

FAMILY/BEGINNER RIDES

CYCLING ON & OFF THE

Weavers Wheel

by **KEVIN
RIDDEHOUGH**

K. Riddehough

**A series of cycle routes
starting and finishing in
Blackburn with Darwen**

BLACKBURN WITH DARWEN
CONNECT

As I started to put these routes together I didn't realise just how difficult it would prove to be.

It wasn't the actual act of mapping the routes and taking the reader through turn by turn routes, that was the easy part. What has proved to be a really tough task has been deciding which routes to include and harder still, which to leave out!

I've been cycling now for many years and I'm very happy to say that for the majority of those countless thousands of miles I've really enjoyed the riding.

How could I or anybody else fail to enjoy the areas that surround us? In Lancashire we have the enviable position of being spoilt for choice on where to ride on any given day.

Whichever route I choose to ride the one thing that I'm sure of finding in abundance is hills, and lots of them, but don't let this put you off, the rewards for your efforts are the views that could adorn any of the finest calendars that we buy each year. With a little bit of patience and riding at a pace to suit you, there's no reason why you can't begin to enjoy hill climbing as part of your rides.

I couldn't begin to compile a list of my favourite routes without mentioning a huge thanks to a few guys who have ridden regularly with me: Craig (satnav) Rawcliffe, Shotts, Gilly, Dave Southward, Kev Buck & my wife Victoria. The above first mentioned is one of the greatest inspirations to anyone who chooses to ride a bike. His vast knowledge of not only routes but all things cycling has become stuff of legends within our group. To all others mentioned, and sorry for those missed out, it really is a constant source of pleasure riding with you. I also couldn't forgive myself if I wasn't to give a very special thanks and a mention to somebody who's been a great inspiration to me - James Syson of BWD has unrivalled enthusiasm when it comes to encouraging people to take up alternative travel and, for me he's been a constant guide, thanks James.

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This isn't unique to our group though and, cycling seems to attract and nurture the social side of people.

So, along with my wife Victoria, we've enjoyed over the last several years encouraging new or returning riders. In particular, we try and encourage families to get out and about and ride together as a family. We've enjoyed some fantastic rides with our 10-year-old daughter, Summer. You'd be amazed at just how resilient younger kids can be and often will be still going strong when the adults are beginning to flag a little.

A ten-mile ride is possible for even the youngest riders, all we need to do is make it fun, or better still an exciting adventure. Riding on the road with youngsters is a very real hazard and I wouldn't suggest this to just anyone, but even this with the right amount of care and planning is an achievable goal for you.

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Rolling forward to 2017, it's clear that those cycling clubs embodied the spirit of the five ways to wellbeing, more than 120 years ago, finding ways for working men and women to connect, be active, notice, learn and give. However, we live in a different era and while life expectancy continues to increase, the burden of non-communicable disease continues to grow.

Physical inactivity is a major risk factor for 6% of global mortality, and fourth major risk after high blood pressure (13%), tobacco use (9%) and high blood glucose (6%). Levels are growing and acting as a driver for non-communicable disease including diabetes and cancers, and for other health risk factors including increased blood pressure, blood sugar and obesity. Physical inactivity is the leading cause of the burden of 21-25% of breast and colon cancers; more than a quarter of all diabetes (27%) and almost a third of all ischaemic heart disease (30%).

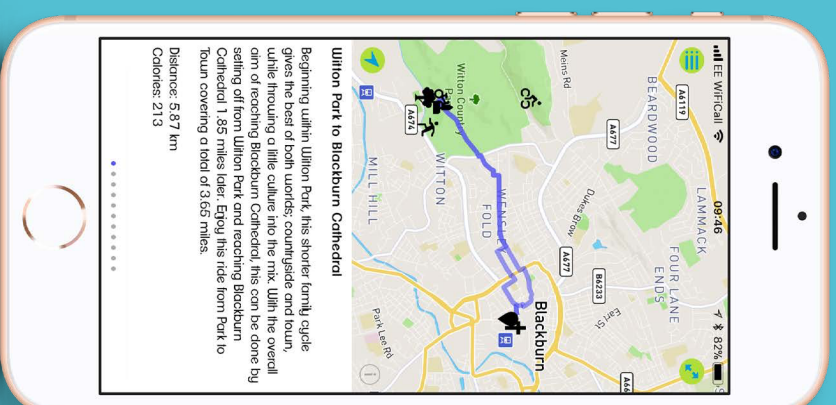
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FAMILY/BEGINNER RIDES

The rides in this section have been carefully selected to give you the rider, where possible a taste of bike riding but with the safety of cycle paths.

We've ridden with numerous younger children over the years and until they find their confidence, a road is no place for the young rider.

Children very quickly learn to adapt and ride safely, but this will need constant **supervision** from you and if you do venture onto the quiet road sections, you'll need to be acutely aware that they will have no concept of how roads and traffic works.

Whenever I've ridden with my daughter, I always ride just behind her and I'm on the constant look out for **traffic**, in front, behind and from the sides.

So my advice after years of riding bikes with younger children is simply this, take it **slowly**, don't expect too much too soon and above all stay safe. If you're in doubt stay off the road until confidence and **road awareness** has built up, we're trying to encourage the **next generation** of cyclists not scare them off. For building road awareness you can use the two excellent **facilities in Corporation Park** and near **Witton Stocks**, here you'll find two cycle tracks that have been designed to give youngsters a **taste of road riding** without the dangers of actually being on road. They're both fully equipped with junctions, right and left turns, mini roundabouts and zebra crossings, **perfect for starting out**.

Ride the routes in this section with care, but ride them often so that you build **confidence in riding together**, and above all, enjoy the rides.

RIDE NO.	RIDES	DISTANCE	PAGE
FAMILY / BEGINNER RIDES			

1	Witton Park to Feniscowles	6km	8
2	Witton Park to Ewood Park	8.5km	10
3	Witton Park to Blackburn Cathedral Quarter	6km	12
4	Royal Blackburn Hospital to Whitebirk via the Arran Trail	13km	14
5	Ewood to Royal Blackburn Hospital	8km	16

RIDE 1 WITTON PARK TO FENISCOWLES

Suitable for: ALL ABILITIES / Mix of cycle paths & some quiet roads



Time to complete: 6km – 40 minutes*

Facilities en-route: Café at Witton Park Pavilion

Toilets at Witton Park

* Approximate times based on an average speed of 6mph

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RIDE 1 WITTON PARK TO FENISCOWLES

This is a great little family ride using in the main cycle paths or quiet roads.

Riding through some lovely areas, but never too far away from the starting point, this is a great way to start family cycling.

Start and finish at the cycle centre in Witton Park, the kids can always run off any excess energy at the wonderful Wits play area.

- Starting from the cycle centre at Witton head towards the Athletics stadium and car park at the main entrance. Just prior to the car park barrier take a right onto the track that has the river running on your left. Cross the bridge and go right with the sports fields on your left.
- At the next bridge you will join the Weavers Wheel turning left and crossing the car park with care onto Tower Road.
- Head straight across Tower Road and take the path directly in front of you climbing up to the wooded area, this is quite a steep climb but only a short one. Continue on through the wooded section, beautiful in spring when the bluebells are in bloom, and cross the railway bridge- please take care at this section as this is a popular path used by walkers & riders.
- Leaving Witton Park behind for now we head left onto the Crescent. Follow this all the way round taking the first left turn, (still The Crescent).
- At the T-junction turn left onto Woodlands Avenue and continue to the main road junction. Here we're making a left then almost immediate right onto Cherry Tree Lane. The safest way to cross this busy road is to walk along the footpath section and then when safe walk your bikes across the main Preston Old Road. Continue along Cherry Tree Lane following Weavers Wheel signposts towards the Leeds & Liverpool canal towpath.
- Turn right on the canal towpath heading towards Feniscowles. Just before bridge 99 we leave the canal through a pinch gate and take the path down to a track that takes us to Park Farm Road - please take care on this descent. There's a steep climb to take us away from this path back up to the road.
- Turn right onto Park Farm Road and then continue before taking your second right, Rosebay Avenue. Follow this all the way round, at the end turn right and then an immediate left onto a short section of road that soon comes to a footpath down to Preston Old Road, same as before the safest way to cross here is to walk your bike across the road.
- Turn right on the main road – if concerned about traffic it's much safer to dismount and use the footpath on the opposite side for the short time we're on this main road.
- Take the first left turn onto Sunnyside Avenue and turn right at the T-junction onto Woodlands Avenue.
- Take the 3rd left turn onto The Crescent before making a left turn around The Crescent. Soon you will make a left turn that will take you back over the bridge and into the wooded area. Take great care on the steep descent as you are leaving the wooded section heading towards Tower Road.
- Cross over Tower Road and go through the car park to the bridge over River Darwen.
- Cross over the bridge and continue on this path past the Wits playground and back to the start point.

RIDE 2 WITTON PARK TO EWOOD PARK

Suitable for: ALL ABILITIES / Mix of cycle paths & some quiet roads



Time to complete: 8.5km – 50 minutes*

Facilities en-route: Café at Witton Park Pavilion / Toilets at Witton Park

* Approximate times based on an average speed of Gmph

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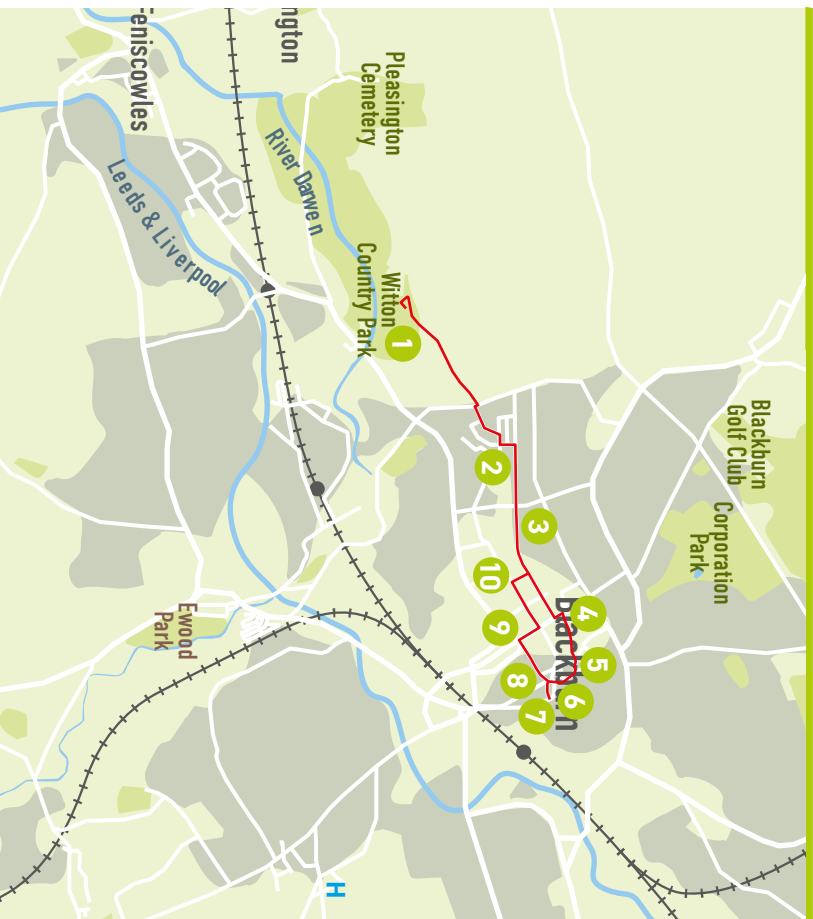
RIDE 2 WITTON PARK TO EWOOD PARK

Another great little route which takes you through a beautiful wooded section as you leave Witton Park and then out onto the canal for a steady ride down to Ewood and back.

- 1 Starting from the cycle centre at Witton Park head towards the Athletics stadium and main car park near the park entrance. Just prior to the car park barrier take a right onto the track that has the river running on your left. Cross the bridge and go right with the sports fields on your left.
- 2 At the next bridge we join the Weavers Wheel turning left and crossing the car park with care to reach Tower Road.
- 3 Crossing the road take the path directly in front of you climbing up to the wooded area, this is quite a steep climb but only a short one. Continue on through the wooded section and cross the railway bridge, but take care as this is a popular path used by walkers & riders alike.
- 4 Leaving Witton Park behind for now we head left onto the Crescent. Follow this all the way round taking the first left turn, (still The Crescent).
- 5 At the T-Junction turn left onto Woodlands Avenue and continue to the main road junction. Here we're making a left then almost immediate right onto Cherry Tree Lane. The safest way to cross this busy road is to walk along the footpath section and then when safe walk your bikes across the main Preston Old Road. Continue along Cherry Tree Lane following Weavers Wheel signposts towards the canal towpath.
- 6 Turn left onto the canal path following the Weavers Wheel in the direction of Town Centre & Ewood.
- 7 Leave the canal towpath as directed by the Weavers Wheel signage riding past a bowling green on your left side.
- 8 At the end of the path turn right to cycle along the shared off road path following alongside Aqueduct Road until you reach the Empire Theatre. Cross at the safe crossing points and take the bus lane.
- 9 The route back is a reverse of the outward journey until you reach a sign pointing you towards Witton Park on the right. Take this path and cross the bridge over the railway line along Speedwell Street.
- 10 At the end take a slight left turn then immediate right onto a shared cycle path.
- 11 At the bottom of this path you emerge onto Preston Old Road just opposite the main entrance to Witton Park. Cross at the safe crossing and enter the park back to your start point.

RIDE 3 WITTON PARK TO BLACKBURN CATHEDRAL QUARTER

Suitable for: ALL ABILITIES / Mix of cycle paths & some quiet roads



Time to complete: 6km – 45 minutes*

Facilities en-route: Café at Witton Park Pavilion / Toilets at Witton Park

Numerous cafés at Blackburn Cathedral Quarter

* Approximate times based on an average speed of 6mph

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The new Cathedral Quarter and Blackburn town centre have so much to offer.

Why not have a change, leave the car at Witton Park and ride into town taking advantage of this superb family friendly route.

You'll see so much more on your way in and out of the town.

1 From outside the Cycle Centre we head away in the opposite direction of the play parks with the running track on your right using National Cycleway route 6. We begin a little climb up and out of the park with Witton Park High School on our right, as we leave Witton Park we are met with a safe pelican crossing point to take us over Buncer Lane. Cross the road at the pelican crossing onto Higher Witton Road and make you way to the next junction.

2 At this point we are still following National Cycleway route 6. Turn right onto Rolleston Road and shortly after turn left onto St Marks Road. Within 200m you will reach the junction with Wensley Road.

3 Continue along Wensley Road for just under a mile and on our right passing the now defunct gas holder that dominates the skyline. At the end of Wensley Road at the junction with Montague Street, we make a left turn and reach our second major road safe pelican crossing point with Blackburn College facing us across the road.

