

INTERMEDIATE 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, Shutts, 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 myself 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 Riddehough

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%).

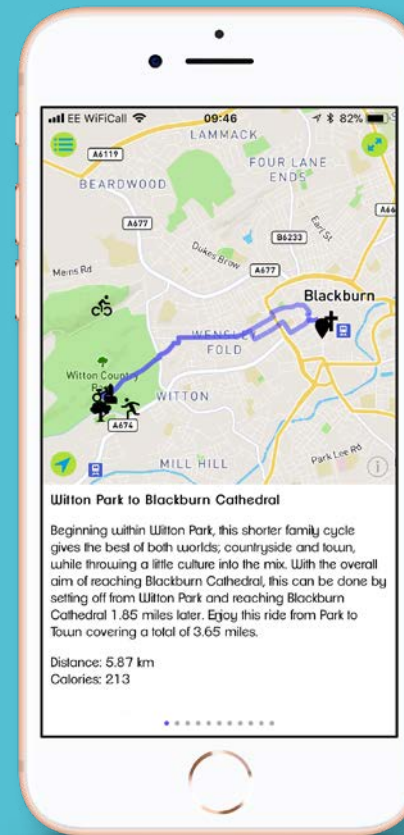
In the UK, physical inactivity plays a major role in the burden of disease and its impact on the Health and Social Care system and the economy, with estimated spending of £1bn on ill health due to physical inactivity. It has been estimated that significant increases in walking and cycling would save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

bwdconnect.org.uk



APPLE APP



ANDROID APP



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

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 Hoghton & Private Road	19km	18
10	Ewood circular via Guide, Arran Trail & Pleasington	25km	20
11	Lammack, Mellor & Samlesbury circular	20.5km	24

RIDE
6WITTON PARK, CHERRY TREE
TO TOP LOCK

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



Facilities en-route: **Café at Witton Park Pavillion / Toilets at Witton Park**

RIDE
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.

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 Copthurst 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.

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

RIDE 7 LANCASHIRE LANES FROM WITTON PARK

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



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

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, Mellor and Balderstones 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 Billinge 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 Ramsgreave & Wilpshire 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.

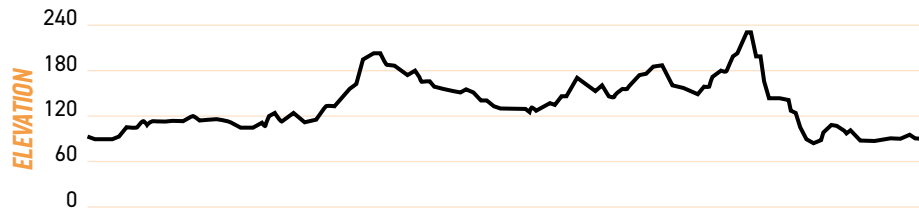
9 Descend down the lane and cross over the bridge spanning the River Darwen. A pause here is a must to see the impressive weir across the River Darwen, spectacular when the river is in spate. This area was the sight of the former Roach Bridge paper mills, a shadow of its former glory but still one of 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. ▶

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 Pavillion / 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 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 Blackamoor.

9 The route then continues along Blackamoor 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.

RIDE 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 (Knuzden 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 Ramsgreave Drive.

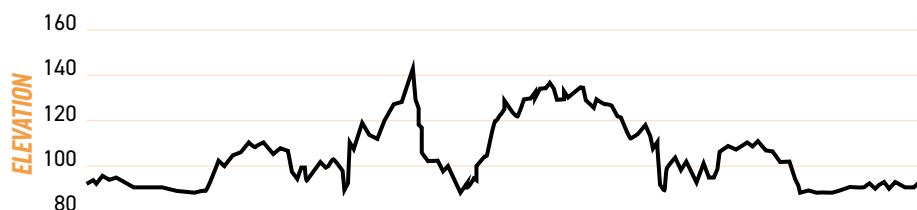
19 The route crosses Pleckgate Road and continues along the Service Road, crossing Lammack Road until it reaches the junction with Whinney Lane.

