

The route is signposted throughout

A steep drop and short climb brings you past Coldwell Activity Centre. Just past here you will catch your first sight of Colne. Follow the Cycleway signs as the road turns right then left and down to cross a main road and pass by the leisure centre. Cross another main road at traffic lights then turn right into Allkincoats Rd and into Allkincoats Park. You have a steady climb through this attractive park onto a short section of rough track to a small road (Red Lane). Turn right onto the road, then first left dropping down a steep hill. Carefully cross the ford at the bottom by Lake Burwain sailing club. Here you meet the route from Burnley.

Lake Burwain to Greenberfield Locks, Barnoldswick

From Lake Burwain follow the quiet lane passing a row of cottages to a road junction. Turn right towards Foulridge. When the road sweeps to the right (with the Hole in the Wall pub in front), take the left turn and follow down to the canal. Rejoin the canal towpath and follow this all the way through to Satherforth Village and then past Barnoldswick.



Cycle Commuting

Did you know that commuting by bike is often quicker, more reliable and certainly cheaper than driving? It also can form part of your healthier lifestyle - a 30 minute ride to work five times a week meets the recommended physical activity levels - as well as reducing stress and helping you generally feel better and more productive. The Cycleway forms an arterial link between many of the towns in Burnley and Pendle with feeder sections to work places and can be an ideal, safe, traffic-free commuting route.

Padiham Greenway

The Padiham to Burnley Cycle route via Ightenhill is an attractive, specially developed route along the scenic Calder Valley. The section from Padiham to the crossing of the river is along a rural, traffic-free concessionary bridleway through woodland and includes the unique "Trail of Words". It then goes along quiet roads through Ightenhill before rejoining the canal into Burnley Town Centre. Ideal for family cycling, commuting and leisure trips.

Mary Towneley Loop

A 47-mile circular trail designed specifically for horse riders, mountain bikers and walkers. It encompasses the wide variety of terrain, scenery and heritage on either side of the Lancashire-Yorkshire border. Further information available from the Countryside Agency - www.countryside.gov.uk or 0161 237 1061.

British Waterways Permits

To cycle on the canal section of the Cycleway you need a free British Waterways permit. Contact (01282) 456978.



Railway Information

The nearest stations to the Cycleway are Burnley, Brierfield and Colne. For details on train times contact the National Rail Enquiry Line on 0845 7484950.

Circular Trips

The Cycleway can form the basis of some interesting circular trips of varying distances. Separate leaflets detailing a number of these, including the Lancashire Cycleway, are available from Tourist Information Centres. You can also contact Pennine Events for further information or suggestions. (See contact details).

From Hebden Bridge via Colne to Lake Burwain

Coming over from Hebden Bridge on this route option you enter Lancashire by a quiet attractive road at the top of Widdop Moor. On your right (to the east) the moor reaches across to the brooding places made famous by the Bronte sisters - Withins, Standbury and Haworth.

Leaving the Park brings you onto a short road section - take care as you turn right then immediately left at the mini-roundabout and climb up a short hill to the canal bridge. Carefully cross the road and pass through the gate onto the towpath (turning left). You then follow the canal towpath for the next 20km through Burnley and Pendle and into North Yorkshire - except the short detour where the canal goes through the famous mile-long tunnel.

you face to face with the historic Towneley Hall. By the playground turn right and follow the park road to the main Park entrance. Taking time to stop and explore the Park is worthwhile.

The route is signposted throughout

For further information about the Pennine Cycleway contact Sustrans on 0845 113 0065 or view their interactive mapping website - www.nationalcyclenetwork.org.uk. You can also order detailed guides and maps of the whole route from here or from local cycle shops and bookstores.

Running along quiet country lanes and traffic-free tracks through the beautiful countryside of the Pennines from Derby to Berwick-upon-Tweed, this newly created route is the longest section of the National Cycle Network.

its 350 miles provide enjoyable and safe cycling opportunities for everybody, from short family rides in your own area to riding the whole route as a personal challenge.

The Pennine Cycleway is route 68 of the National Cycle Network - a comprehensive network of safe and attractive cycle routes throughout the UK. 7,000 miles are already open, with over 10,000 planned by 2005. Around one-third of the Network will be on traffic-free paths with the rest using quiet lanes and traffic-calmed roads.

Health Benefits of Cycling

Inactivity plays a part in the development of many illnesses and is estimated to cause over one-third of all deaths from Coronary Heart Disease*. Regular cycling of just half an hour a day can provide protection against serious health conditions including:

- Coronary Heart Disease
- Strokes
- Colon Cancer
- Non-Insulin dependant diabetes

It can also help a weight-control or weight-loss programme and improve self-esteem.

* - British Heart Foundation, 2003.