4 Crossing at the pelican crossing and keeping the main Blackburn College campus on our right, we continue along this path until we reach Northgate with King Georges Hall on the left, and the William Gladstone statue in front of us.

5 Moving away from the statue we head down Northgate with M&S on our left and behind us.

6 At the end of this narrow walkway cycle path, we do a little right onto Lord Street West then onto Corporation Street and then King Street in quick succession.

7 We then make our way down Fleming Square to our destination of Blackburn Cathedral Quarter.

8 Leaving the Cathedral behind us by moving back along Fleming Square. We pick up King Street and follow the contra flow cycle lane down as far as we can go. Here we turn right onto Prince's Street and at the top left onto Fielden Street and down to the traffic lights.

9 Here, using the lights to cross safely we follow a quiet section of Montague Close, across Stoneyhurst Road, and onto Carlthurst Road.

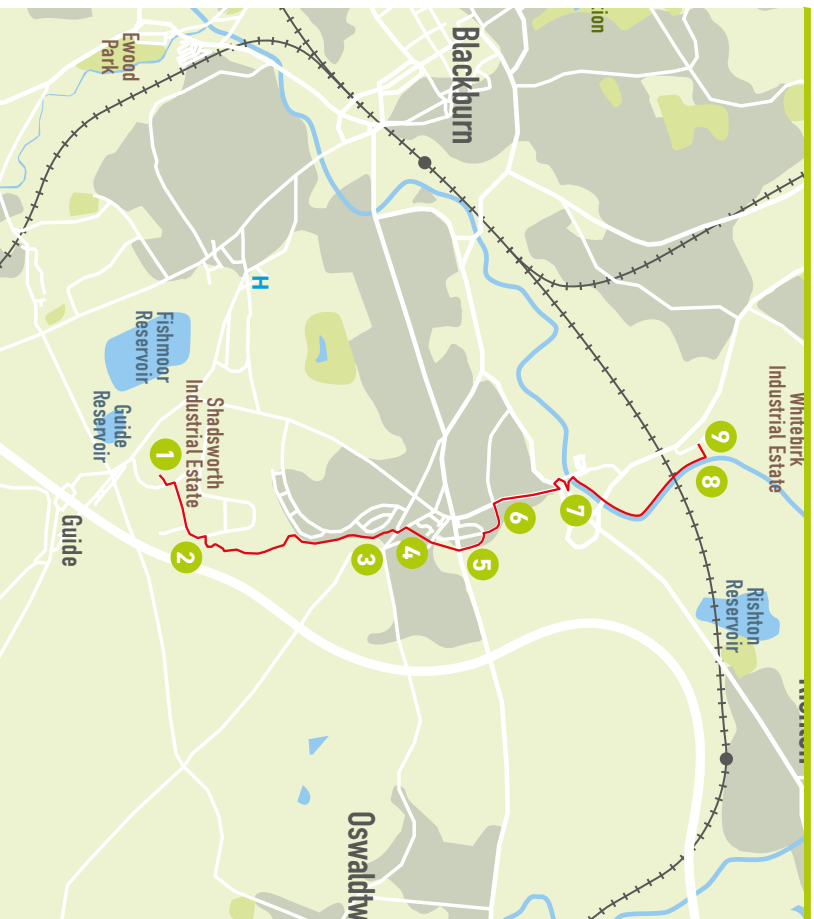
10 Here we make a right turn onto Sunnyhurst Road. At the top we turn left onto Wensley Road and pick up National Cycleway route 6 to return along the same route we came out on, all the way back to Witton Park.

RIDE 4

ROYAL BLACKBURN HOSPITAL TO WHITEBIRK RETAIL AREAS

VIA THE ARRAN TRAIL

Suitable for: **ALL ABILITIES** / Mix of cycle paths & some quiet roads



Time to complete: **13km – 1hour 10minutes***

Facilities en-route: **Café at The Range with Toilets**

* Approximate times based on an average speed of 6mph

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ROUTE 4

ROYAL BLACKBURN HOSPITAL TO WHITEBIRK RETAIL AREAS

This ride follows a section of The Weavers Wheel that showcases our town at its very best with some great paths and views as we descend from the Shadsworth Business Park down through Knuzden and onto the retail area of Whitebirk.

1 Starting from RBH follow the off road cycle path along Haslingden Road to Lions Drive. Following the signs for the Weavers Wheel take a right turn onto Dutton Way and descend down the slight decline.

The road goes through a left bend and on straightening out we begin passing open fields on our right hand side.

2 The Weavers Wheel is signposted through the Arran Trail leading us off into the fields and down through a superb lightly wooded section.

3 Continue descending this path all the way until you emerge at Knuzden Brook. Cycling through a little playground you will emerge at Haslingden Road. Following Weavers Wheel signage turn left and ride for approx. 200 yards before crossing the road into a wooded off road section.

4 Riding through this picturesque little wooded section with Knuzden Brook babbling away on your right hand side the path soon emerges out onto St Ives Road where with great care you will cross and take another section of an off road path to reach Accrington Road.

5 Cross Accrington Road at the safe crossing point and continue along Peronne Crescent. Turn right onto Marcourt Avenue and continue round to the junction with Whitebirk Road.

6 Turning right make your way down to the main roundabout with the Red Lion pub on your right.

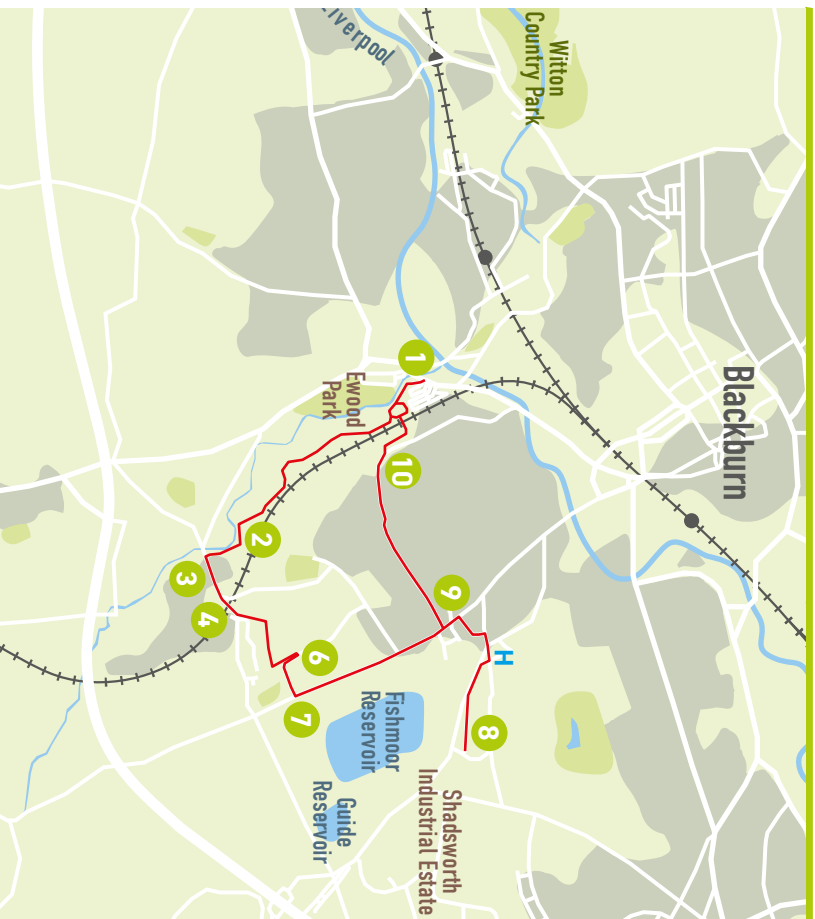
7 Using the official crossing points make your way round the roundabout, taking the path to the right of the second exit (straight ahead). This takes you to the canal towpath which you should continue along until reaching the BMW garage.

8 You can either come off to access the retail park or continue along the canal to reach Hyndburn and routes beyond.

9 Our return route is an exact reverse of our inbound route taking us up through Knuzden and back along the Arran Trail following the Weavers Wheel signage until we reach Haslingden Road.

RIDE 5 EWOOD TO ROYAL BLACKBURN HOSPITAL

Suitable for: ALL ABILITIES / Mix of cycle paths & some quiet roads



Time to complete: 1 hour 15 minutes*

Facilities en-route: Café at Royal Blackburn Hospital

* Approximate times based on an average speed of 6mph

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RIDE 5 EWOOD TO ROYAL BLACKBURN HOSPITAL

Starting from the car park behind Ewood Bikes this super little route will leave you breathless with some of the finest views over the West Pennine Moors. Using the Darwen Parkway off road path we're afforded views of Darwen Jubilee Tower and the expansive moors as we head over to Lower Darwen.

You will be amazed that you are only just a few short miles out from town.

1 From the car park behind Ewood Bikes, take the Weavers Wheel route and make your way over one of the high points of the Weavers Wheel. High in more ways than one, at the top of the Darwen Parkway section the views are simply stunning. Take a well-earned breather at the top to stop and admire the views we sometimes miss as we drive by in the car. There are some short, steep sections on this part so take care when ascending or descending.

2 At the end of this section of the Darwen Parkway we come out at a row of terraced houses with Alum House Brook running on your right hand side.

3 We leave the path through a pinch gate and come onto Millbrook Street. At the end of here we turn left onto Fore Street and have a short little section of road riding.

4 Continue over the mini roundabout and pass under the impressive viaduct bridge. As the road bends round to the right there's a car park on your left directly opposite the Hindle Arms pub.

5 Enter the car park and at the far end pick up another section of the Darwen Parkway and Weavers Wheel. This section will take you up a few steep but short climbs to the top of Stopes Brow - a safer more pleasant way of climbing Stopes Brow than the main road.

6 At the top of the climb to your right is St James' Primary School. Turn right onto Newfield Drive and then take a right turn towards Roman Road.

7 Turn left on Roman Road and continue past Beechwood Garden Centre. Follow this road all the way along with Fishmoor Reservoir high on your right hand side until you reach Observatory Road. Turn right and follow through to Old Bank Lane and turn right.

8 The Royal Blackburn hospital complex is now in front of you. Crossing this busy road, you can enter the hospital grounds via a safe crossing point and make your way around to the main A&E department where there are plenty of bike parking spaces available.

9 The return journey is the same until you reach Roman Road. Turn left here and then at the mini roundabout turn right onto Manxman Road.

10 At the bottom of the hill you will see the Manxman Animal Trust Centre on your left. Just after here is a series of paths to take you back to the Darwen Parkway and your start point.

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ON & OFF THE

Weavers Wheel

by KEVIN
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Photo: John Rutherford

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INTERMEDIATE RIDES

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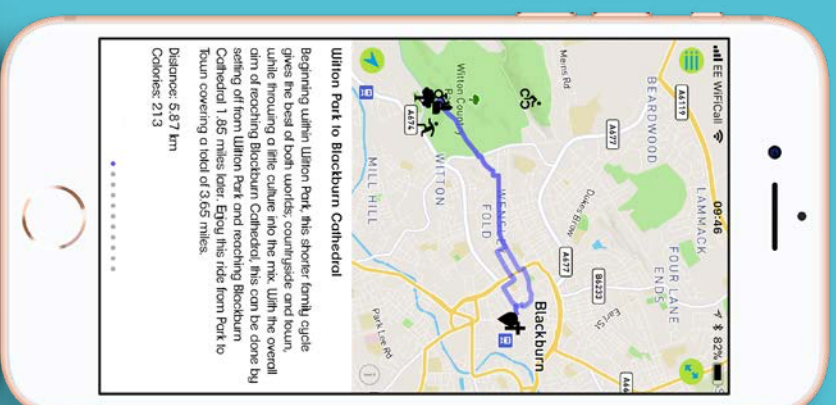
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INTERMEDIATE LEVEL RIDES

Now you've completed the Beginners routes you're more than ready to take on the more challenging routes of the Intermediate Level Rides.

Moving up to intermediate level rides, you'd be very surprised just how easy these rides can be. We can't get away from the fact that in Lancashire we live in what's generally seen as a hilly area. Having gained confidence from riding the beginner rides and with a little bit of **effort**, there's absolutely no reason why anyone with just a little bit of **cycling fitness and experience** can't enjoy the rides in this section.

I've kept the use of roads down as much as I can, and where possible I've used **quiet roads** rather than the busier main roads. This does sometimes put an extra mile or two on the ride. In my view the extra mileage is not only worth it in keeping you away from the busier roads but also you're very often rewarded with much more **pleasant scenery**.

If you're new to road riding let me just share a little of my knowledge from years of riding roads all over our country and beyond. In general, the profile of cyclists on the road is a much more common sight to road users now than it's ever been. The idea when you're riding on the road for me is a simple one; I want to **be seen**. Use lights, bright ones. Use **high viz**, bright clothing and when you're in traffic, sit up tall. If you're on a bike with drop bars, leave the drops to the country lanes, **sit up as tall as you can and be seen**. Finally, but by far the most important, keep very aware of what's happening around you at all times and try to anticipate actions of other road users when possible. Sticking with the above has largely kept me safe when riding. My philosophy is – it doesn't matter who's right or wrong – **I want to stay on my bike and stay safe**.

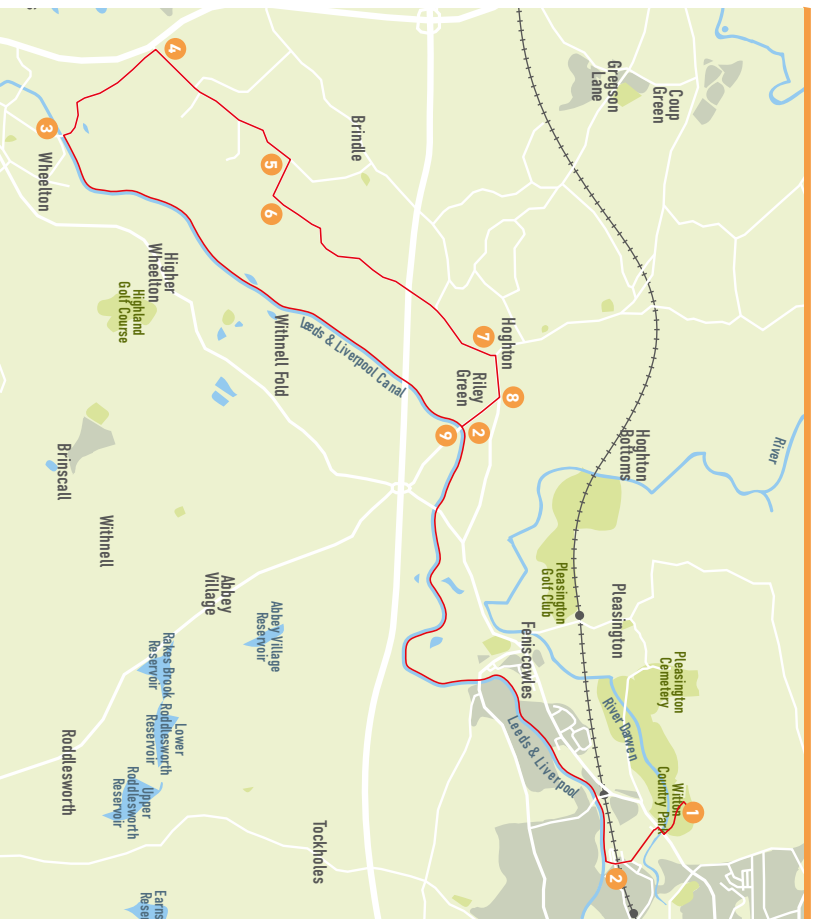
Riding on the road can bring immense pleasure as well as the whole health benefits that come with it. These rides take you to some of the finest areas our county of Lancashire has to offer as safely as it's possible to be while out on our roads. Starting with one of my favourite local rides Lancashire Lanes and ending up with a superb taste of off road riding, all within a 7-mile radius.

