unmistakable landmark, majestically dominant. Includes one of the most infamous climbs in cycling – the Nick O'Pendle!

Start & Finish Points

Barley village car-park. Grid Ref: 823403.

Arriving by Train

The two best stations to use are Clitheroe and Brierfield. In both cases you will pick-up the route before Barley.

Brierfield – take Cuckstool Lane to Fence and then to Newchurch to meet the route here.

Clitheroe – follow the blue cycle signs towards Pendleton / Sabden and meet the route by the A59 crossing.

Arriving by Car

Barley can be reached via Fence or Barrowford coming from the south (eg M65), Blacko from the east and Downham from the north. Large public car-park – donations.



Toilets

Public toilets in Barley, Downham and Sabden.

Refreshments

There is a refreshment kiosk, café and pub in Barley, café and pub in Downham, pub in Worston, café, shop and pubs in Sabden.

General

This is a tough route, taking in a couple of 20% climbs and several more in excess of 10%. However the rewards are plenty, not just the exhilarating descents but the sheer rugged beauty of the route and the personal satisfaction of meeting the challenge.

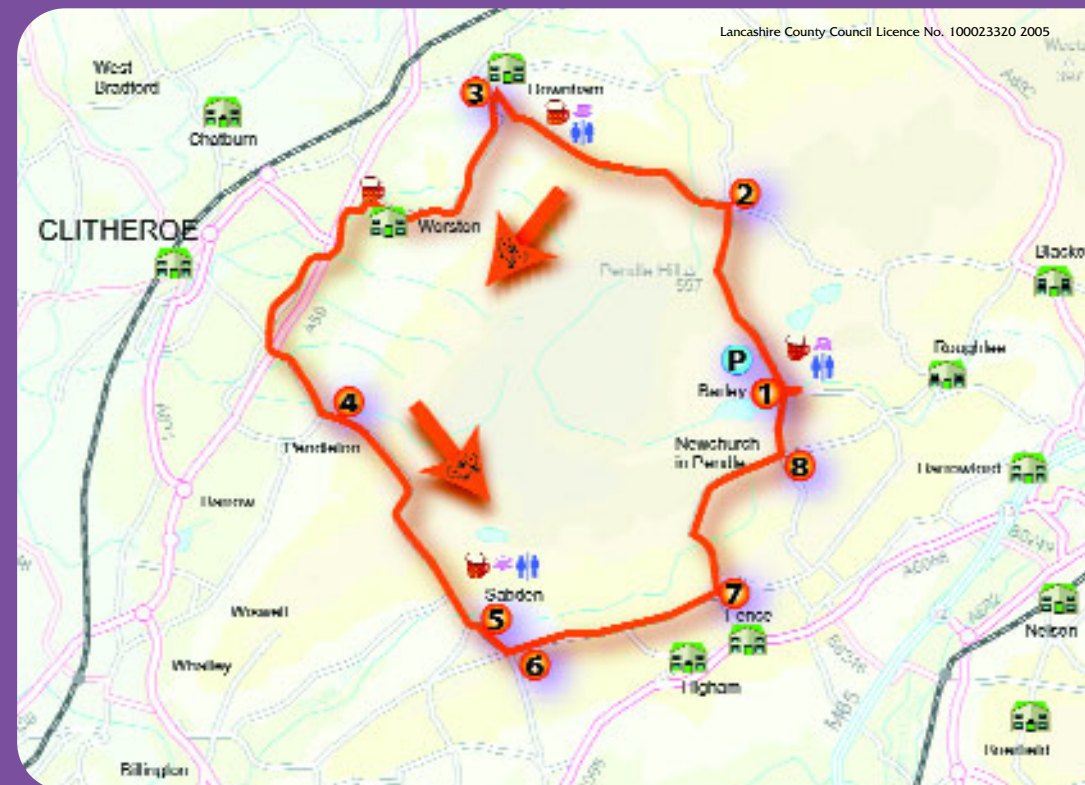


Route Finding

1. Turn right and right again to ride through the village.
2. Turn left at the crossroads (signpost to Downham & Clitheroe).
3. Turn left – this lane is also part of NCN 91 and a Quiet Lane. Follow the blue NCN signs through Worston, on the cycleway parallel to the A59 and upto Pendleton Hall.
4. Carry straight on up towards Sabden.
5. Turn left (signpost to Padiham).
6. Turn left at the crossroads (signpost to Barley & Newchurch).
7. Turn left (signpost to Newchurch).
8. Turn left to climb steeply up out of village.

Other Information

Pendle Hill - renowned for the 17th century witches trial and it's role in the formation of the Quaker movement in the 18th century. It is 557m high and it's first recorded use is as a Bronze Age burial ground. Translated from it's original Celtic name it is called "Hill, Hill, Hill".



Foulridge - Salterforth

This is a lovely, almost hidden corner of Lancashire – it was actually in Yorkshire until 1974! A short and very pleasant ride around the area through open country, with a couple of route options.

Start & Finish Point

Foulridge Wharf car-park. Grid Ref: 889424. You could also start in Salterforth village at the canal car-park.

Arriving by Train

The nearest station is Colne. From the station follow the Pennine Cycleway signs towards Foulridge. These will bring you to the start.

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. Salterforth is on B6383 between Barnoldswick and Earby. Turn off the main road to park at canalside car-park opposite the Anchor Inn.