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 Witton Country Park. The easier route will follow Buncer Lane (left turn) and sign cyclists into Witton Park next to Witton Park High School (picking up the NCN route 6).

23 If you are feeling fit the longer more challenging route (known as Riddehough 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 Witton Park to the Witton Park Cycling hub.



Descent: 138m / Ascend: 138m

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

Highest altitude: 231m / Lowest altitude: 85m



Photo: Alan Niemeyer

TO DOWNLOAD OUR APP OR MORE INFO VISIT: BWDCONNECT.ORG.UK

RIDE 9 WITTON PARK TO HOGHTON & PRIVATE ROAD

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



Facilities en-route: **Café at Witton Park Pavillion / Toilets at Witton Park**

RIDE 9 WITTON PARK TO HOGHTON & 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.

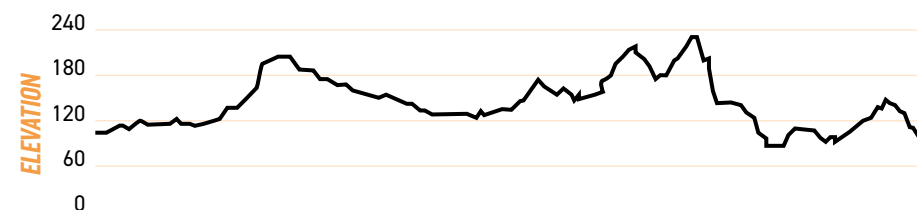
2 Taking care as you exit here and turn right onto Preston New Road. Follow this main road now for 2.6 miles. On the way you'll pass the impressive Houghton Tower on your left, the current manor house dates back to the mid 1500's and takes its name from the De Houghton family, historical owners from 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 Blackamoor. 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 Blackamoor 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. ▶