RIDE NO.	RIDES	DISTANCE	PAGE
INTERMEDIATE LEVEL RIDES			

6	Witton Park, Cherry Tree to Top Lock	26km	8
7	Lancashire Lanes from Witton Park	41km	10
8	The Weavers Wheel	28km	14
9	Witton Park to Houghton & Private Road	19km	18
10	Ewood circular via Guide, Arran Trail & Pleasington	25km	20
11	Lammack, Mellor & Samlesbury circular	20.5km	24

RIDE WITTON PARK, CHERRY TREE TO TOP LOCK

Suitable for: ALL ABILITIES / Mix of cycle paths & some quiet roads



Facilities en-route: Café at Witton Park Pavilion / Toilets at Witton Park

ROUTE 6 WITTON PARK, CHERRY TREE TO TOP LOCK

The final route in the family friendly section is a cracking ride that gives a real taste of what's to come in the next section.

Starting from Witton Park there's a gentle start along a lengthy section of the Leeds & Liverpool canal. Our route then takes us out to Wheelton before leaving the canal to savour the delights of some top quality quiet country lanes and returning via Riley Green and the Leeds & Liverpool canal towpath.

- 6 Within 250m the lane takes a sharp left and becomes Marsh Lane. Continue on this lane until you meet the B5256 (Sandy Lane). Turn right and continue until you meet the main A675 road (Riley Green Switch Rd).
- 7 Turning right, we have approx. 400m of main road to ride along before we come to the first right turn with the Royal Oak pub on your left hand side.
- 8 Turn right onto Bolton Road (A675) and continue for 400m before you come to a path on the left leading down to the canal towpath.
- 9 Take the path down onto the canal and then head east all the way back to the start point using from this point a reverse of your outward route

- 1 Starting from the cycle centre at Witton Park head towards the Athletics stadium and main car park near the park entrance and exit the park turning right on the main road. Cross at the safe controlled crossing point and pass the former paper mill on the left. Take the shared cycle/pedestrian path signed Ewood & Lower Darwen, pass between the factory on your left and open playing fields on the right.
- 2 At the end of the path is a row of terraced houses. Turn left and follow the signs for the Leeds & Liverpool canal. Once you reach the towpath, turn right and follow the canal for approx. 6.5 miles until you reach Top Lock.

- 3 Legs all warmed up now you will be ready to leave the flat land behind and begin a 4.5-mile quiet lane and scenery extravaganza. Turn right off the canal and descend down a steep short descent onto Lower Cophurst Lane and cross a delightful little bridge with the River Lostock flowing beneath you. To the left and right are some idyllic cottages nestled in the dip.

- 4 At the T-Junction, turn right onto Denham Lane and a short little climb.
- 5 In one mile take a right turn onto Brewworth Fold Lane.

RIDE LANCASHIRE LANES FROM WITTON PARK

Suitable for: **INTERMEDIATE RIDERS** / Mix of cycle paths & some quieter roads



Facilities en-route:
Café at Witton Park Pavilion
Toilets at Witton Park

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RIDE 7 LANCASHIRE LANES FROM WITTON PARK

We start this section with a classic ride around some stunning Lancashire lanes.

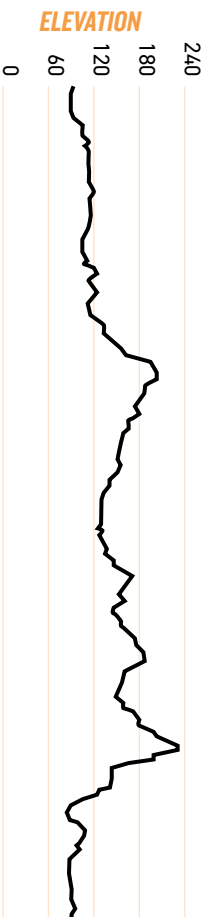
On a circular route that is seldom more than 5 miles from your starting point you'll be amazed at the wealth of beauty surrounding our town.

Taking in villages of Pleasington, Melling and Baldersdale there are a few tough little climbs but each one is rewarded with views on a clear day out over South Ribble and beyond.

- 1** From the Witton cycle centre we leave on the Weavers Wheel and go out towards Pleasington Priory. At the end of Old Hall Lane turn right staying on the Weavers Wheel and make your way over the tough climb to Bilinge traffic lights, passing the Clog & Billycock restaurant on your right.
- 2** Following Weavers Wheel signs turn left at the lights and cycle along Preston New Road for half a mile before turning right onto Beardwood. Follow this all the way around and turn right onto Quebec Road. As the road levels and bends to the right take a left turn onto St. Lawrence Avenue. At the end of here take a left then immediate right onto the quiet trunk road running parallel to the A6119, follow this all the way down until you reach the Knowles Arms, Pleckgate Road.
- 3** You now need to cross onto the main carriageway and head down and over the railway bridge. At the traffic lights at Brownhill Roundabout take the left fork signed to Clitheroe. At this point we leave the Weavers Wheel and head towards Ramsgrave & Wilsopshire station following signs for Spur G.
- 4** Turn left at the traffic lights just after the Rising Sun pub and begin the second climb of the route. You will ride on this road for approx. 2 miles. (not all climbing!), before turning right onto Abbott Brow. This is a steep descent and care is needed here.
- 5** At the bottom of the hill you reach the main A59 and cross straight over onto Osbaldeston Lane with the Bay Horse Inn on your left as you enter this lane. Extreme care is required here in crossing this road.
- 6** Take the bend round to the left onto Higher Commons Lane. Within 300m take a right turn onto Commons Lane.
- 7** Following this lane now for approx. 2.2 miles you can enjoy some of the most beautiful quiet lanes around. Passing St Leonards Church & Primary School on the way. At the 2.2 mile mark you come to a left turn and Bezza Lane directly in front of you. Continue on along Bezza Lane/ Dean Lane and Potter Lane for the next 2.5 miles and enjoy riding along a series of unrivalled lanes. With very little traffic and views out over the River Ribble, this is one of the high points of this route.
- 8** At the end of the series of lanes you emerge onto the A59 at Samlesbury. Cross here directly opposite is a lane taking you up to the junction. Turn right on Vicarage Lane and go under the A59 as you head up the hill towards Roach Bridge. At the cross roads with New Hall Tavern on your right hand side continue straight ahead onto Roach Road.
- 9** Descend down the lane and cross over the bridge spanning the River Darwen. A pause here is a must to see the impressive weir across the River Darwen, spectacular when the river is in spate. This area was the sight of the former Roach Bridge paper mills, a shadow of its former glory but still one of local importance with a wealth of history surrounding the area.
- 10** Leaving the paper mill behind carry on riding up Roach Road for 1 mile and bear left still on Roach Road.
- 11** At the end turn right onto Gib Lane following this road until reaching its end at the Boars Head. ▶

ROUTE 7 / LANCASHIRE LANES FROM WITTON PARK

- 12 Crossing the road turn right (there is a path to cycle along should you prefer), and then the first left on to Station Road. 200m along here take a left onto Private Road. Follow this quaint lane all the way to the end then take a left and almost immediate right fork onto Hill House Lane.
- 13 This will take you all the way up to Sandy Lane where we turn left and head out to the main A675 at Riley Green.
- 14 Turn right on this main road (signposted A674 Blackburn) and follow for a short distance taking the first right just before the Royal Oak pub – there is a path on both sides should you prefer.
- 15 After approx. 500m you reach the canal bridge and a path on your left. Take the path down to the canal and follow the canal for 3.5 miles.
- 16 Leave the canal on to Speedwell Street heading towards Witton Park. This takes you briefly on to the A674 and back to the cycle centre.



Descent: 362m / Ascend: 362m

Altitude at start: 93m / Altitude at end: 93m / Altitude difference between the start & finish: 0m
Highest altitude: 229m / Lowest altitude: 18m

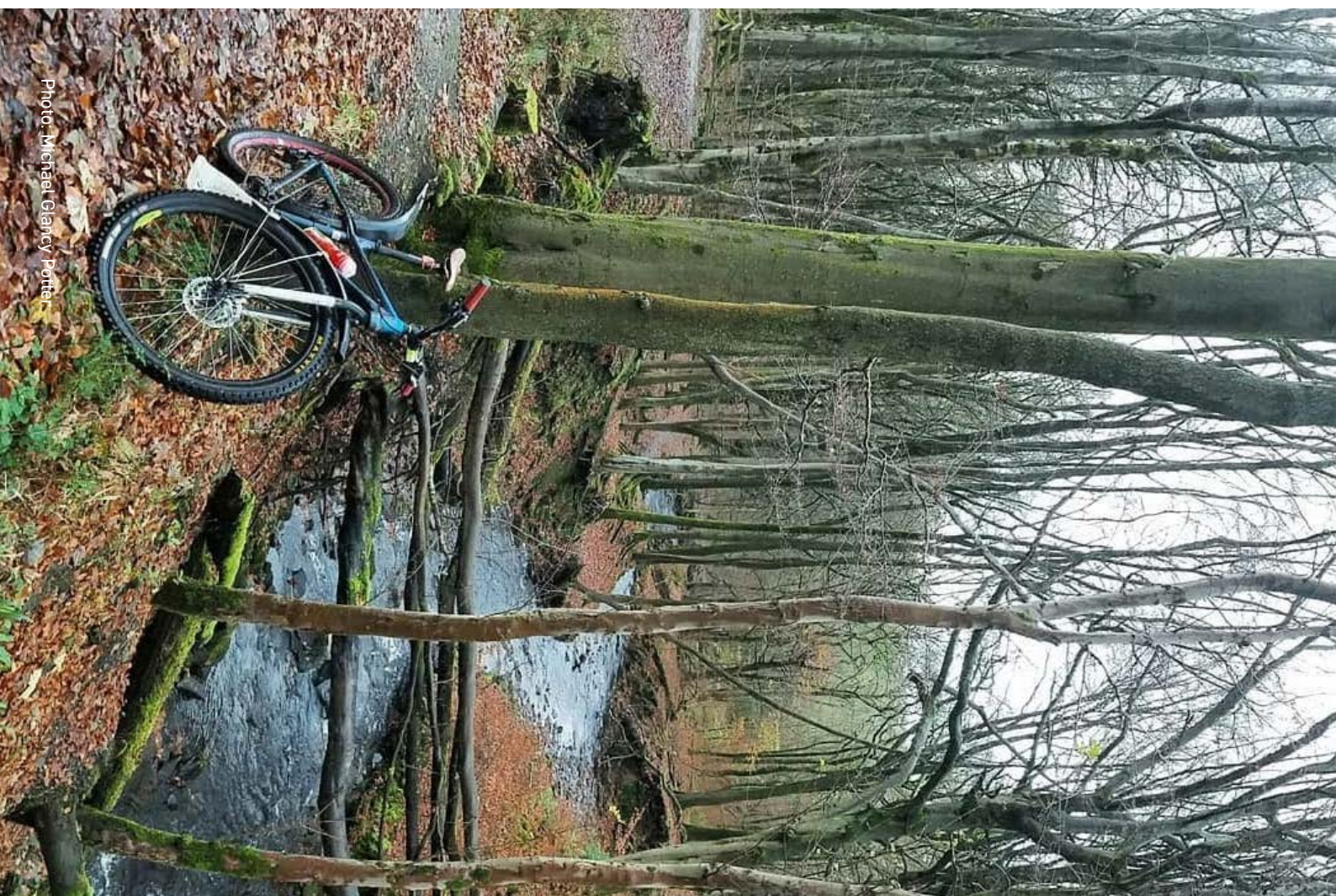


Photo: Michael Glancy Potter

RIDE 8 WEAVERS WHEEL

Suitable for:

Depending on ability you can ride as much or as little as you are comfortable with – multiple start points / Mix of cycle paths & some quieter roads



Facilities en-route:

Café at Witton Park Pavilion / Toilets at Witton Park

Café at The Range Whitebirk with Toilets

RIDE 8 WEAVERS WHEEL

As part of the development of the wider cycling network across East Lancashire funding has been secured to create and fully sign a network of cycle routes forming a wheel around Blackburn, with several spokes into the town centre and spurs out to neighbouring towns.

Affectionately known as the Weavers Wheel, a tribute to the industrial heritage of the borough, the network has knitted together a number of existing paths and quiet roads to enable cyclists the opportunity to explore our beautiful landscape.

For the more adventurous cyclist the Wheel can be used as a springboard to take you further afield to numerous locations, all using recognised cycle routes.

The Wheel itself takes you around some of the finest areas that Blackburn has to offer, with safe signed routes out into Darwen. Seldom more than a mile or two away from the main roads, you'll be surprised at how much there is on offer away from traffic. *Please be advised that the Wheel is still being constructed as part of a funding package secured until 2018/19.*

- 1 From the Witton Park Cycling Centre (pavilions) the route runs westwards using National Cycle Network 6 (NCN6) crosses the River Darwen at the car park and runs up to Tower Road.
- 2 At Tower Road the route continues onto the cycle way linking through onto The Crescent at Cherry Tree, Blackburn. The route turns right onto Preston Old Road for a short on-road section before turning left onto Cherry Tree Lane.
- 3 At Cherry Tree Lane the route enters onto the Leeds & Liverpool Canal towpath and runs in an easterly direction (left) towards Ewood.

- 4 The route leaves the towpath along the shared cycle and footway linking New Wellington Street to Aqueduct Road via the rear of the bowling greens. Turn right onto Aqueduct Road.

- 5 At Aqueduct Road the route continues off road along a shared path and crosses the A666 at the 'Thwaites' Theatre to pick up the River Darwen Parkway behind Ewood Cycles (former Aqueduct Inn).

- 6 The River Darwen Parkway which offers fantastic views of the borough and Ewood Park exits via Millbrook Street at Lower Darwen onto Fore Street (left turn).

- 7 The route continues eastwards, passes Higher Croft Road and turns left at Rakes Bridge to join another section of the River Darwen Parkway. This short section of Parkway is used to by-pass the steep section of Stopes Brow.