13.1~8km 3/4~1 1/4hrs



Toilets

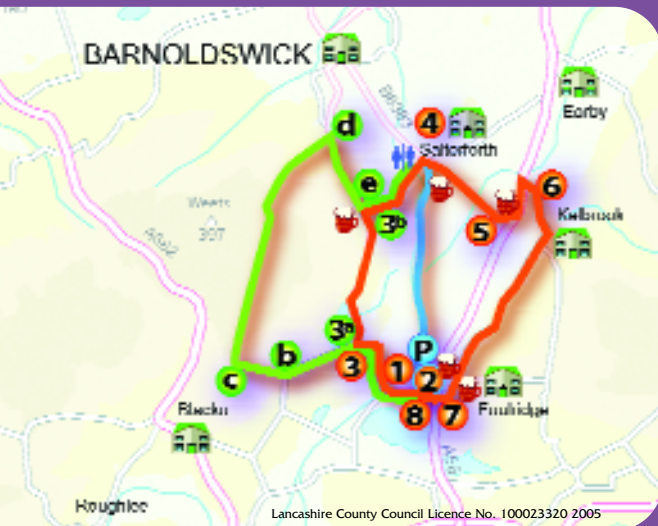
At Salterforth, by the park.

Refreshments

Pubs in Foulridge, Salterforth and Kelbrook. Village shops in Foulridge and Kelbrook.

General

Choice of routes to suit whether you want to include a short mountain-bike section and either follow the canal or take a quiet back lane. Either way you get one of the best views of the Yorkshire Dales around, a reward of the inevitable climb!



Choice of all road or partly off-road

Route Finding

1. Follow the road away from canal.
2. Ignore the first T-junction on your right but take the second one (opp. Hole in the Wall pub).
3. Junction with Barnoldswick Rd – see Road & MTB options:

Road (shorter) Option

- a. follow road right up to Fanny Grey pub.
- b. turn right (signpost to Salterforth & Earby).

MTB Option

- a. Take the road straight ahead (signpost to Barrowford and Blacko).
- b. Turn right into Gisburn Track.
- c. Take the first bridleway on your right (also part of the Pennine Bridleway route).
- d. Turn right.
- e. Turn left (signpost to Salterforth & Earby). Take care on the steep descent and follow to Anchor Inn by the canal bridge (4).

Canal (shorter) Option –

- a. Turn right immediately after crossing bridge to join the towpath, crossing over the stile.
- b. Follow the towpath all way back to start.

Road Option

4. Turn right.
5. Turn left at roundabout then first right.
6. Turn right into School Lane.
7. Turn right then left down Lowther Lane in front of war memorial.
8. Turn left and follow the road around to Hole in the Wall. Turn right here down the lane back to the Wharf.