Contact Details:

Cycling Officers

Lancashire County Council - Alasdair Simpson
01772 534609 - alasdair.simpson@env.lancsc.gov.uk

Pendle Borough Council - Chris Wilding -
01282 661941 - chris.wilding@pendle.gov.uk

Burnley Borough Council - Mike Darbyshire
01282 425011 ext12319 - mdarbyshire@burnley.gov.uk

Sustrans - 0845 113 0065 - www.sustrans.org.uk

Pendle Cycle Forum - via Chris Wilding

Tourism Officers

Lancashire's Hill Country - 01254 300486
www.lancashireshillcountry.co.uk

Burnley Borough Council - 01282 416721
www.burnley.gov.uk

Pendle Borough Council - 01282 661685
www.pendle.gov.uk

Pennine Events - 01282 814738
www.pennineevents.co.uk

Further Information and Advice

This leaflet has been compiled by Pennine Events who also organise cycle events and trips. If you want any additional advice on routes or cycling in the area please call 01282 814738.



The Cycleway continues along the road as it drops steeply down past the village of Merclough (take care on the descent). Turn right into Red Lees Rd and follow the road towards the Pike Hill area of south-east Burnley.

As you come into the first section on the road with houses on both sides, watch out for a sign turning you left down into Towneley Park (via Springwood Rd). Another fast descent into the beautiful parkland brings excellent views over the surrounding countryside and across to the distinctive shape of Pendle Hill.



From Hebden Bridge via Burnley to Lake Burwain



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Pennine Cycleway

Pennine Cycleway Lancashire Section

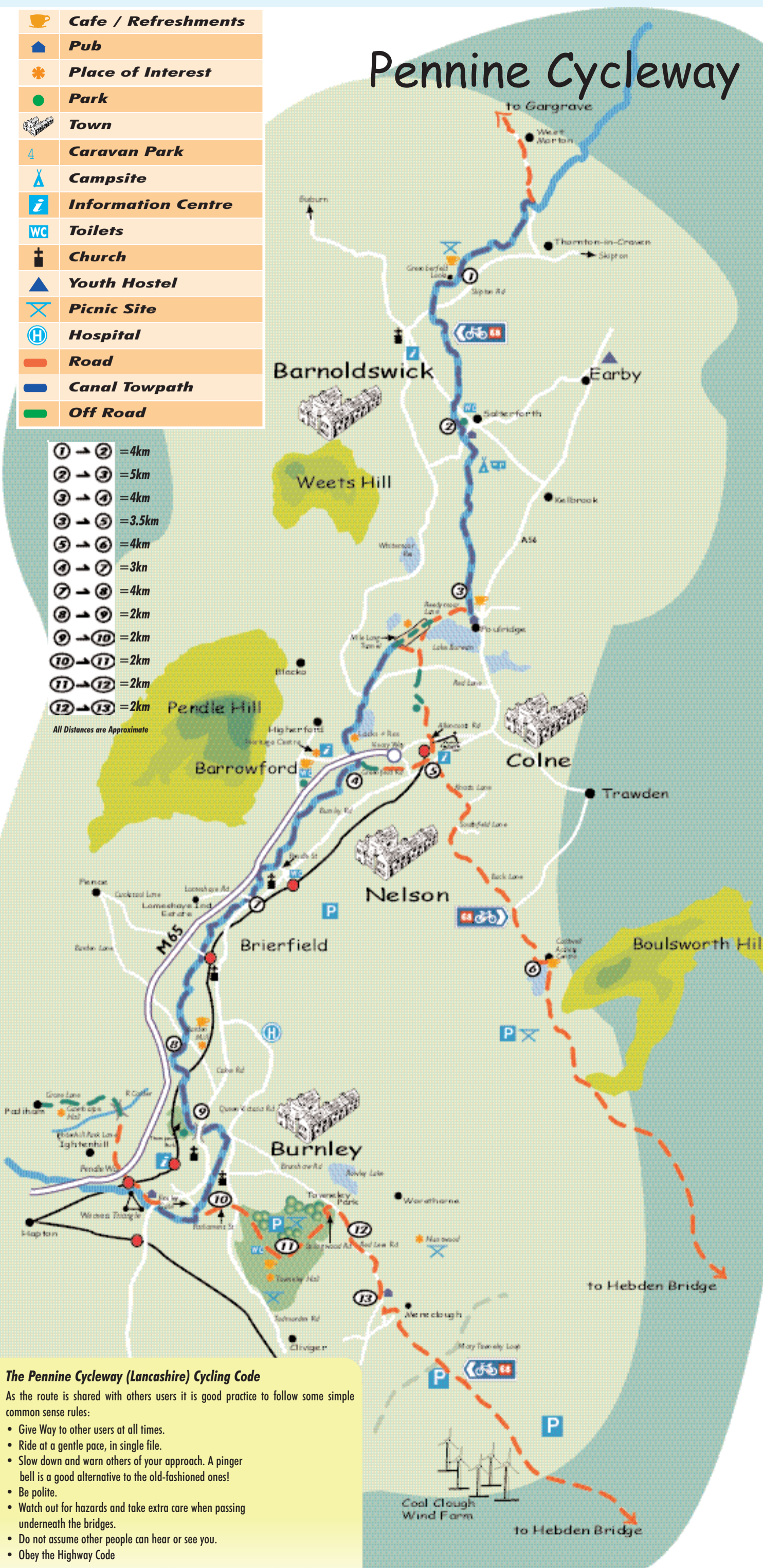


	Cafe / Refreshments
	Pub
	Place of Interest
	Park
	Town
	Caravan Park
	Campsite
	Information Centre
	Toilets
	Church
	Youth Hostel
	Picnic Site
	Hospital
	Road
	Canal Towpath
	Off Road