- 8 It re-joins Stopes Brow using the access road to St. James' School, turning left to progress towards the traffic signal junction at Blackmoor.

- 9 The route then continues along Blackmoor Road to the Guide signalised junction and uses the existing shared footway and toucan crossing facility to cross Haslingden Road. This section of the route up to Guide cross-roads is possibly the most challenging for cyclists. This is an extremely busy road and there is insufficient pavement width to create a shared cycle/ pedestrian path.

- 10 From this crossing point the route uses the existing shared cycle way through Lions Drive and Dutton's Way to enter the Arran Trail at the lower section of Dutton Way.

ROUTE 8 / WEAVERS WHEEL

- 11 Turning off Dutton's Way immediately after the left bend, the route runs along the Arran Trail in a northerly direction to the end of the Trail at the landscaped area between Staffa Crescent and Bank Lane (Knuzdén Brook).
- 12 Turning left onto Bank Lane and passing the junction of Fecitt Brow the route turns right to access a lovely little wooded section linking Bank lane to St. Ives Road.
- 13 The route turns left onto St. Ives Road and then immediately right to follow the path linking through to Accrington Road.
- 14 The route crosses Accrington Road at Peronne Crescent using a safe crossing and runs along Peronne Crescent and then Maricourt Avenue to the junction with Whitebirk Road.
- 15 Turning right onto Whitebirk Road the route runs on road down towards the Red Lion Roundabout. Following the signs cross Whitebirk Road and then Red Lion roundabout via the central reservation and head onto the Canal Towpath via Davies Road.
- 16 Turn right at the canal and follow the towpath until you reach Trident Park. Turn left off the tow path at this point and then make a left turn onto Trident Way towards Whitebirk Drive.
- 17 The route then crosses Whitebirk Drive and follows the shared footway / cycle way towards Brownhill Roundabout via the Philips Road, Whalley Old Road, Emerald Avenue, Roe Lee Park, Brownhill Drive and Cornelian Street junctions.
- 18 The route then crosses the A666 Whalley New Road at the signalised junction onto a shared footway alongside Ramsgrave Drive.
- 19 The route crosses Pleckgate Road and continues along the Service Road, crossing Lammack Road until it reaches the junction with Whinney Lane.
- 20 The route turns left onto Whinney Lane and immediately right onto St. Lawrence Avenue and continues by turning right onto Quebec Road and left onto Beardwood to join Preston New Road.
- 21 Turning left onto Preston New Road the route continues to the Revidge Road signalised junction and turns right onto Billinge End Road (care should be taken at this busy junction).
- 22 At this point riders on the Wheel will be presented with two choices of how to return to Wotton Country Park. The easier route will follow Buncer Lane (left turn) and sign cyclists into Wotton Park next to Wotton Park High School (picking up the NCN route 6).
- 23 If you are feeling fit the longer more challenging route (known as Ridehough Loop) runs along Billinge End Road, Woodcock Hill Road, Long Lane and Sandy lane, turning left onto Old Hall Lane and re-joining NCN Route 6 onto Tower Road and through Wotton Park to the Wotton Park Cycling hub.

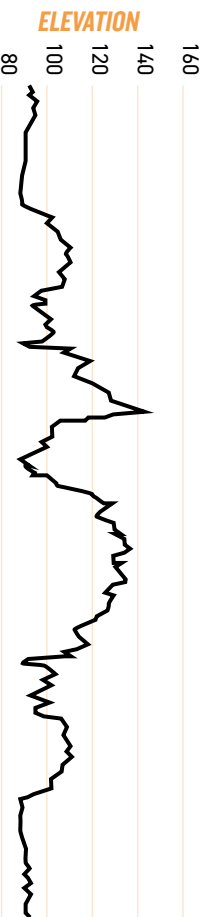


Photo: Alan Niemeyer

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RIDE 9 WITTON PARK TO HOUGHTON & PRIVATE ROAD

Suitable for: **INTERMEDIATE RIDERS** / Mix of cycle paths & some main road riding



Facilities en-route: Café at Witton Park Pavilion / Toilets at Witton Park

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RIDE 9 WITTON PARK TO HOUGHTON & PRIVATE ROAD

This is a superb little ride around some delightful country lanes.

Just 2.5 miles of main road cycling out and inbound but the rest is top quality quiet lanes.

Don't let the ride along the main road put you off what is a gem of a route, ridden with care this road is a popular cycle route out to **Brinscall, Preston and other areas.**

1 From the Witton cycle centre we leave on the Weavers Wheel and go out towards Pleasington Priory. Turning right we join Tower Road for a short period before making a left turn onto Old Hall Lane. At the end of Old Hall Lane turn left and leave the Weavers Wheel behind, following Victoria Road all the way up to the main A674 junction.

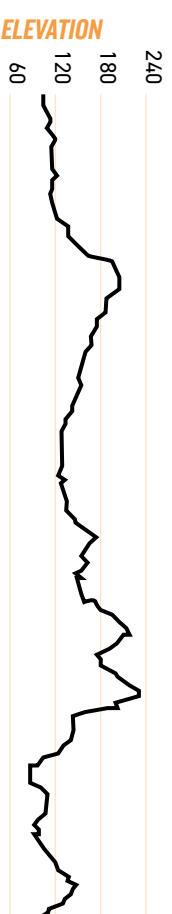
2 Taking care as you exit here and turn right onto Preston New Road. Follow this main road now for 2.6 miles. On the way you'll pass the impressive Houghton Tower on your left, the current manor house dates back to the mid 1500's and takes its name from the De Houghton family, historical owners from at least the 12th Century. The house is listed at Grade I, as is the Great Barn in its grounds, which is dated 1692. Also in the grounds are two structures listed at Grade II. The house and garden are open to the public at advertised times, and are administered by a charitable trust.

3 Just after you pass the tower you pass the Boars Head pub on your right. Immediately after here there's a left turn onto Station Road, after 200m take another left onto Private Road. Follow this beautiful lane that sees very little traffic and enjoy the views over the rolling fields.

4 At the T-junction, turn left then almost immediately right at a fork taking Hill House Lane. Follow this for a mile steadily climbing amid farm land to bring you to the T-junction.

5 Turn left onto Sandy Lane and continue until you reach the main A675.

6 Turn right onto Riley Green Switch Road and you're now back on your outward route. Follow this through Riley Green on exactly the same route as you came out on.



Descent: 95m / Ascend: 95m

Altitude at start: 93m / Altitude at end: 93m / Altitude difference between the start & finish: 0m

Highest altitude: 142m / Lowest altitude: 88m

RIDE 10

EWOOD CIRCULAR

VIA GUIDE, ARRAN TRAIL & PLEASINGTON

Suitable for: INTERMEDIATE RIDERS / Mix of cycle paths & some main road riding



Facilities en-route: Café at The Range Whitebirk with Toilets

RIDE 10

EWOOD CIRCULAR

This is a great little circular ride that can either be ridden in full or used in part to access many schools and employment areas located on or just off the route.

This ride takes you along some of the best bits of the Weavers Wheel and upon reaching Pleckgate Road you start climbing and eventually arrive at Pleasington via Billinge End Road having been rewarded for your efforts with stunning views.

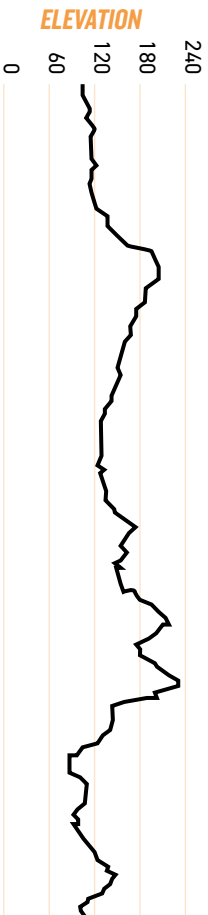
- 1** Starting from behind Ewood Cycles take the track leaving the cycle shop behind you. This is the Darwen Parkway section of the Weavers Wheel, and takes you over to Lower Darwen on a path that gives views over the West Pennines, this is also a fantastic wildlife corridor, take your time and savour the area as it's truly a beautiful part of the route.
- 2** At the end of the track you come out onto Millbrook Street, continue a short distance to the main road. Turn left onto the road and continue along passing under Rakes Bridge, an impressive structure dating back to 1847.
- 3** Just after the bridge continue to follow signs for Weavers Wheel and take a left turn into a car park opposite the Hindle Arms pub. Take the track at the far end of the car park and begin the second section of the Darwen Parkway taking you up to Blackmoor. Although it's a stiff little climb take your time and enjoy this nature trail paradise.
- 4** At the top of the path turn right towards Stopes Brow. St James CofE primary school and church are on your left. Turn left on Stopes Brow and make your way now through Blackmoor and onto Guide-taking care with the traffic along this busy stretch of road.
- 5** Follow the cycle route at the main Guide roundabout heading towards the main Royal Blackburn Hospital. At the next roundabout our route is taking us right onto Lions Drive. For those wishing to access the hospital you simply continue along the cycle track along Haslingden Road for a short distance to arrive at the main entrance.
- 6** After a little while riding along Lions Drive turn right onto Duttons Way. As this descends and bends to the left you will see a low stone wall on your right with open fields on the opposite side.
- 7** Take a right turn through a gate, again following signs for the Weavers Wheel, and ride along the Arran Trail which takes you along a gentle descent down to Knuzden Brook. A fabulous section of track that is just a short distance from a housing estate but will give the feeling you're in the middle of nowhere.
- 8** Going around a playground at the bottom of the track you turn left on a main road and go for approx. 200m. Turn right and follow the Weavers Wheel section along this short little gem of a path with Knuzden Brook still trickling down on your right hand side.
- 9** As you emerge from here, cross the road and do a left then right in quick succession onto another section of off road track taking you between industrial units and then across open playing fields. Cross the main Accrington Road at the safe crossing point onto Peronne Crescent.
- 10** Follow this around and then turn right onto Maricourt Avenue. This takes you down to Whitebirk Road. Turn right here and head down to the roundabout.
- 11** Use the safe crossing points to navigate across Red Lion Roundabout and head through an opening in the trees directly in front of you. Arriving on Davies Rd you will soon take a right and head down towards the canal towpath. ►

12 Descend carefully down to the canal towpath to the right and follow this route until you reach the BMW garage on your left and an exit off the canal towpath. Take this exit and go left on Trident Way to the traffic lights.

13 Turn right on the A6119 and follow the Weavers Wheel all the way now until you reach the Knowles Arms pub at the bottom of Pleckgate Road.

14 Turn left and begin the start of a few little climbs up Pleckgate and over Revidge, with Corporation Park on your left. Continue at the lights at Billinge taking you over the Clog & Billycock road to Pleasington and out onto the A674.

15 Turn left and then right at the roundabout onto Livesey Branch Road. Follow this now all the way back to Ewood and the start of your route.



Descent: 194m / Ascend: 194m

Altitude at start: 106m / Altitude at end: 106m / Altitude difference between the start & finish: 0m

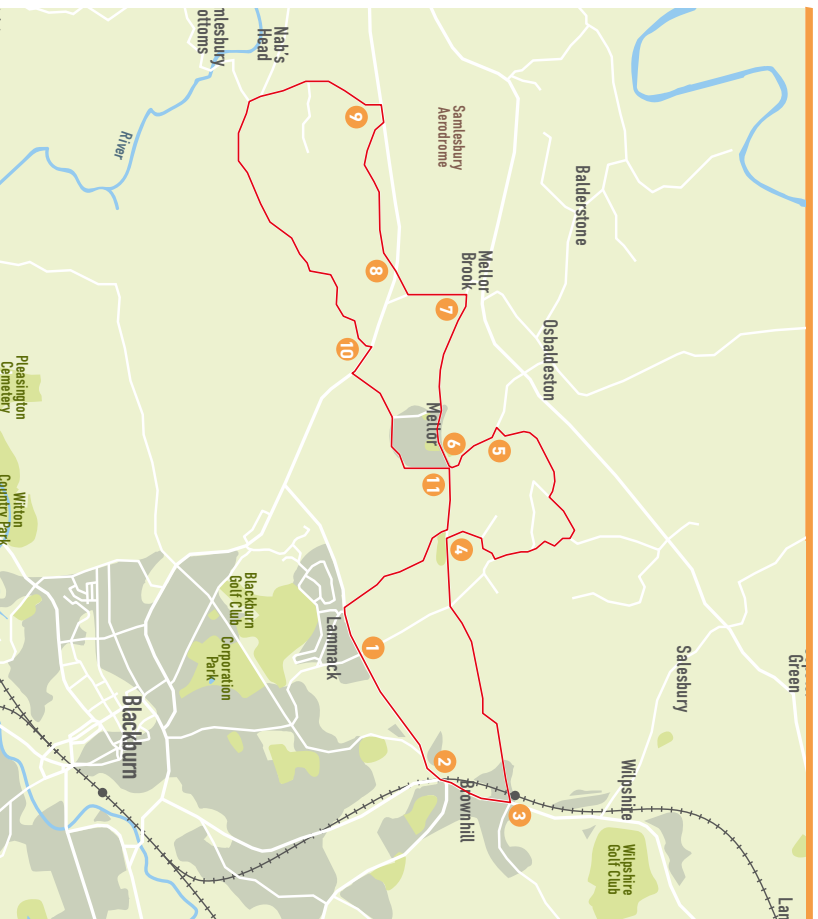
Highest altitude: 231m / Lowest altitude: 86m



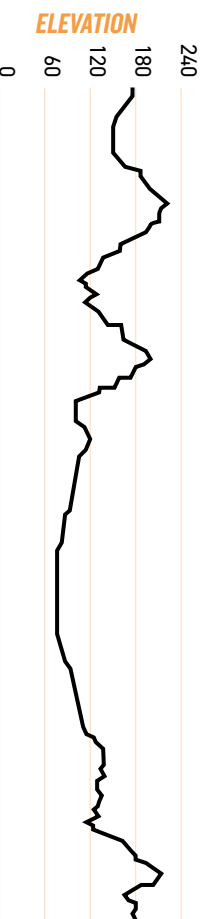
Photo: Andy Gray

RIDE LAMMACK, MELLOR & SAMLESBURY CIRCULAR

Suitable for: **INTERMEDIATE RIDERS** / Mix of cycle paths & some main road riding



Cafe stops: No stops for this route



This is only a short route but has quite a few stiff little climbs which give great vantage points for taking in the fabulous Lancashire countryside.

On the ride over Mellor you're rewarded with views towards Preston and beyond and the Ribble Valley. In addition to this, there are quiet lanes that you'd probably never explore in a car.

Soak up the views and tranquillity these lanes have to offer.