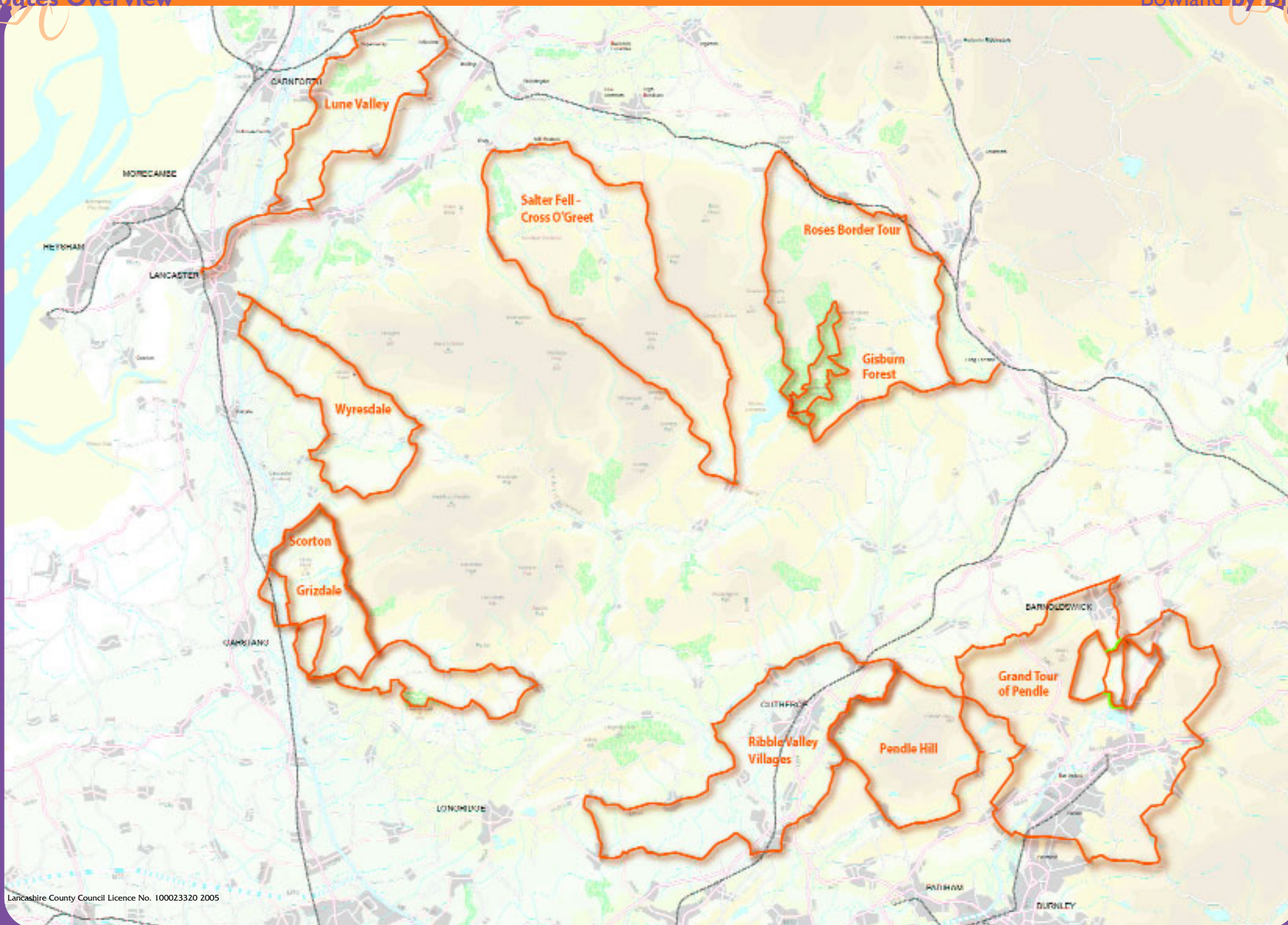
Other Information

The mile-long canal tunnel at **Foulridge** is considered one of the seven wonders of the British waterways system.

Foulridge Wharf – has a small open-air limekiln museum.

The **Pendle Bike Fest** is the largest free cycling festival in the north-west including a large show, guided rides and top-class racing. Held over a two-week period every July.

Bowland by Bike



Setting out from Lancaster on the wonderful Lune Park Millennium cycleway then venturing through the beautiful, constantly changing countryside nestling between the rivers Lune and Keer. Lovely villages and places of interest to explore along the way.

Start & Finish Points

The route is described from Lancaster station. You can also start at Denny Beck or Crook O'Lune car-park.

Lancaster Station – Grid Ref: 472617

Denny Beck – Grid Ref: 503646

Crook O'Lune – Grid Ref: 521648

Arriving by Train

Lancaster station and exit on the western side by the cycle lockers.

Arriving by Car

Either park near to Lancaster station in one of the city centre car-parks or at Denny Beck or Crook O'Lune car-parks – both are accessible off the A683 east of Lancaster.

Toilets

Lancaster station & Crook O'Lune.

Refreshments

Many options in Lancaster, kiosk at Crook O'Lune, shop and pub in Arkholme, Nether Kellet and Halton.

General

Starts off on the wonderful Lune Park Millennium Way following the river upstream before climbing up the northern valley side and exploring the villages along it before crossing over to loop round the Keer Valley and then complete the circle at Halton.

Route Finding

1. Leave the station via cycle lockers at north end of platform 1. Turn right onto the cyclepath
2. Turn right under the railway bridge then immediately left onto cyclepath.
3. Follow the path passing the Millennium Bridge on left and then under road. Follow this wonderful off-road route out of the city.

4. Denny Beck start – continue straight along path.
5. Exit the path via the car-park and turn right to follow the road uphill.
6. When the road bends left, turn right onto the single-track lane through stone gate columns.
7. Turn right.
8. Turn right after approx 800m (signpost to Aughton).
9. Turn right (signpost to Aughton).
10. Turn left by v small green (signpost to Gressingham).
11. Turn right (signpost to Gressingham & Hornby).
12. Take first left (it is a bit hidden – just over small bridge over a beck and opposite a telephone box). Now on a section of the Lancashire Cycleway, NCN 90. Follow the blue signs.
13. At the crossroads turn right (signpost to Arkholme & Whittington).
14. Turn left at the crossroads in the village centre (signed to Docker Farm Park).
15. 100m before a bridge over a railway line, turn left.
16. Turn left (signed Capenwray & Arkholme) and leave NCN 90.
17. Turn right (signpost to New England, Over Kellet). Follow this lane all the way into Over Kellet coming to the central green with crossroads.
18. Straight on at the crossroads (signpost to Nether Kellet).
19. Turn left (signed to Halton).
20. Follow the signs to Halton.
21. Turn right at the T-junction on entering Halton.
22. Turn left just past the Post Office. Straight at crossroads and over the river.
23. Turn right back onto the Lune Valley Millennium Way. Retrace back to Lancaster Station.

Other Information

Budgie Bikes – based at Cyclepoint in Lancaster Station they provide all services for the cyclist including bike hire, sales, storage, repairs and maintenance. See www.budgietransport.co.uk

Docker Park Farm – a working farm and visitor attraction.

Lancaster Castle - owned by the Queen. It is one of Europe's longest serving operational prisons and courts. Open daily for guided tours.

Lune Aqueduct – designed by John Rennie and completed in 1797, this magnificent arched structure 200m long carries the Lancaster Canal over the river Lune.

Millennium Bridge – new, stunningly-designed bridge to carry cyclists and walkers over the river Lune. Cycle-flows of over 1000 a day have been recorded using it.





32km 2~2½hrs

Road, undulating with some steep climbs and descents



Another route coming out of Lancaster equally beautiful but quite different in nature and attractions. Passes through delightful villages and then out to the picturesque open fells around Abbeystead. Features some wonderful, long downhill runs.