- ① → ② = 4km
- ② → ③ = 5km
- ③ → ④ = 4km
- ④ → ⑤ = 3.5km
- ⑤ → ⑥ = 4km
- ⑥ → ⑦ = 3km
- ⑦ → ⑧ = 4km
- ⑧ → ⑨ = 2km
- ⑨ → ⑩ = 2km
- ⑩ → ⑪ = 2km
- ⑪ → ⑫ = 2km
- ⑫ → ⑬ = 2km

All Distances are Approximate

Pennine Cycleway



Places of Interest

This region is known as Lancashire's Hill Country. It combines glorious upland scenery with fascinating heritage sites and has many diverse places of interest. There are too many to feature here but the following is a selection:

Directly On the Cycleway

Thompson Park

A large, attractive Edwardian park with boating lake, Italian gardens and playground.

Barden Mill

A popular retail outlet with a wide selection of home furnishings, textiles and fashion. Tea-room overlooking the canal with views across to Pendle Hill. Canal boat trips.

Towneley Hall & Park

Dating from the early 1400's the Hall is set in 24 acres of woodland and surrounded by extensive grounds. Visit the Hall to see how the Towneley family lived and an extensive collection of historical artefacts. In the garden is an interesting Natural History Centre, Victorian Flower Garden and Café. Nature trails within the woods.

Barrowford Locks & Reservoir

A good stopping point with attractive views towards Blacko Tower. 1km walk around the reservoir.

Mile Long Tunnel

A unique feature of the Leeds-Liverpool canal and the most expensive item to construct. Tea room by the wharf in Foulridge

Salterforth Park

Newly refurbished play area makes this a popular spot for families. Close to the Anchor Inn for good food and drink.

Greenberfield Locks

Located on the edge of Barnoldswick, and voted the best-kept locks in the country, Greenberfield is the highest point on the Leeds/Liverpool canal. Canalside cafe (Open Wed - Sun, 11am - 4.30pm).

Alkincoats Park

Rising up on the north edge of Colne, this is the largest park in Pendle. Playground, pitch'n'putt, attractive walks and glades.

A Short Ride from the Cycleway

Boulsworth Hill

A brooding presence in the South Pennines. The bridleway along the northern edge is a good mountain-biking route taking you into Wycoller.

Victoria Park

Created in 1888 to celebrate Queen Victoria's Diamond Jubilee, this attractive park includes a lake with island, play area and cafe (open afternoons)

Pendle Heritage Centre

Set in a range of Grade II listed buildings. Browse in the parlour shop, visit the farm project, relax in the garden tea-room, wander in the walled garden or take the woodland walk. Presentations tell the story of the Pendle Witches and the history of the area. Also houses the Pendle Arts Gallery with changing exhibitions throughout the year.

Hurstwood

A delightful village of great charm and character. Nearby reservoir with lovely walks and a bridleway that crosses the moor to Widdop.

Gawthorpe Hall

A superb 17th Century country house in a beautiful riverside setting. The home of the Shuttleworth family for over 300 years, it is now run by the National Trust. Home to the famous Rachel Kay-Shuttleworth collection of needlework, lace and costume.

Weavers Triangle

A short distance further along the canal from where the cycleway joins it, the Weavers Triangle includes one of the finest canal side mills in the country. Includes a Visitor Centre and nearby Inn on the Wharf pub.

Pennine Bridleway

The Pennine Bridleway is a new national off-road trail being developed by the Countryside Agency. It will run for 330km from Derbyshire to Cumbria. The first completed section is the Mary Towneley loop which crosses the Pennine Cycleway on the Long Causeway. When complete the Pennine Bridleway will also cross the Cycleway in Salterforth. Further details about the Pennine Bridleway can be found on www.nationaltrail.co.uk or from the Countryside Agency on 0161 237 1061.

Lancashire Cycleway

This comprises two circular routes, which meet in Whalley. The Southern Loop (Regional Route 91) crosses the Pennine Cycleway by Coldwell, Salterforth and Towneley Park. A guidebook and leaflet are available from Tourist Information Centres.

The Pennine Cycleway (Lancashire) Cycling Code

As the route is shared with others users it is good practice to follow some simple common sense rules:

- Give Way to other users at all times.
- Ride at a gentle pace, in single file.
- Slow down and warn others of your approach. A pinger bell is a good alternative to the old-fashioned ones!
- Be polite.
- Watch out for hazards and take extra care when passing underneath the bridges.
- Do not assume other people can hear or see you.
- Obey the Highway Code

Please remember that you are responsible for your own and others safety on the towpath.