- Starting on Lammack Road outside Lammack Primary School, head towards the traffic lights. Turn right into the service road that runs parallel with the main A6119 we follow signs for the Weavers Wheel all the way down to the Knowles Arms pub and then cross onto the main road still heading in the same direction.
- At the main roundabout take the left turn following signs for Clitheroe and heading towards Ramsgrave & Wilpshire station following Spur G signage.
- At the traffic lights turn left onto Ramsgrave Road and begin the ascent up and over Mellor. Once you've passed the Spread Eagle and continued for approx. 300m you'll pass some open playing fields on your left. Just after the start of these fields is a right turn onto Primrose Hill.
- Follow this down and turn left on Saccary Lane. Continue on Saccary Lane then Showley Road to the junction with the main A59. Turn left on this busy main road and ride for approximately ½ mile before taking a left turn onto Abbots Brow.
- Turn left and start the short but steep climb back up into Mellor again.
- At the junction turn right and go through the village. After you pass the Millstone on your left the road begins to descend, gently at first but ending with a very steep descent, extreme care is needed at the bottom.
- At the mini roundabout turn left onto Branch Road and continue for just short of ½ mile. Turn right onto Intack lane and follow to the end coming out onto the A677.
- You're crossing this road and taking the slightly rougher Park Road section, this is suitable for most bikes but the road bike users may want to miss this section and stick on the A677 down past Samlesbury Hall. For those staying on the route simply follow Park Road all the way around until you come out opposite Samlesbury Hall on the A677.
- Turn left here and in approx. 150m left again onto Nabs Head Lane. Follow this all the way until you pass the Nabs Head pub. Just after here turn left onto Further Lane. This now takes you all the way back to the A677 emerging near the Stanley House.
- Turn right and then first left onto Mire Ash Brow and up into Mellor for the third time. As the road bends to the left turn right onto Whitecroft Lane and follow to the T-junction.
- Turn right and head away from Mellor before taking the first right turn onto Whinney Lane. Another steep descent here takes you back to the A6119. Cross this and turning left pick up the service road taking you back to Lammack road, turn right here to arrive back at your starting point.

11 LAMMACK, MELLOR & SAMLESBURY CIRCULAR



BLACKBURN WITH DARWEN

CONNECT

VISIT: BWDCONNECT.ORG.UK

Photo: Adam Symonds

ADVANCED RIDES

CYCLING ON & OFF THE
**Weavers
Wheel**

by **KEVIN
RIDDEHOUGH**

K. Riddehough

**A series of cycle routes
starting and finishing in
Blackburn with Darwen**

BLACKBURN WITH DARWEN
CONNECT

As I started to put these routes together I didn't realise just how difficult it would prove to be.

It wasn't the actual act of mapping the routes and taking the reader through turn by turn routes, that was the easy part. What has proved to be a really tough task has been deciding which routes to include and harder still, which to leave out!

I've been cycling now for many years and I'm very happy to say that for the majority of those countless thousands of miles I've really enjoyed the riding.

How could I or anybody else fail to enjoy the areas that surround us? In Lancashire we have the enviable position of being spoilt for choice on where to ride on any given day.

Whichever route I choose to ride the one thing that I'm sure of finding in abundance is hills, and lots of them, but don't let this put you off, the rewards for your efforts are the views that could adorn any of the finest calendars that we buy each year. With a little bit of patience and riding at a pace to suit you, there's no reason why you can't begin to enjoy hill climbing as part of your rides.

I couldn't begin to compile a list of my favourite routes without mentioning a huge thanks to a few guys who have ridden regularly with me: Craig (satnay) Rawcliffe, Shotts, Gilly, Dave Southward, Kev Buck & my wife Victoria. The above first mentioned is one of the greatest inspirations to anyone who chooses to ride a bike. His vast knowledge of not only routes but all things cycling has become stuff of legends within our group. To all others mentioned, and sorry for those missed out, it really is a constant source of pleasure riding with you. I also couldn't forgive myself if I wasn't to give a very special thanks and a mention to somebody who's been a great inspiration to me - James Syson of BWD has unrivalled enthusiasm when it comes to encouraging people to take up alternative travel and, for me he's been a constant guide, thanks James.

When we get a new rider join us I often hang back and chat with them trying to find out general information but mainly what they get out of cycling. The answer more often than not is always the same. It's not just about the cycling, it's also and often more importantly about the camaraderie. We've developed our own unique brand of welcoming new riders who join us, and its thanks largely to the above guys and those I've missed out who have created this.

This isn't unique to our group though and, cycling seems to attract and nurture the social side of people.

So, along with my wife Victoria, we've enjoyed over the last several years encouraging new or returning riders. In particular, we try and encourage families to get out and about and ride together as a family. We've enjoyed some fantastic rides with our 10-year-old daughter, Summer. You'd be amazed at just how resilient younger kids can be and often will be still going strong when the adults are beginning to flag a little.

A ten-mile ride is possible for even the youngest riders, all we need to do is make it fun, or better still an exciting adventure. Riding on the road with youngsters is a very real hazard and I wouldn't suggest this to just anyone, but even this with the right amount of care and planning is an achievable goal for you.

In compiling these rides I set my self the challenge that each route should achieve four objectives which I feel could help encourage local people to consider cycling:

- 1** Through routes that are accessible to all levels, I want to encourage as many riders to experience and enjoy the benefits of a simple bike ride.
- 2** By gradually building confidence on the bike I want to give riders the self-belief that they can go that little bit further next time they venture out, and maybe even think of swapping their existing journey plans one day a week to riding to school or work.
- 3** With clever use of local cycle paths and quiet lanes, I want to show riders just what's on offer just a very short distance out of our town centres.
- 4** In completing each section, I want to inspire riders to have a go at the routes in the next section, and in doing so work their way towards the advanced rides.

We are truly blessed in the area we live in. I couldn't think of a nicer way of travelling around on these routes than by bike. In the warmer months, a ride into the countryside is probably the best stress buster I can have. But don't just take my word, have a ride and see for yourself.

Also why not download for free the new and brilliant Cycling App for Blackburn with Darwen and enjoy reading about these rides at any time.



Kevin Riddelhough

THE IMPORTANCE OF PHYSICAL ACTIVITY

In February 1894 in Birmingham, a meeting was called by Tom Groom to talk about cycling and how working people could benefit.

That meeting in Birmingham 122 years ago established an early social movement for health and the club they set up was joined by 69 more across the country by 1897. Cycling was a way of getting around from which almost everyone could benefit and "it offered to members of a cycling club the health and freedom of the open road in the company of others of like mind".

Rolling forward to 2017, it's clear that those cycling clubs embodied the spirit of the five ways to wellbeing, more than 120 years ago, finding ways for working men and women to connect, be active, notice, learn and give. However, we live in a different era and while life expectancy continues to increase, the burden of non-communicable disease continues to grow.

Physical inactivity is a major risk factor for 6% of global mortality, and fourth major risk after high blood pressure (13%), tobacco use (9%) and high blood glucose (6%). Levels are growing and acting as a driver for non-communicable disease including diabetes and cancers, and for other health risk factors including increased blood pressure, blood sugar and obesity. Physical inactivity is the leading cause of the burden of 21-25% of breast and colon cancers; more than a quarter of all diabetes (27%) and almost a third of all ischaemic heart disease (30%).

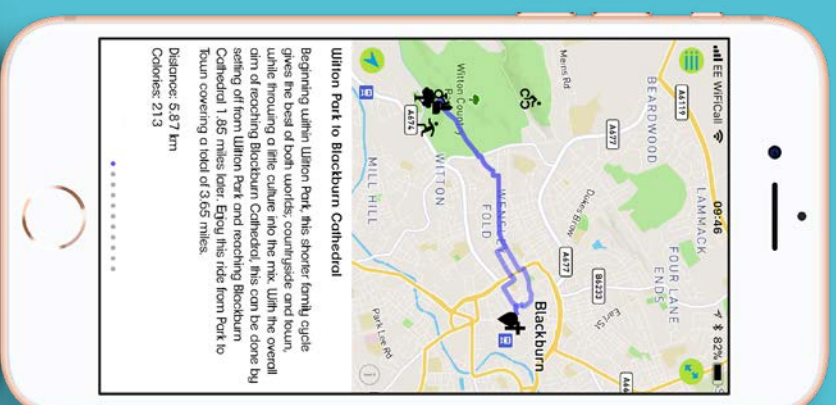
In the UK, physical inactivity plays a major role in the burden of disease and its impact on the Health and Social Care system and the economy, with estimated spending of £1bn on ill health due to physical inactivity. It has been estimated that significant increases in walking and cycling would save £17bn for the health service in England and Wales.

There is strong and consistent evidence that increasing physical activity participation will reduce future risk for all-cause mortality and non-communicable diseases including coronary heart disease and stroke, diabetes, respiratory diseases and cancers, hypertension, colon cancer, breast cancer and depression.

This booklet should provide great inspiration to cyclists and non-cyclists alike to try out some of the wonderful local routes. The Weavers Wheel is a fabulous local resource and these routes which run around it and out from it confirm Blackburn as a great place to cycle however far you want to go. So in the words of the world's greatest ever cyclist "Ride as much or as little, or as long or as short as you feel. But ride" (Eddy Merckx). As Hippocrates acknowledged more than 2,400 years ago the right amount of exercise is part of a safe route to health.

Ken Barnsley, Public Health, BwD

DOWNLOAD OUR APP



All our rides are also available on our fantastic **Connect East Lancashire Cycle App**.

The app is **FREE** to download on all Apple and Android phones and can be found on the Apple store or Google Play Store by searching '**Connect East Lancashire Cycle App**'.

Alternatively scan the QR codes below, visit or visit our website: bwddconnect.org.uk



APPLE APP



ANDROID APP



SCAN THE CODES TO
DOWNLOAD OUR APP
OR VISIT:
BWDDCONNECT.ORG.UK

ADVANCED LEVEL RIDES

Up next are the Advanced Level Rides –
come on you can do it!

Moving up to the more advanced level rides, you're in for some **delightful cycling routes**. All of the routes in this section use a mix of main road and quiet lanes. I keep the use of **main roads** down as much as I can, cycling is after all a **social** thing and using quiet lanes allows us to have a **chat while you ride**.

In this section the step by step instruction will take on a little less of turn by turn instructions and relies more on giving general direction of where you're heading for the next several miles. This makes route finding and riding the route a little more **enjoyable**.

Some of the rides will take you off the beaten track so you'll need to carry some basic spares with you. There's a **café stop** on each route, some of these have great pedigree as a cycling café stop.

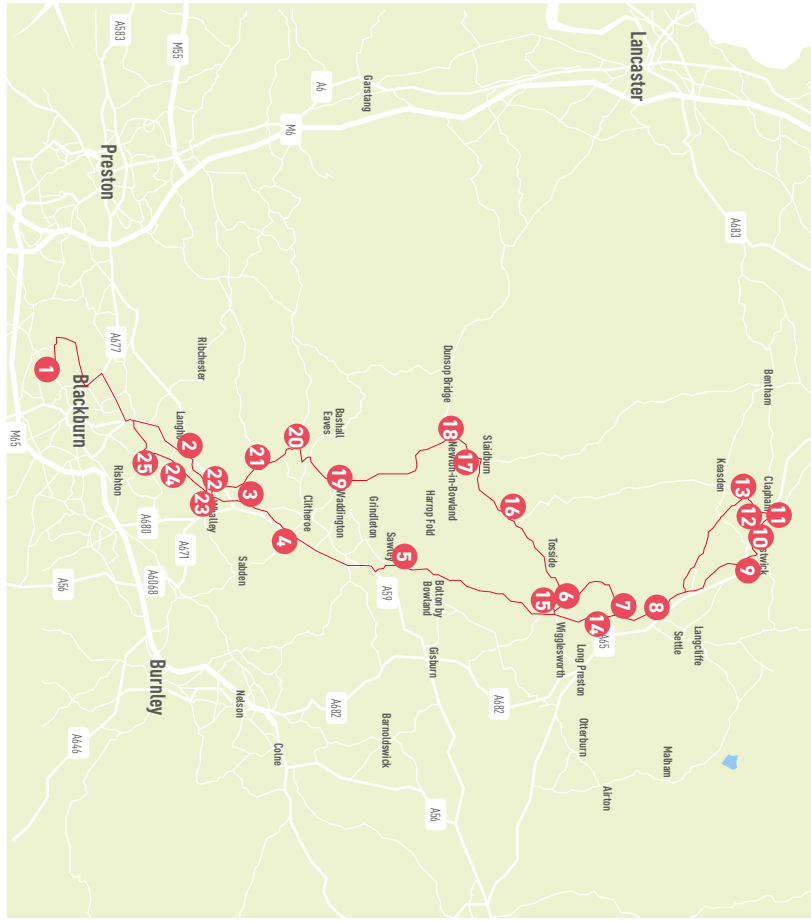
It's been extremely hard to decide not so much which routes to put in this section but more as to which I leave out. I've been very lucky to have ridden some of the finest lanes around **Lancashire** and **Yorkshire** hopefully I've chosen a good selection to share with you here.

RIDE NO.	RIDES	DISTANCE	PAGE
ADVANCED LEVEL RIDES			
12	Brownhill to Clapham, back via Eldroth, Tosside, Slaidburn & Waddington	113km	8
13	Scorton for refreshments from Witton Park	94km	12
14	Malham Cove, Langcliffe, Settle and back from Sunnybower	99km	14
15	A Stonyhurst delight via Hurst Green, Chaigley & back via Jeffrey Hill & Painter Wood	49km	18
16	Wheelton, Rivington, Belmont, back via Chapeltown	59km	20
17	Pendle Hill spectacular from Whitebirk	54km	22
18	Ribblehead Classic via Clapham & Ingleton & back via Horton in Ribblesdale & Settle	156km	24

RIDE 12 BROWNHILL TO CLAPHAM & BACK

VIA ELDROTH, TOSSIDE, SLAIDBURN & WADDINGTON

Suitable for: **ADVANCED RIDERS** / Mix of quiet lanes & some main road riding



Café stops: **Clapham, Tossie, Slaidburn & Waddington**

Facilities en-route: **Café at Writton Park Pavilion
Toilets at Writton Park**

ROUTE 12 BROWNHILL TO CLAPHAM & BACK

I have started this section with a full day classic taking you out through the Ribbles Valley and just flirting with the Yorkshire Dales before returning through the majestic Forest of Bowland and heading up and over the impressive Waddington Fell.

A lengthy ride with a few lumps to climb you'll be in danger here of overdosing on scenery and quiet lanes that are some of my favourite.

There's a choice of café stops. You can stop at the Reading Room at Clapham or if you wanted to continue to Tossie which is a Café I strongly recommend you visit or onto Slaidburn where there's also a great little café. Another option is the popular cyclist's café at Waddington; all are good and cycle friendly too.