Type

Road, undulating with couple of steep climbs and descents

Start & Finish Points

Williamson Park, Lancaster. Start at car-park in Wyresdale Road.

Grid Ref: 487611

Arriving by Train

From Lancaster Station head east through the city centre and follow signs to the park.

Arriving by Car

The park is approximately 5 minutes from junction 34 of the M6 motorway. After leaving the M6 follow signs for Lancaster city centre and brown signs (showing a butterfly) to Williamson Park. The car-park is Pay and Display.



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Toilets

At start.

Refreshments

Café in Williamson Park, farm café near Grizedale Bridge.

General

Interesting circular tour of beautiful Wyresdale passing through a number of scenery changes, from city fringes and open country to fellside and wooded valleys.



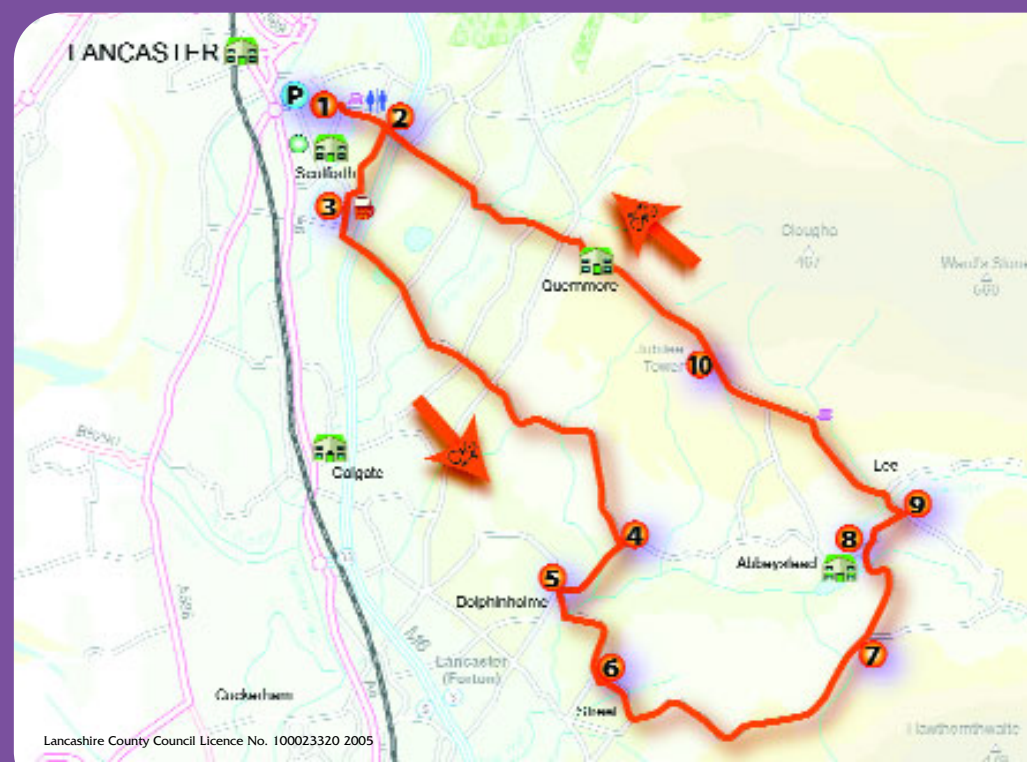
Route Finding

1. Exit car-park by turning left and immediately left again into Wyresdale Rd.
2. Turn right into Newlands Road.
3. Turn left. Keep straight at couple of minor cross-roads and one where you have to give way, following signposts to Abbeystead.
4. Turn right (signpost to Dolphinholme and Lancaster).
5. Take the 1st left at each mini-roundabout to follow a narrow lane, descending a 14% hill past Dolphinholme Mill.
6. Turn left into Tinkers Lane.
7. Turn left.
8. Turn right.
9. Turn left (signpost to Quernmore & Lancaster).
10. Jubilee Tower, where the views make this a recommended stop. Please take care on the fast descent past Quernmore, especially at the crossroads.

Other Information

Jubilee Tower - built to commemorate Queen Victoria's Diamond Jubilee, it has superb views of the stunningly diverse landscape of Lancaster, Morecambe, the Lune Valley and across to the Lakeland Fells.

Williamson Park - situated on the site of a former quarry and open moorland to the east of Lancaster. Named after James Williamson who financed the landscaping in 19th Century.





43km 2 1/2 ~ 3hrs

Road, undulating



Starting in the pretty village of Scorton this is lovely tour around the quiet lanes and hamlets on the southern fringe of the main Bowland block. Beautiful countryside and views throughout.

Start & Finish Points

Scorton village. Could also start in Garstang and ride into Scorton.

Grid Ref: 502488

Arriving by Train

Although the railway line runs through the village the nearest stations are Preston and Lancaster.

Arriving by Car

Scorton is 4km north of the centre of Garstang, just off the A6 midway between Preston and Lancaster. There is no car-park in the village so please park considerably.



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Toilets

In Scorton, Chipping and Beacon Fell Country Park.