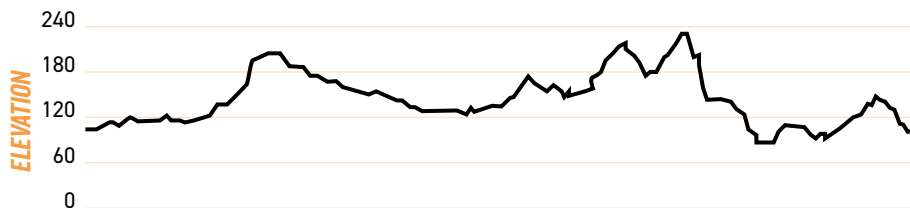
RIDE 10 EWOOD CIRCULAR

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

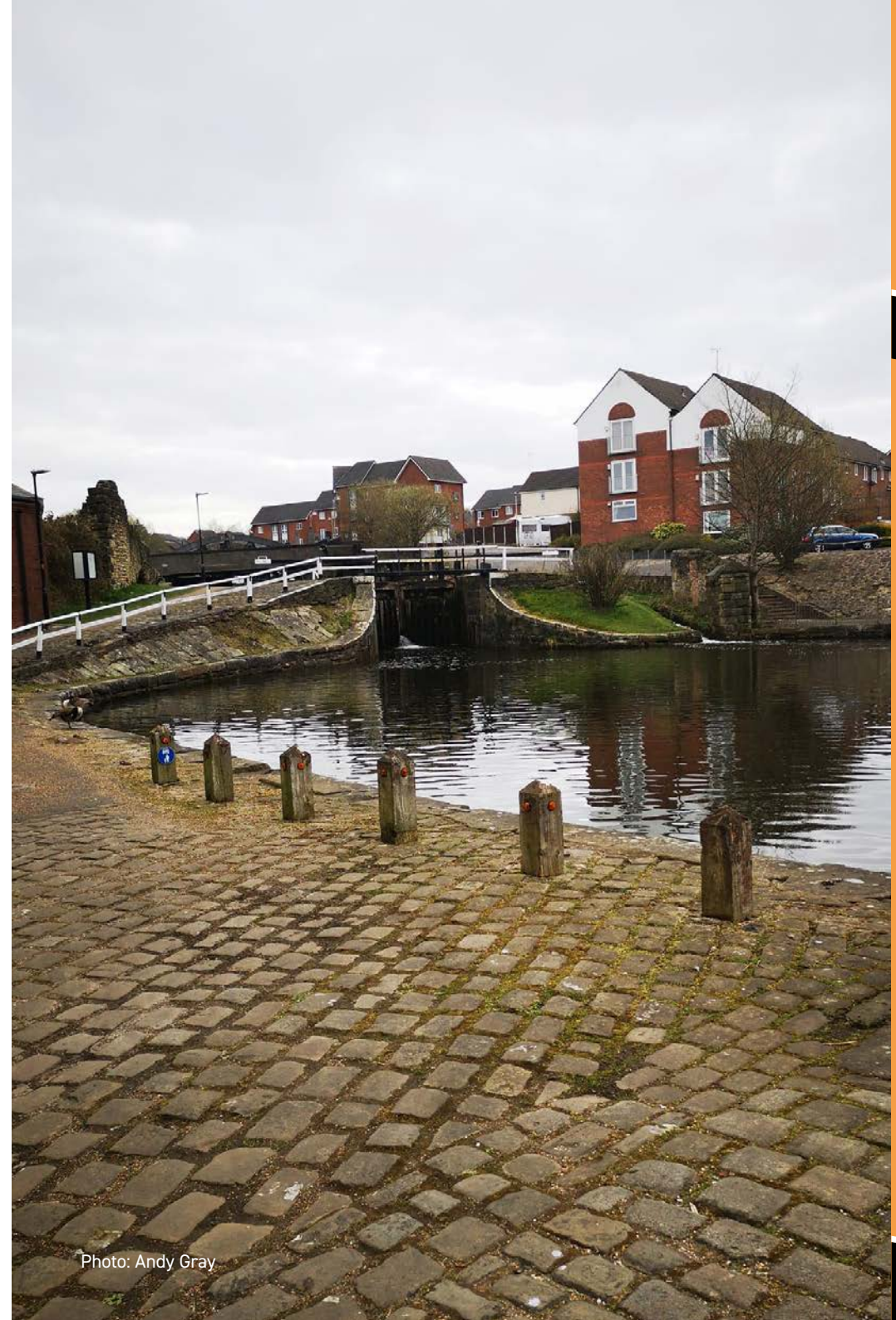


Photo: Andy Gray

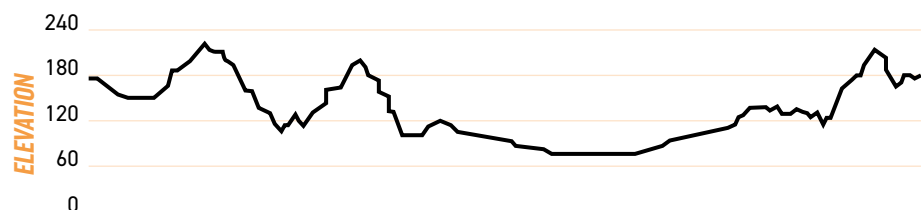
RIDE
11

LAMMACK, MELLOR & SAMLESBURY CIRCULAR

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



Café stops: No stops for this route



Descent: 230m / Ascend: 230m

Altitude at start: 178m / Altitude at end: 178m / Altitude difference between the start & finish: 0m

Highest altitude: 221m / Lowest altitude: 77m

RIDE
11

LAMMACK, MELLOR & SAMLESBURY CIRCULAR

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.

1 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.

2 At the main roundabout take the left turn following signs for Clitheroe and heading towards Ramsgrave & Wilpshire station following Spur G signage.

3 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.

4 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.

5 Turn left and start the short but steep climb back up into Mellor again.

6 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.

7 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.

8 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.

9 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.

10 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.

11 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.

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