- 1 Starting from the bottom of Pleckgate Road near the Knowles Arms head out through Brownhill and follow Spur G signs to the main A66 continuing on through to Langho.
- 2 Just after you go under the railway bridge, take a right turn to avoid the main roundabout. This brings you out near the Petre Arms, continue now down through Whalley centre and out through Barrow.
- 3 As you pass the Clitheroe Golf Club you come to a junction. Cross this road heading towards an iron gate on a path. This is the old section of the A59 and will keep you off the main by-pass for a while. A lovely little section, follow this all the way crossing two main roads until you come out onto the main A59.
- 4 Turn left and follow this for about 3 miles turning left when you see the sign for Sawley. Passing the remains of a Cistercian Abbey founded in 1148 set within the dramatic back drop of Pendle.
- 5 Follow these lanes through Sawley (over the bridge), Forest Beck and out towards Wigglesworth.

- 6 Before reaching Wigglesworth you will take a superb quiet lane over to Rathmell. Turn right at the junction and then take an immediate left.

- 7 At the junction where the Rathmell Reading rooms is situated, take a left onto Main Street that will take you down to the A65.

- 8 Turn left and follow the main road for a short distance taking the first left off the main road. You are now following these lanes that run parallel with the A65.

- 9 On meeting the A65 again cross this busy road with care and follow the signs for Austwick. Once you reach the little village follow signs for Clapham (heading west).

- 10 When you reach the main A65 take the cycle path on your right saving you having to ride along the busy road. At the end pick up the quiet lane again and continue along to Clapham for a well-deserved break.

- 11 Leaving here we follow for a short while the Way of the Roses route 68 taking us over once again the busy A65 to Clapham Train Station.

- 12 As we descend down past Clapham station on our right we pass under the railway and then over the River Wenning, take the next junction on our left signed to Settle (Lawings Brow).

- 13 At the next junction turn left to go under the railway bridge heading towards Eldroth.

- 14 Follow this series of lanes, heading towards Settle. Soon you will pick up your outbound route, turn right at this junction (onto Paley Green Lane) and retrace your steps via the A65 section and then onto Rathmell. When you reach the Reading Room here, do not turn right to follow your outbound route; instead keep on this road to take you on the more direct route back to Wigglesworth. ▶

12 / BROWNHILL TO CLAPHAM & BACK

15 When you reach the junction with the Plough Hotel & Restaurant on your right, turn right and follow this road. After half a mile you reach the junction you passed earlier, instead of turning left continue on this road signed Tosside and Slaiburn and visit the Café at Tosside for a brew and something to eat. Enjoy the next 7 miles of riding on top quality cycling roads. At the top of here keep a look out not only at the stunning scenery but off slightly to the left you are given glimpses of Pendle Hill, assuring you that you're on the road home.

16 There's a steep descent into Slaiburn with some sharp bends, take care at the bottom.

17 Leaving Slaiburn you're now heading away following the signs for Newton in Bowland.

18 When reaching Newton-in-Bowland we turn left onto Hallgate Hill following the signs for Clitheroe. This is the start of a long steep climb up and over Waddington Fell. The reward after the climb is a great descent down into Waddington, but take care when you reach the tree line as there's some sharp bends to negotiate.

19 Waddington is a beautiful little village and well worth a stop here even if just for a short breather. On departing Waddington take Belle Vue Lane and pass St Helen's church on your left. This continues around passing the playing fields and park and becomes Twitter Lane taking you down to Bashall.

20 Turning left and then right, continue on for a short while before making the next left turn.

21 After a couple of bends, turn right onto New Lane at the junction. We're now heading to Whalley via Mitton using Church Lane (next left turn). At the end of Church Lane take a left turn onto Mitton Road, crossing the river.

22 At Whalley railway station turn right just before the bridge down a Lane that takes you along the back road that passes Whalley Abbey on your right. The Cistercian Abbey of Stanlow, in Cheshire, moved to Whalley in 1296. The Church was built between 1330 and 1380, but the Abbot's lodging and Infirmary were not completed until c. 1440. After the dissolution of the Monastery in 1537, the property passed into private hands, and Ralph Assheton adapted it to make an Elizabethan Manor House. It remained a private residence until 1923, when the Church of England acquired possession. The Retreat House and Conference Centre, together with the Abbey ruins, are now owned by the Diocese of Blackburn.

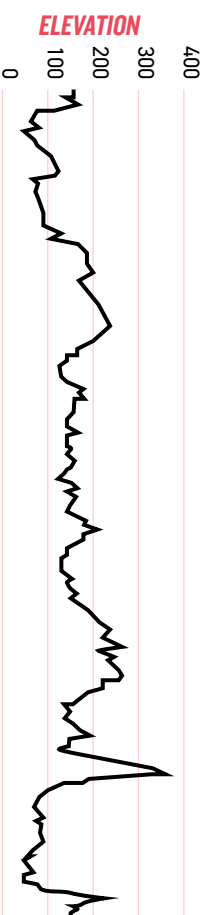
23 At the end turn right and head out of Whalley passing over the River Calder.

24 Around the bend take the 1st left turn almost doubling back on yourself and follow this road up through Painter Wood, a steady two-mile climb.

25 At the top once you begin to descend slightly turn right onto York Road. Follow this all the way down along Parsonage Road, at the lights turn left and now retrace your steps through Brownhill to your start point.



Photo: Adam Symons



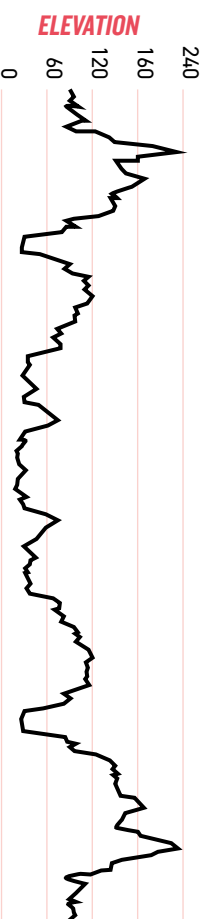
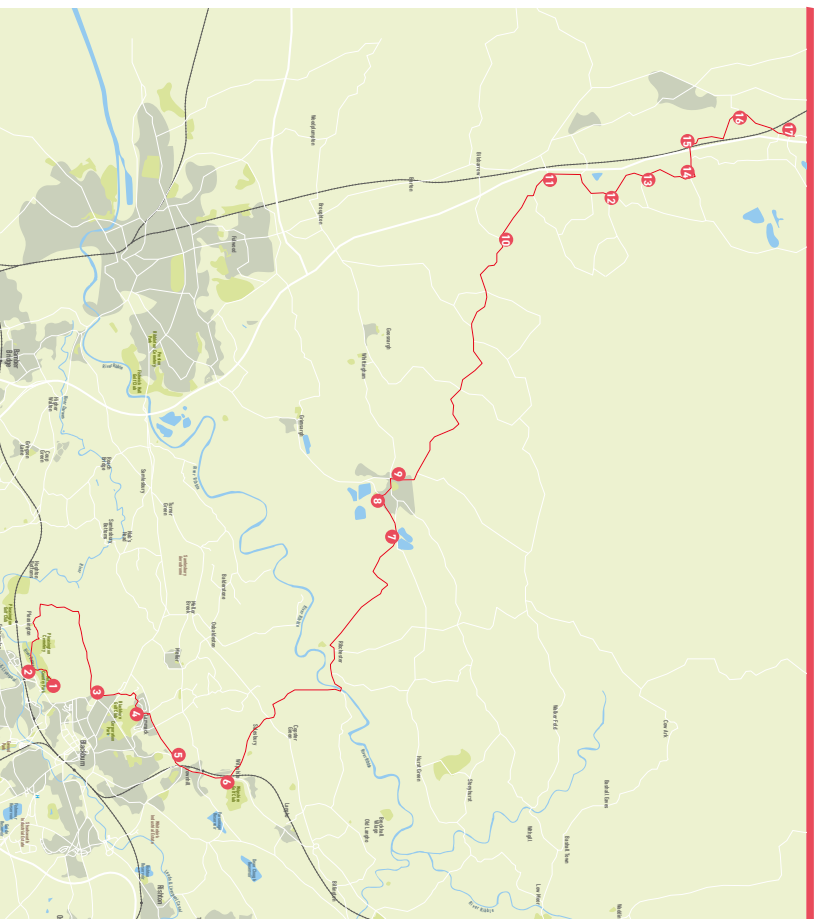
Descent: 802m / Ascend: 802m

Altitude at start: 157m / Altitude at end: 157m / Altitude difference between the start & finish: 0m
Highest altitude: 358m / Lowest altitude: 43m

RIDE 13

SCORTON FOR REFRESHMENTS FROM WITTON PARK

Suitable for: ADVANCED RIDERS / Mix of quiet lanes & some main road riding



This is one of our yearly favourites that oddly enough I prefer to ride in the cooler weather as it gives me a reason to buy the world's best broth from the Barn at Scorton. This broth is not for the faint hearted and served with some fabulous crusty bread this is food to make this lengthy ride well worth the effort.

Taking you through some lovely Lancashire villages there's nothing major on this ride that will have you struggling too much, in fact you'll be surprised at how many relatively flat sections the route has overall.

- Starting from the Cycle Centre head out of Witton Park following the Weavers Wheel, you'll pass the children's play area on your right and head out to the duck pond and Priority.
- Continue cycling along the Weaver's Wheel taking a right onto Tower Road, the next left onto Old Hall Lane, and a right onto Sandy Lane within Pleasington. Continue on this road until reaching the main junction with the A677 Preston New Road.
- Turn left onto Preston New Road and then make a right onto Beardwood shortly after, continuing along here until you reach the next T-junction where you will turn right onto Quebec Road.
- Exit onto St Lawrence Avenue, then Whinney Lane (left turn) before crossing the A6119 and turning right onto the service road that runs parallel with the main road.
- At the main roundabout take the left turn following signs for Clitheroe and heading towards Ramsgrave and Wipshire station following Spur G signage.
- Our route is now heading out into the Ribble Valley. At the traffic lights with the Wipshire Hotel in front of you, turn left and continue all the way now through Ribchester (after crossing the A59), a village steeped in history dating back to the Bronze age. It was also known as a significant Roman site being used as a Roman cavalry fort called Bremetennacum, some parts of which have been exposed by excavation. Continue on now through to Longridge.
- When you pass the Corporation Arms follow the road round and take the next left fork in the road, taking Lower Lane.
- After half a mile and opposite St Lawrence's Church, turn right onto Chapel Hill and the first left onto Little Lane. At the end turn left onto Kestor Lane and down to the roundabout.
- Turn right at the roundabout and follow the road passing Sainsbury's on your right for Inglewhite, bearing left at the Alston Pub.
- After approx. 4½ miles turn right onto Lydiat Lane. This will take you down towards the M6.
- Upon reaching the M6 keep right to run alongside it for a short period before again keeping right onto Smithy Lane.
- Following the left bend, keep left where the road becomes Sandholme Lane.
- At the next junction continue straight on, and at the next main right bend take a left turn instead signposted Barnacre Church, Scorton, and Lancaster.
- Continue to follow the road round, crossing the bridge over the M6.
- Once you cross the motorway take a sharp right hand bend and continue along to a T-junction.
- Turn right at this junction and follow this road now all the way into Scorton, the Barn café is on the left just as you enter the village with an old tractor outside. A very popular cyclist's stop you'll be made very welcome here and the food is excellent.
- The return route is an exact mirror of our inbound route, almost turn for turn. Heading back to Inglewhite, Longridge, Ribchester, and Salsbury before picking up the Weavers Wheel Spur G again at the Wipshire Hotel. At Brownhill, continue now along The Weavers Wheel all the way back to Witton Park and our start point.

Facilities en-route: The Barn at Scorton

11 Continue along and soak up the exquisite scenery that surrounds you and after nearly two miles stay left passing a junction on your right. This road continues now and descends before climbing back up to begin another exhilarating descent into Langcliffe. Beware though as the descent in the last half mile becomes very steep with some sharp bends near the bottom. ▶

ROUTE 14 / MALHAM COVE, LANGCLIFFE, SETTLE AND BACK

12 Langcliffe is a quaint little village with a nice little tea room. If you haven't already stopped to refuel then there's plenty of choice on offer here and most are very cycle friendly. At the junction with the main road, turn left signed to Settle. Take the first left turn off here onto Highway; this is the back road and the quiet way into Settle.

13 When entering Settle take a left turn onto Castle Hill. When reaching the junction turn right and keep left onto Kirkgate. After the railway bridge take a left turn onto Band Lane before a right at the junction onto Station Road.

14 Follow Station Road along to the mini roundabout and turn left here onto Raines Road. Follow this to the end to reach the A65. Taking care to cross here this busy, fast main road you make a left then almost immediate right off the A65.

15 Pass under the railway bridge and continue along passing through Rathmell and onto Wigglesworth. At the Plough Pub turn right and then take the left fork at the next Junction signed Bolton by Bowland.

16 This takes you down to Bolton by Bowland, turn right and continue on to Sawley.

17 Before the bridge that crosses the River Ribble take the right turn towards Grindleton and Waddington. Follow this now all the way to Waddington.

18 Waddington is a beautiful little village and well worth a stop here even if just for a short breather to admire the village gardens near Waddington Hall. Departing Waddington take Belle Vue Lane and pass St Helen's church on your left. This continues around and becomes Twitter Lane taking you down to Bashall.

19 Turning left and an immediate right, and then another left turn after a further 850m, we're now heading to Whalley via Mitton using Church Lane. At the end of Church Lane turn left onto Mitton Road towards Whalley.

20 At Whalley railway station turn right just before the bridge down a lane that takes you along the back road that passes Whalley Abbey on your right. The Cistercian Abbey of Stanlow, in Cheshire, moved to Whalley in 1296. The Church was built between 1330 and 1380, but the Abbot's lodging and Infirmary were not completed until c. 1440. After the dissolution of the Monastery in 1537, the property passed into private hands, and Ralph Assheton adapted it to make an Elizabethan Manor House. It remained a private residence until 1923, when the Church of England acquired possession. The Retreat House and Conference Centre, together with the Abbey ruins, are now owned by the Diocese of Blackburn.

21 At the end turn right and head out of Whalley passing over the River Calder. Around the bend take the first left turn almost doubling back on yourself and follow this road up through Painter Wood, a steady two-mile climb. At the top continue over picking up the Weavers Wheel Spur F taking you back to your start point.