Refreshments

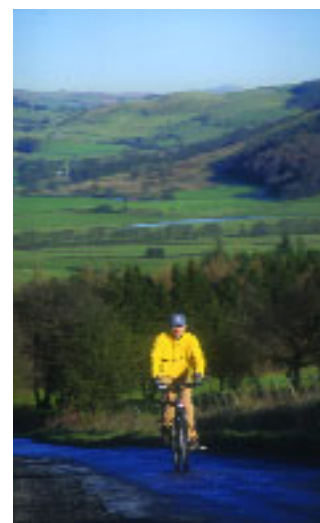
Shops, pub and café in Scorton & Chipping, café at Beacon Fell Country Park and tea-room at Tootle Hall farm

General

A lovely, constantly changing tour that encapsulates why this is an area of outstanding natural beauty. A circular L-shaped undulating ride.

Route Finding

1. Leave Scorton in the direction of Garstang (i.e. heading south).
2. Turn left immediately past the tennis and bowls club (into Tithebarn Lane).
3. Turn right. This is a very quiet lane which undulates through woods. The surface is rough in a few places.
4. Turn right and follow to the T-junction with Delph Lane.
5. Turn left and follow this section of NCN6 uphill then through a 90° right-hand bend.
6. Turn left into Long Lane (signpost Calder Vale & Oakencloough).
7. Turn right into Strickens Lane (signpost to Calder Vale).
8. Keep straight on into Sullom Side Lane.
9. Turn left and left again after 200m into Butt Hill Lane (signed to Bleasdale & Chipping).
10. Turn left at the T-junction with Bleasdale Lane (signpost to Bleasdale & Chipping).
11. Turn left (signpost to Oakencloough).
12. Turn left (signpost to Scorton & Garstang) and follow this road all the way back to the start.



Other Information

Cobble Hey - situated in Claughton-on-Brock, this is a working hill farm, which over the past few years has developed a beautiful garden on what was once grazing land. It was first opened in 2002 for the National Garden Scheme and since then has opened on alternative weekends. It is an important breeding group for lapwings and won the 2004 Small Tourist Attraction Award from Lancashire and Blackpool Tourist Board.

Grizedale - the semi-natural ancient woodland of Grizedale Valley is also teeming with wildlife and remains a firm favourite with birdwatchers looking for summer visitors such as Wood Warbler and Redstart.



A lovely ride around the western edge of the Forest of Bowland AONB following quiet country lanes and taking in the unspoilt beauty of Grizedale and Bleasdale.

Start & Finish Points

Scorton village. Could also start in Garstang and ride into Scorton.

Grid Ref: 502488.

Arriving by Train

Although the railway line runs through the village the nearest stations are Preston and Lancaster.

Arriving by Car

Scorton is 4km north of the centre of Garstang, just off the A6 midway between Preston and Lancaster. There is no car-park in the village so please park considerably.

Toilets

Scorton.

Refreshments

Village store, café and pubs in Scorton. Tea-room at Cobble Hey Gardens.

General

A shorter tour around the western edge of Bowland taking in beautiful wooded valleys and lovely open country and fellsides.

Route Finding

1. Follow the main road (signed NCN6) north out of village crossing over the M6.
2. Turn right (signpost Oakenclough & Chipping).
3. Turn left (signpost to Longridge, Chipping & Bleasdale).
4. Turn left (signpost to Chipping).
5. Go straight on - this is a Quiet Lane.
6. Turn left.
7. Take the right fork.
8. Turn right at the T-junction - signpost to Garstang.
9. Turn left.
10. Turn right (signpost to Bleasdale).
11. Go straight on at 90° bend into Rigg Lane.
12. Turn left and follow the one-way lane around to Visitor Centre.
13. Turn left (signpost to Preston & Garstang).
14. Turn left (signed to Waddecarr, Preston, Garstang, Inglewhite).
15. Turn right 300m past a farm on left (White Lee Lane).
16. Turn left (signpost to Garstang).
17. Turn right onto Sandholme Lane. Follow the NCN6 signs all the way back to Scorton.

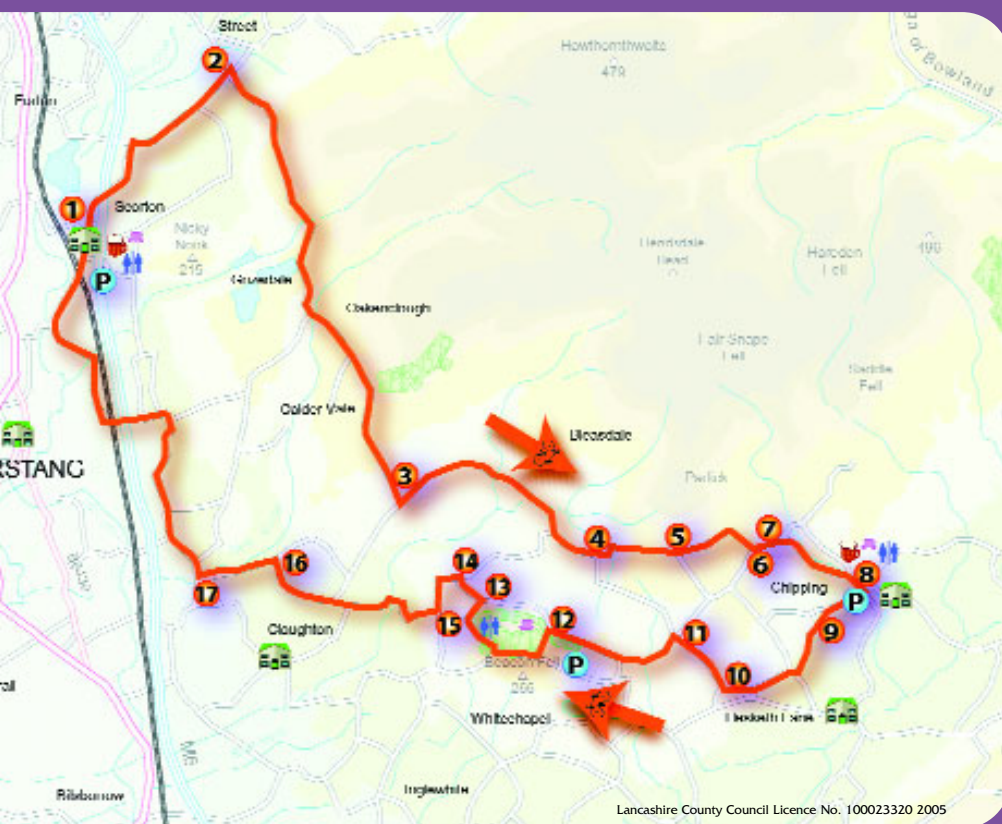
Other Information

Beacon Fell Country Park. Quite distinctive location with 185 acres of extensive conifer woods and moorland. Includes a Visitor Centre, cafe, picnic areas, forest walks and viewpoints.

Chipping. An attractive large village on the slopes above the River Loud. It is famed for its cheese and chairmaking and is a conservation area. The Bowland Wild Boar Park is situated just outside the village.

Oakenclough - a small community, spread on either side of the river valley. The village appears to have developed largely as a result of a paper mill being sited here to make use of the waterpower available from the swiftly flowing River Calder.

Scorton - Although it bears an Anglo-Saxon name the village only dates back to 16th century. The name means "farmstead near a ditch or ravine". Scorton is also on NCN route 6, which runs from Manchester via Preston and Lancaster to Keswick.



A majestic circuit on quiet lanes on either side of the North Yorkshire and Lancashire border. It includes the challenging yet beautiful climb over Keasden Moor offering some of the best views in either county. Open country throughout.

Type

Road, hilly

Distance & Time

Approx 40km – allow 2? hrs

Start & Finish Point

Long Preston village (station car-park)

Grid Ref: 834579.

Arriving by Train / Bus:

Long Preston station is right at the start. The route also passes by Giggleswick and Clapham Stations.

Arriving by Car:

Long Preston is on the A65 between Settle and Skipton. It is also at the end of the A682 from Nelson and Gisburn.

Turn off the A65 to the station (sign-posted).



Toilets & Refreshments:

Pubs and village shop in Long Preston, hotel bar by Clapham Station, pub in Tosside, pub and village store in Wigglesworth.

The Route General

A lovely anti-clockwise tour around the border country! Initially undulating and passing through picturesque villages and hamlets it then has a long but steady climb over Keasden Moor and into Lancashire. You are rewarded with a breathtaking descent to Gisburn Forest before the final undulating stretch back to Long Preston. You can also take an additional detour into Giggleswick and Settle.



Route Finding

1. Exit the car-park left (ie away from the village) and follow the road into Wigglesworth.
2. Turn right just as you enter Wigglesworth (just before the pub) – signpost to Rathmell.
3. Follow road through Rathmell to A65.
4. Turn left onto A65 and then left again after 200m on an unmarked lane passing underneath railway bridge. (For Settle and Giggleswick turn right as signed)
5. Turn left at the cross-roads (signpost to Eldroth)
6. Turn right immediately after passing underneath railway bridge - signpost to Clapham. (Ignore the right turn just before the bridge).
7. Turn left at T-junction (Clapham Station is adjacent to the bridge on your right. If starting from here turn right out of the station, under the bridge and straight on).
8. Top of Keasden Moor – unrivalled views ahead to Gisburn Forest, Pendle Hill and the Bowland Fells. Descend down past the Forest.
9. Turn left at the cross-roads (signpost to Wigglesworth & Settle).
10. Continue straight through Wigglesworth and back to Long Preston station.

Other Information

Rathmell Horse Farm. Includes an equine swimming pool and solarium, tearoom, visitor centre. They also put on outdoor displays in the all-weather menage, have miniature Shetland pony racing, mares and foals, and farriery displays.



Roller-coaster cycling around the distinct Pendle block and the Lancashire Pennines. A fascinating area of hidden beauty, heather-clad moorlands, peaceful country lanes and bustling market towns. It is hard cycling in parts but the rewards will stay with you for a long time.

Start & Finish Points

Greenberfield Locks, Barnoldswick

Grid Ref: 888483

Arriving by Car

Greenberfield Locks is on the eastern fringe of Barnoldswick. It is reached (and signed) off the Skipton Road (B6252).

Arriving by Train

The closest station to the start is Colne, approx 10km. From here follow the Pennine Cycleway north to Greenberfield.

The route goes right past Brierfield Station so you could also start from here.

If travelling from W Yorkshire, then Skipton station is an eight-mile ride to meet the route in Earby.



Toilets

At Salterforth, Earby, Trawden, Coldwell Activity Centre and Brierfield.

Refreshments

Kiosk at Greenberfield Locks, shops, cafes and pubs in Barnoldswick, Earby, Trawden and Brierfield, café at Noggarth Top, pubs in Salterforth & Roughlee.