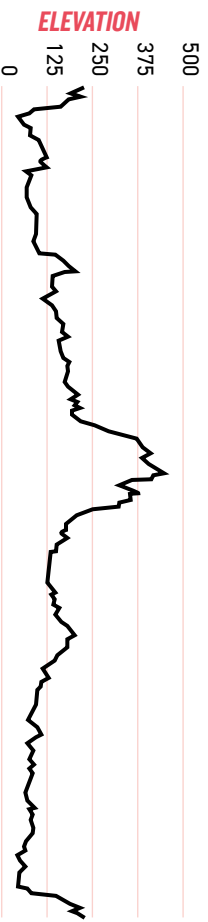
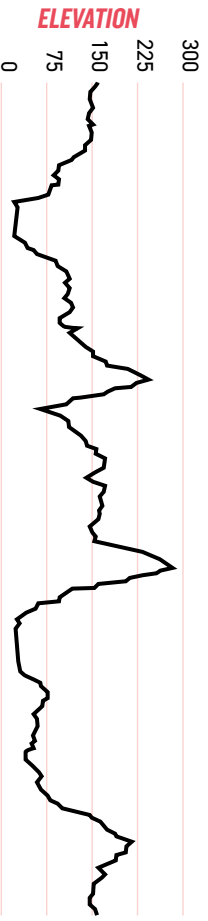
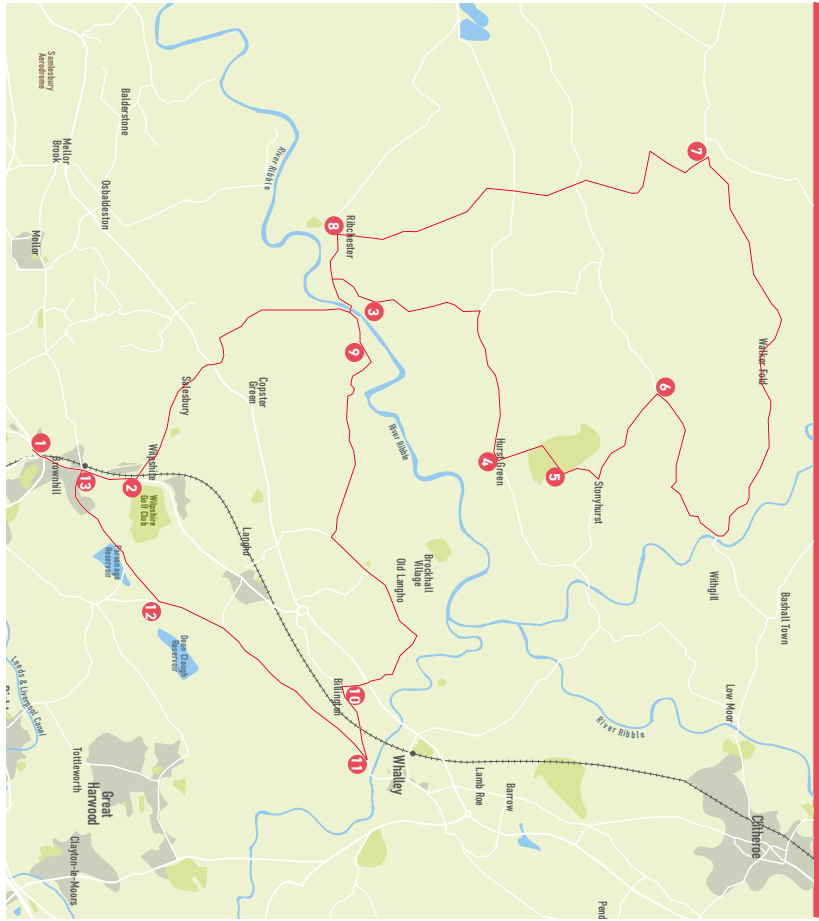


Photo: Michael Glancy Potter

RIDE A STONYHURST DELIGHT VIA HURST GREEN, CHAIGLEY,

BACK VIA JEFFREY HILL & PAINTER WOOD

Suitable for: **ADVANCED RIDERS** / Mix of quiet lanes & some main road riding



15 A STONYHURST DELIGHT VIA HURST GREEN, CHAIGLEY

Whilst shorter than the previous rides in this section, it's by no means less in character. This route can be ridden in full or if time is a constraint, in sections. This really does tick all the boxes for me as to what a ride needs. Lumpy in parts, but it just wouldn't be Lancashire without our little hills, ride them and enjoy the views from the top.

Passing through some superb Lancashire villages, you'll be transported through time. Ribchester is one of the finest examples of Roman history with some Roman Ruins still on display. Whilst the route doesn't take you right to the ruins, you're only a stones throw away from them. Next up is Hurst Green, home to Stonyhurst College.

This is one of the finest, colleges in northern England. As you round the corner and you see the college for the first, second or even 100th time, you'll still be taken aback by the imposing beauty of the front facade of the building. This area is also known to have been an inspiration for J.R.R. Tolkien's Lord of The Rings trilogy, it really does have an inspirational beauty about the whole area, and you're not even half way round the route yet...

- 1 Starting from the bottom of Pleckgate Road near the Knowles Arms head out through Brownhill and on the main A666 following Spur G of the Weavers Wheel. At the second set of traffic lights the Wilshire Hotel is facing you.
- 2 Turn left and follow this road all the way down through the lights, through Clayton le Dale and Salesbury, crossing the A59 onto Ribchester Road before crossing the River Ribble at Little Town. Following the road round, take the first right turn onto Gallows Lane.
- 3 Climb this lane and turn right at the top. Just under 1 mile, take a left onto Shire Lane, taking you over to Hurst Green. A short but steep ascent brings you out just before the Bayley Arms pub, for those wanting an early coffee stop turn right here and in 200m you'll find an excellent coffee shop just next to the Shireburn Arms. There are not a many more options for a stop on this ride.

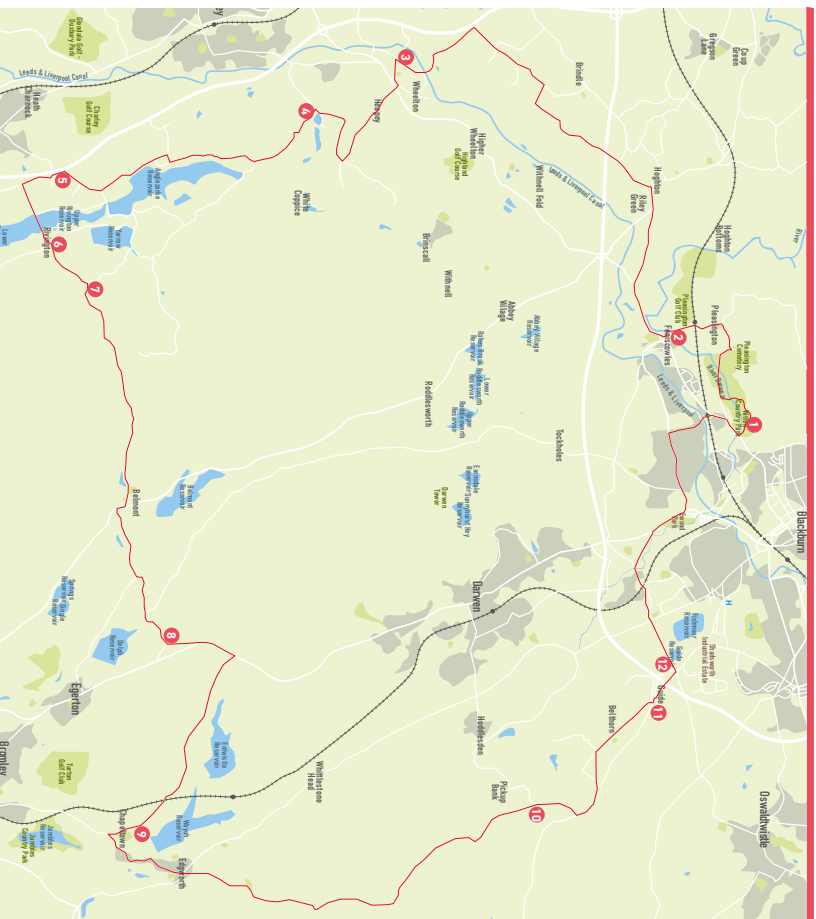
- 4 If you don't want to stop or if you're leaving the coffee shop, turn left and head up past the Bayley Arms with the pub on your right. Follow this road up through a tree covered lane that takes a 90 degree right turn. Ahead of you now lies the impressive Stonyhurst College. The college dates back to the late 16th century. Take your time riding down here and soak up the surrounding beauty. This area has inspired greats such as Arthur Conan Doyle so let it inspire you as you ride around these great lanes.
- 5 Follow the road round and bear left in front of the college. This takes you to a junction where you turn left.
- 6 Turn right at the next junction signposted Clitheroe 5 miles, and follow this round and over Birby Brow, take care on the descent, this is a very steep descent. Turn left at the bottom onto Bailey Bank and head through Chaigley.
- 7 Turn left onto Forty Acre Lane and the first left. Begin the climb of one of Lancashire's finest hills, Jeffrey Hill takes us up and back over to Ribchester.
- 8 Turn left at the bottom onto Blackburn Road and as you cross the River Ribble for a second time, turn left at the far end of the bridge onto Ribchester Road.
- 9 Follow this lane through Dinkley taking the left turn at the junction onto Old Langho Road before reaching Billington via Elker Lane.
- 10 Passing St Augustines School and reaching the main road, turn left.
- 11 After a short ride double back on yourself by heading up Whalley Old Road by taking a right turn.
- 12 At the top continue over picking up the Weavers Wheel Spur F taking you back to your start point.
- 13 As you descend from the top of Sunnybower, you reach the main A6119 by-pass. Turn right here picking up the Weavers Wheel and follow this all the way to Pleckgate Road and you're back at the start point.

Facilities en-route: Hurst Green Coffee Shop

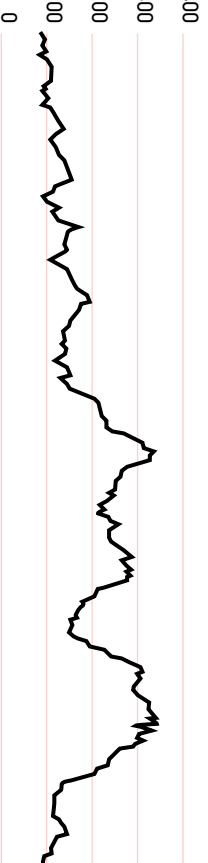
RIDE 16 WHEELTON, RIVINGTON, BELMONT & BACK

VIA CHAPELTOWN, EDGWORTH & BELTHORN

Suitable for: ADVANCED RIDERS / Mix of quiet lanes & some main road riding



ELEVATION



Descent: 632m / Ascend: 632m

Altitude at start: 93m / Altitude at end: 93m / Altitude difference between the start & finish: 0m

Highest altitude: 339m / Lowest altitude: 88m

RIDE 16 WHEELTON, RIVINGTON, BELMONT & BACK

It's time for a sortie south of the border.

On this route we head out to explore south Lancashire. This area has a different look to the routes around the Ribble Valley or venturing into the Yorkshire Dales. There's a bleak, rugged look to some of the moors you pass over, but this in itself offers a different beauty to the previous rides in this section.

We're passing through Wheelton, Rivington, and Belmont before crossing over the main Darwen to Bolton road to return via Edgworth, Belthorn and Guide. A lumpy route but one that's attracted cyclists for years for its fine views over the Pennines and south towards Manchester on clear days, a worthy route for a good day's ride.

1 From the Witton Cycle Centre we leave on the Weavers Wheel and go out towards Pleasington Priory. When leaving Witton Park turn right after the car park onto Tower Road. Take the next left onto Old Hall Lane. At the end of Old Hall Lane turn left and leave the Weavers Wheel behind.

2 Follow Victoria Road all the way up to the main A674 junction (Preston Old Road). Turn right and head out through Riley Green to Sandy Lane turning left here.

3 When reaching Wheelton, take a left at the junction onto own Lane, then a right, immediate left, and immediate right onto Chapel Lane towards and beyond Heapy.

4 Turn left off Tithe Barn Lane onto Higher House Lane. After one mile turn right through the gate onto Heapy Fold Lane towards Anglezarke Reservoir. Turn left at the end onto Back Lane and then right onto Nick Halton's Lane.

5 Meeting back up with the M61, turn left onto New Road and then left again onto Horrobin Lane over to Rivington.

Facilities en-route: The Village Tea Room at Rivington

6 A great coffee stop at the Village tea room is recommended after which we head up Sheep House Lane, a decent climb taking us over the moors to Belmont. Winter Hill can be seen on our right as we pass over the moor and in front and left you can see Darwen Jubilee Tower, built in 1878 to commemorate Queen Victoria's Diamond Jubilee.

7 Reaching Belmont Road we turn right and then left onto Rivington Road. At the end turn right onto High Street and then left onto Egerton Road. Follow this all the way over now to the main Blackburn Road coming out just before a right hand bend on the main road the A666.

8 You're turning left heading towards Darwen and then in just under half a mile turn right onto Green Arms Road. Take care on this section of main road as this is a fast section of the road.

9 Following Green Arms Road, we're now heading first to Chapeltown before turning left and heading to Edgworth and then over the moors through Pickup Bank before picking up the main Grange Road.

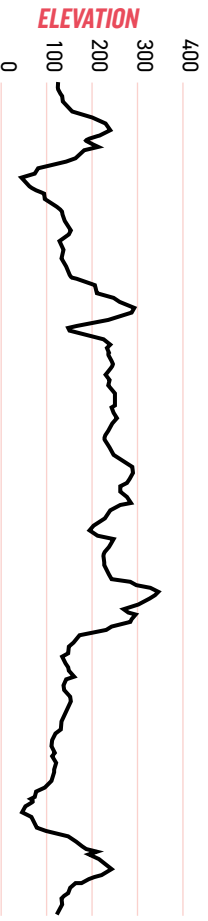
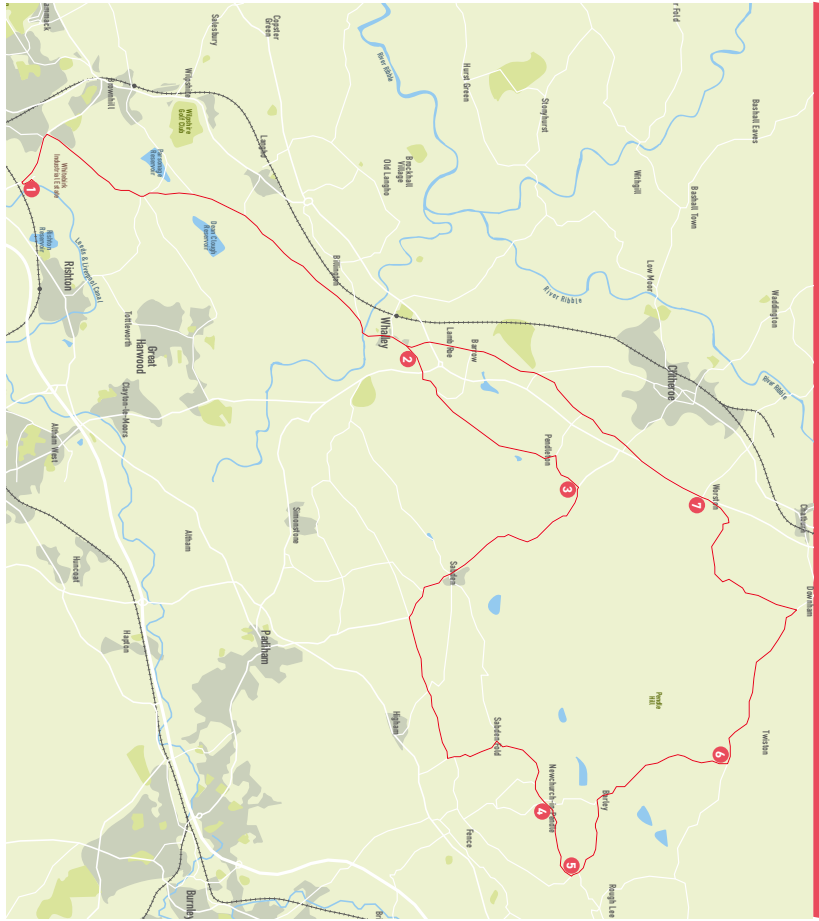
10 Turn left here and then take the first left again onto Belthorn Road passing through the charming village of Belthorn. Continue along here stopping at the Dog Inn for coffee if you didn't take the opportunity at Rivington.