General

You can't avoid the fact that this is very hilly and the most demanding of all the routes in the booklet but it is also quite spectacular in many parts and offers a fascinating tour of the natural beauty and heritage of Pendle. It is mainly through open country.



Route Finding

1. From the car-park turn right onto the canal towpath - also the Pennine Cycleway (NCN 68) so you can follow these signs. (An alternative for narrow road bike wheels is to turn left out of the car-park and follow lane straight past farm to cross-roads. Turn left and follow road straight through Barnoldswick and down to Salterforth. Turn left in village onto Earby Rd – see 3)
2. Leave the towpath in front of the Anchor Inn and turn left onto the road down to the cross-roads.
3. Cross straight over onto the Earby Road and follow as it bears 90° right and passes by the Silentnight HQ. Continue on the road to Earby. (You also follow the Lancashire Cycleway 91 signs all the way to the Hare and Hounds junction in Harle Syke (see 10)).
4. Turn left onto the A56. Turn right after 400m on Victoria Rd. Turn right onto Stoney Bank Road.
5. Turn right at the next T-junction at the top and follow the road through the dip on the col and then on the fast downhill.
6. Just as the road is about to level out take the left turn. Then left again at the next T-junction to Laneshaw Bridge and down to a main road, passing a school on your right.
7. Turn left then immediately right onto the road signposted to Haworth & Wycoller (School Lane). After 75m turn right (signpost to Trawden and Wycoller – Carriers Row) and follow road to Trawden – there is one left turn junction on the plateau where you turn left. (The detour down the lane to Wycoller is worthwhile).
8. Turn left and follow the road up through Trawden. At the three-way junction in front of the church turn right then immediately left into Burnley Rd (i.e. so you carry on in a straight direction). This is signposted to Hebden Bridge and Nelson.
9. At the next cross-roads (referred to as Clarion House) turn left. Follow past Coldwell Activity Centre and reservoir and take the first right after here. Follow this lane to the next crossroads by the Hare and Hounds pub.
10. Approx 500m after Coldwell turn right (signposted to Burnley). Follow this lane across open country then into the village of Harle Syke.
11. At the next crossroads you turn right (signpost to Nelson) and leave the Lancashire Cycleway. Just after passing the “Welcome to Nelson” sign take the first left (Kings Causeway). Follow this road through Brierfield going straight ahead at the next two cross-roads. After passing over the level crossing by Brierfield Station you cross the M56 and are back into open country. Climb up into Fence.
12. Go straight across the A6068 into Fence. Turn right at the T-junction in the village and then first left into Harper's Lane passing the pub (Harper's Inn).
13. At the T-junction at the top turn right and follow this quiet lane along the ridge.



After passing Noggarth Top it drops down.

14. Take care as you must take the next right at the bottom of the slope (by a white house & signpost to Roughlee).
15. In the centre of the village, just past the Bay Horse Inn, turn left up a narrow and steep lane (easy to miss this lane so take care).
16. After cresting the top, and in the middle of the next dip, you turn left. This lane initially drops before climbing up to Four Lane Ends cross-roads on Twiston Moor.
17. Turn right (signpost to Rimington & Twiston) and follow through the hamlet of Twiston.
18. Turn right (signpost to Rimington). After the dip ignore the left turn signed to Rimington but follow the lane as it bears right.
19. Where the lane then bears 90° left with a minor lane to a farm straight ahead; follow this turning straight on (another part of Lancashire Cycleway 91). Follow these blue signs past the farm along this gated lane.
20. Cross straight over and follow this lane through the hamlet of Brogden and then down into the northern edge of Barnoldswick.
21. At the cross-roads with the Gisburn Rd go straight on into Greenberfield Lane. Follow this lane for another 1.2km back to the Locks and the start.



Other Info

Barnoldswick – steeped in history, dating back to Viking times. A fascinating town comprising an eclectic mix of heritage, industry and enterprise, and Conservation Area.

Coldwell Activity Centre – a converted 18th century inn, this is now an accommodation centre that was established to provide activity holidays for young people, particularly those with a disability or from a disadvantaged background. Includes a café and specially designed sensory garden. Open to all.

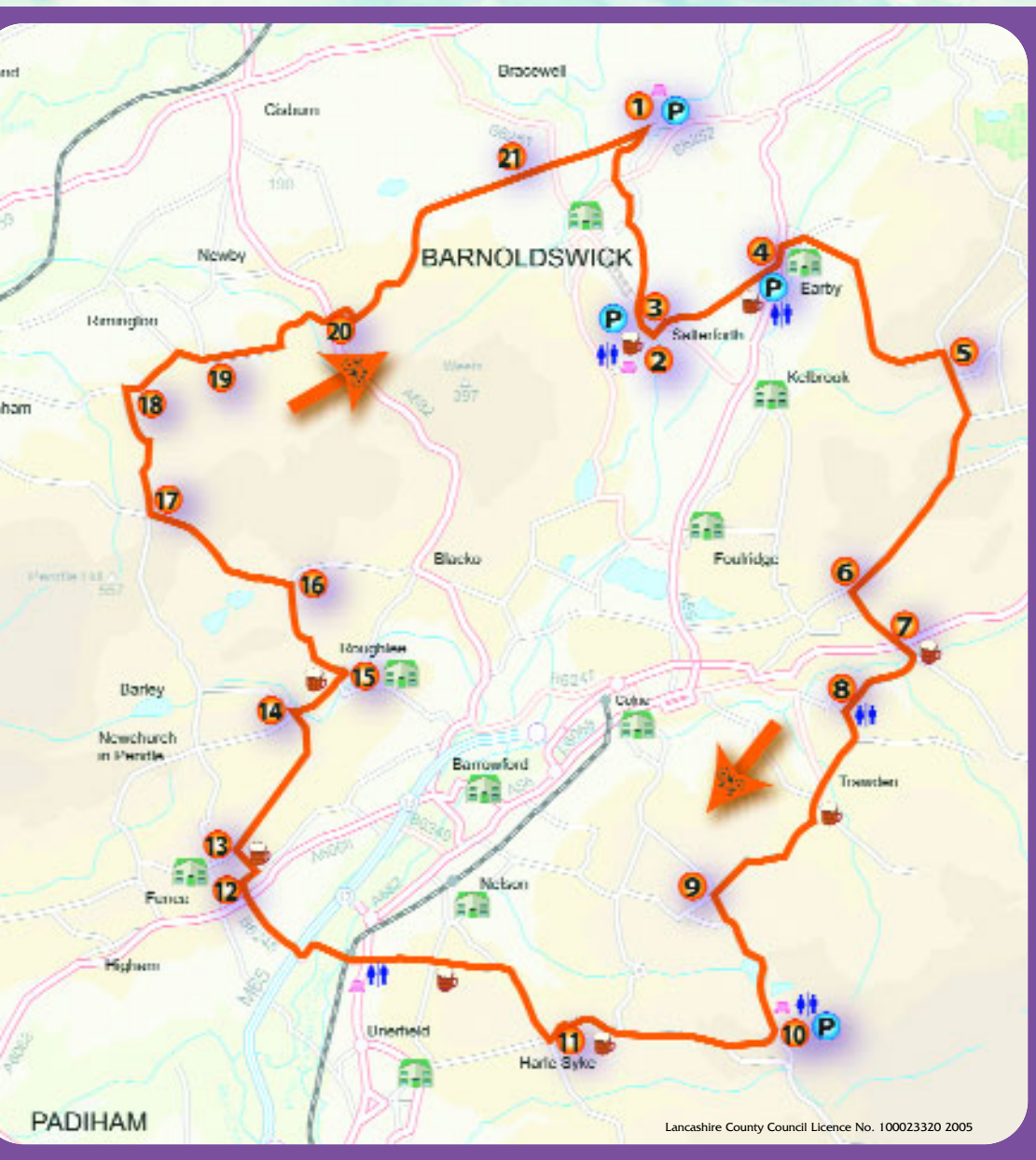
Earby – includes the Yorkshire Lead Mining Museum and Youth Hostel.

Roughlee – attractive small village that was the site of the first school in Pendle (opened in 1852). The former mill pond is now a popular fishery.

Trawden - established as a farming and weaving community on the edge of Pendle, the name means 'Low Valley'.

Wycoller – a beautiful hamlet dating back to an Anglo-Saxon settlement, includes the impressive ruined 16th century Wycoller Hall, craft centre and tea-room, information centre and country park spread over the surrounding Pennine moors.





Bowland By Bike

Silently travelling around this area of sublime beauty, under your own power, coming across hidden gems around every corner, this truly is a spectacular area for biking enthusiasts of all types and levels.

This booklet is designed to help you make these discoveries and explore the area. There are eleven routes described. They vary in length from 8km~50km so should suit people of all riding levels.

The limited size of the booklet means that comprehensive navigation instructions cannot be given but the notes given will ensure that you can find your way around.

Pennine Events have more detailed navigation notes available – please contact them if you would like to be sent one, with a detailed map printout at info@pennineevents.co.uk

Accommodation

There is a wonderful choice of accommodation in the area ranging from sumptuous country house hotels to cosy, very friendly B&Bs. For a full list and contact details please contact the Tourist Offices listed below or see www.lancashiretourism.com

Tourist Offices

Morecambe Tourist Information Centre

Tel: 01524 582808

Email: morecambe@lancaster.gov.uk

Lancaster Tourist Information Centre

Tel: 01524 32878

Email: lancaster@lancaster.gov.uk

Web: www.lancaster.gov.uk

Barnoldswick Tourist Information Centre

Tel: 01282 666704

Web: www.pendle.gov.uk

Pendle Tourist Information Centre

Tel: 01282 661701/2

Email: tic@htnw.co.uk

General Tourist Email: tourism@pendle.gov.uk

Clitheroe Tourist Information Centre

Tel: 01200 442226

Email: tourism@ribblevalley.gov.uk

Web: www.ribblevalley.gov.uk

Garstang Tourist Information Centre

Tel: 01995 602125

Email: lcs@wyrebc.gov.uk www.wyrebc.gov.uk

Cycling in Lancashire

Lancashire County Council has produced a large variety of free leaflets and maps detailing cycle routes in many parts of the county. For more details and to obtain copies please contact cycling@env.lancsc.gov.uk or call 01772 534609.

Useful Websites

The following sites can provide you with further information about the area, facilities and cycling in Lancashire.

www.budgietransport.co.uk

www.forestofbowland.com

www.lancashire.gov.uk/environment/countryside/cycling/index.asp

www.lunevalley.co.uk

www.pennineevents.co.uk

www.lancashiretourism.com

www.wyre-tourism.co.uk