11 We reach Guide at the end of this road where we turn left and an immediate right to cross over the M65.

12 Once over the M65, turn left onto Blackamoor Road and cycle through Lower Darwen and along Branch Road heading towards the Ewood Park Football Ground. Once we reach Ewood, we go via Livesey Branch Road, Green Lane and then right at the bottom of here taking us back into the Park.

RIDE 17 PENDLE HILL SPECTACULAR FROM WHITEBIRK

Suitable for: **ADVANCED RIDERS** / Mix of quiet lanes & some main road riding



I could never forgive myself if I compiled a list of routes that didn't include a circuit of Pendle. A shorter ride but huge in character this whole area is steeped in history, tradition and folklore that has given countless authors a great deal of inspiration.

In addition to this, artists have reproduced the dramatic scenery in numerous sketches and paintings. It really does hold a special kind of magic, some would say due to the link with witches and black magic, but for me, it's just a special magnetic draw that the area has.

The ride passes through Pendleton, Sabden, and Newchurch in Pendle before reaching the truly unique Clarion House. The Clarion House was built to be a non-profit making co-operative with any excess money to be used in spreading the word of socialism. This was no accident or coincidence. It was planned in the hope that others would take it as a model of how society as a whole ought to be organised.

Visitors could come and witness how people - lots of people - were prepared to devote their lives to the Clarion movement for no personal gain, other than the knowledge that they would leave the world a better place than when they entered it. Open on Sundays cyclists come, and have done so for years, from far and wide. On a cold autumn day, the hardest thing here isn't reaching the wonderful coffee stop; it's actually leaving the roaring fire behind. It really has a special place in so many cyclists heart, and mine too.

From here we head back through Barley and Downham, the latter is quite possibly one of the best kept villages in Lancashire.

1 The ride starts from near the Rocket Centre at Whitebirk. Turn right at the junction onto Whitebirk Drive, and then the second right onto Whalley Old Road after 1km. Continue on this road until reaching Whalley Road. Turn right here.

2 Once through Whalley, take a right turn on Wiswell Lane, at the top of here cross the busy A671 and head towards Pendleton. Turning right onto Pendleton Road just before Wiswell we continue on to Pendleton turning right within the village before reaching a T-Junction and turning right. At this point you begin the ascent of Pendle Hill, following in the footsteps of the Pro cyclists in the 2015 Tour of Britain as you climb over the Nick of Pendle.

3 Take care on the steep descent from here as you head down to Sabden. As the road starts to climb again out of Sabden take a left turn onto Padlham Road and begin the short but very steep climb. At the crossroads take a left and you're now following a series of roads over to Newchurch in Pendle.

4 Take a left and almost immediate right. On the left as you take this right turn is the Witches Galore shop, if you've time this is really well worth a look around here. Once you've taken the right turn, Clarion House is about ¼ mile on your left, it's quite easily missed so keep an eye out as you descend down here. (Please note Clarion House does not serve food just tea, coffee and a small selection of biscuits so take a pack up!).

5 On leaving Clarion House, go left and continue down the hill to the junction. Turn left and ride into Barley turning right at the next Junction and now begin the steady climb out of Barley in the constant shadow of Pendle Hill on your left.

6 At a crossroad turn left onto Pendle Road and continue all the way to Downham. Arriving in Downham before you cross the little river bridge turn left and follow a delightful quiet lane that takes you through to Worston. Keep left once through Worston.

7 Following the cycleway cross the main A59 and follow the safe cycleway back into Whalley. From here head back up Painter Wood continuing straight on and following Spur F of the Weavers Wheel before picking up the Weavers Wheel to take us back to our starting point.

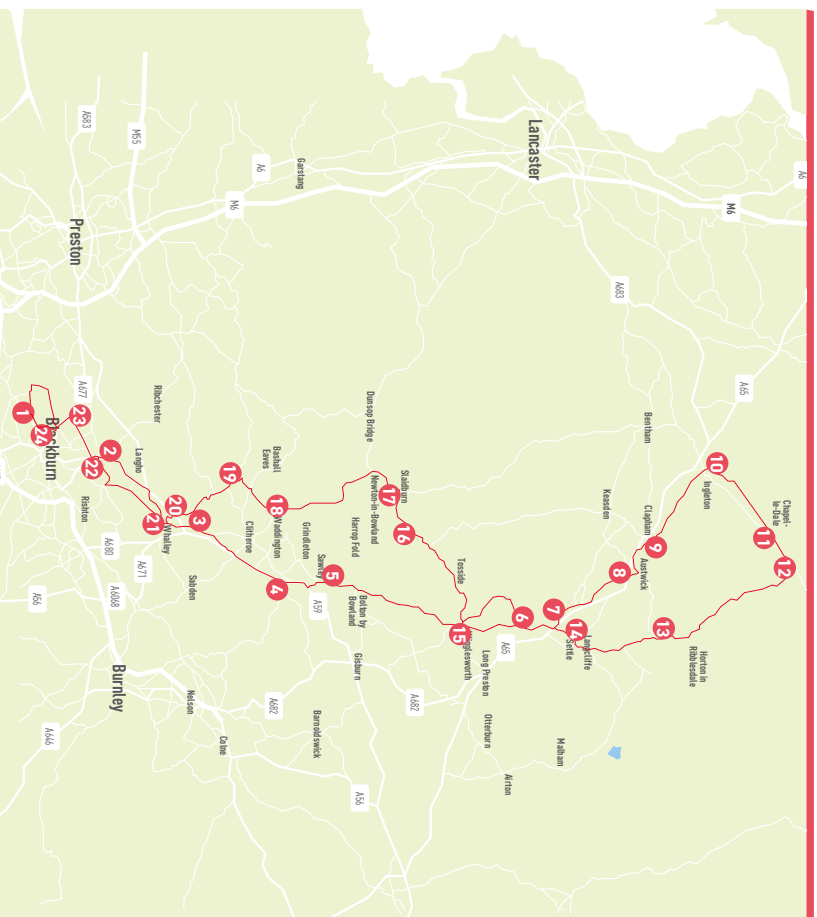
Facilities en-route: Clarion House, Newchurch in Pendle

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RIDE 18 RIBBLEHEAD CLASSIC VIA CLAPHAM & INGLETON & BACK

VIA HORTON IN RIBBLESDALE & SETTLE

Suitable for: ADVANCED RIDERS / Mix of quiet lanes & some main road riding



Facilities en-route:

Cafés in Clapham, Ingelton and Tosside

I've saved the best for last, and even this wasn't an easy choice but this route is special for me in so very many ways. I've spent so many hours out in this area that in the end I had to opt for this one.

The full credit for this route though must go to Craig Rawcliffe (satnav), he really does have some of the finest routes you could ever wish to ride along, and this truly is straight out of the top drawer.

There are simply too many places of beauty to list out each one. It is therefore just easier to say that on this ride some of the steep climbs won't be the only thing to take your breath away. This ride has scenery in abundance at every turn, coupled with some quiet lanes that seldom see cars on them.

If I had to choose just one ride to stand out above every other, I wouldn't hesitate choosing this one.

1 Starting from the cycle centre head out of Writton Park following the Weavers Wheel, you'll pass the children's play area on your right and head out to the duck pond and Priory. This route continues by following the Weavers Wheel taking you over Billinge and through Lammack areas. As you reach Brownhill, follow Spur G of the Weavers Wheel.

2 Our route is now heading out into the Ribble Valley towards Langho. Just after you go under the railway bridge, take a right turn to avoid the main roundabout for the A59. This brings you out near the Petre Arms pub to continue down through Whalley and Barrow.

3 As you pass the Clitheroe Golf Club you come to a junction. Cross this road heading towards an iron gate on a path. This is the old section of the A59 and will keep you off the main by-pass for a while. A lovely little section just keep following this all the way crossing two main roads until you come out onto the main A59.

4 Turn left and follow this for about 3 miles turning left when you see the sign for Sawley. Passing the remains of a Cistercian Abbey founded in 1148 and set in dramatic Pendle scenery.

5 You are following these lanes now through Bolton by Bowland and out Wigglesworth where here you take a superb quiet lane over to Rathmell by taking a right and immediate left at the junction.

6 Turning left at the Rathmell Reading rooms and head out to the A65.

7 Turn left at the A65 and follow the main road for a short distance taking the first left off the main road. You are now following these lanes that run parallel with the A65 running down on your right and gradually coming back to meet you.

8 Cross this fast busy road with care and follow the signs for Austwick. Once you reach the little village follow signs for Clapham. A beautiful little village and at almost 40 miles in makes a perfect refuel stop. While cycling between Austwick and Clapham there is a moment where the route re-joins the A65 briefly. This can be avoided by using the available cycle path and keeping right to Clapham.

9 Leaving Clapham you are now following NCN route 68 over to Ingelton. Quite a lumpy road but one that gives you superb views over the whole area. If you've saved the coffee stop until you reach here, good choice and I can't recommend highly enough Bernie's Café on Main St. A great age old cyclists stop off. Leaving Clapham, head towards Ingelton Falls. ▶

RIBBLEHEAD CLASSIC VIA CLAPHAM & INGLETON & BACK

10 Reaching Ingleton turn right through the car park, right onto Bank Top and then cross the bridge over River Dee taking an immediate right onto Oddies Lane. This climbs now quite sharply up for a while before we the lane bears right and begins to level off. As you ride along here you're running parallel with the main road taking you from Ingleton to Ribbleshead, and all on your right is Ingleborough with the impressive White Scar Caves that go underneath the mountain, a first class cycling lane.

11 This lane comes out at Chapel-le-Dale where you turn left and follow the road down to Ribbleshead. Before long the impressive Ribbleshead viaduct comes into view. A viaduct with a history attached that has tales of shanty towns and tragedy. The end result though is a viaduct that over the years has become an iconic view to anybody visiting this area of the Dales. It's been photographed in all weathers and most recently provided probably the most dramatic scene for the Flying Scotsman as she passed over the viaduct after a lengthy restoration project.

12 Do not just ride under this piece of Yorkshire Dales history, take a minute to marvel at a tremendous feat of engineering dating back to the late 1800's. Once you've passed under the viaduct take the first right and head down to Horton-in-Ribblesdale. As you ride down this road you have the Settle to Carlisle railway line following you on your left. When you pass under the railway bridge, there's a fantastic little café on your left.

13 Once through Horton-in-Ribblesdale take the right turn to Helwith Bridge and then within a short distance turn left taking route 68 down to Settle passing Stainforth Force down on the left. At the end of this lane, turn left to Settle.

14 Heading out of Settle on the B6480 take the right turn after Barclays bank signed to the Railway Station. Follow Station Road along to the mini roundabout and turn left here onto Raines Road. Follow this to the end to reach the A65. Taking care to cross here this busy, fast main road you make a left then almost immediate right off the A65.

15 Once you are beyond the railway bridge continue through Rathmell and onto Wigglesworth. When you reach the junction with the Plough Hotel & Restaurant on your right, turn right and follow this road. After half a mile you arrive back at the junction you came in on, instead of turning left carry on right signed Tosside and Slaiburn and make sure you visit the café a Tosside for a brew and something to eat. Enjoy the next 7 miles of riding on top quality cycling roads. At the top of here keep a look out not only at the stunning scenery but off slightly to the left the glimpses of Pendle Hill, assuring you that you're on the road home.

16 There's a steep descent into Slaiburn so please take care on this section as there are some sharp bends.

17 Leaving Slaiburn you're now heading towards Newton in Bowland. Reaching here we turn left and follow the signs for Clitheroe. This is the start of a long steep climb up and over Waddington Fell. The reward after the climb is a great descent down into Waddington, but take care when you reach the tree line as there's some sharp bends to negotiate.

18 Waddington is a beautiful little village and well worth a stop here even if just for a short breather. Departing Waddington take Belle Vue Lane and pass St Helen's church on your left. This continues around and becomes Twitter Lane taking you down to Bashall.

19 Turning left and then right at the end of this lane followed by the next left turn, we're now heading to Whalley via Mitten using Church Lane. At the end of Church Lane turn left onto the B6246 to Whalley.

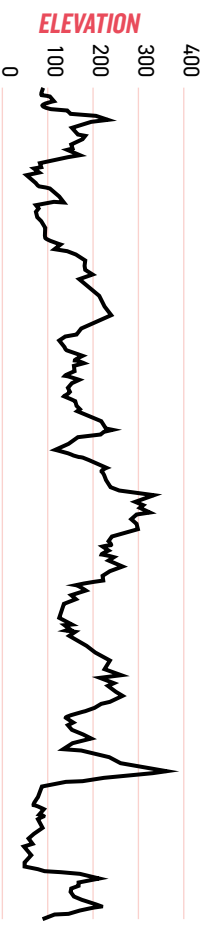
20 At Whalley railway station turn right just before the bridge down a lane that takes you along the back road that passes Whalley Abbey on your right. The Cistercian Abbey of Stanlow, in Cheshire, moved to Whalley in 1296. The Church was built between 1330 and 1380, but the Abbot's lodging and infirmary were not completed until c. 1440. After the dissolution of the Monastery in 1537, the property passed into private hands, and Ralph Assheton adapted it to make an Elizabethan Manor House. It remained a private residence until 1923, when the Church of England acquired possession. The Retreat House and Conference Centre, together with the Abbey ruins, are now owned by the Diocese of Blackburn.

21 At the end turn right and head out of Whalley passing over the River Calder. Around the bend take the first left turn almost doubling back on yourself and follow this road up through Painter Wood, a steady two-mile climb. At the top once you begin to descend slightly turn right onto York Road. Follow this all the way down along Parsonage Road, at the lights turn left and now retrace your steps through Brownhill.

22 At the junction of Pleckgate Road turn left and start the climb up and over Revidge down to Billinghe.

23 Turn left onto Preston New Road, then right at the next roundabout.

24 Turn right at Witton Park High School and return to the cycle centre at Witton Park where you started.





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Photo: Adam Symons