

The Padiham to Burnley Cycle Route via Ightenhill is an attractive cycle route along the scenic Calder Valley, which avoids busy main roads. Going past green fields and woodland, it is mainly rural in nature.

From Padiham the route follows Grove Lane, a concessionary bridle and cycle path along the idyllic Calder Valley. The route then crosses the River Calder to join a cycle path up to Ightenhill Park Lane.

From Ightenhill the route continues into the centre Burnley via quiet roads and the canal. The cycle route is also a good place to cycle with children.

The cycle route was partly funded from the Millennium Commission (Lottery), as part of the Forest of Burnley project.

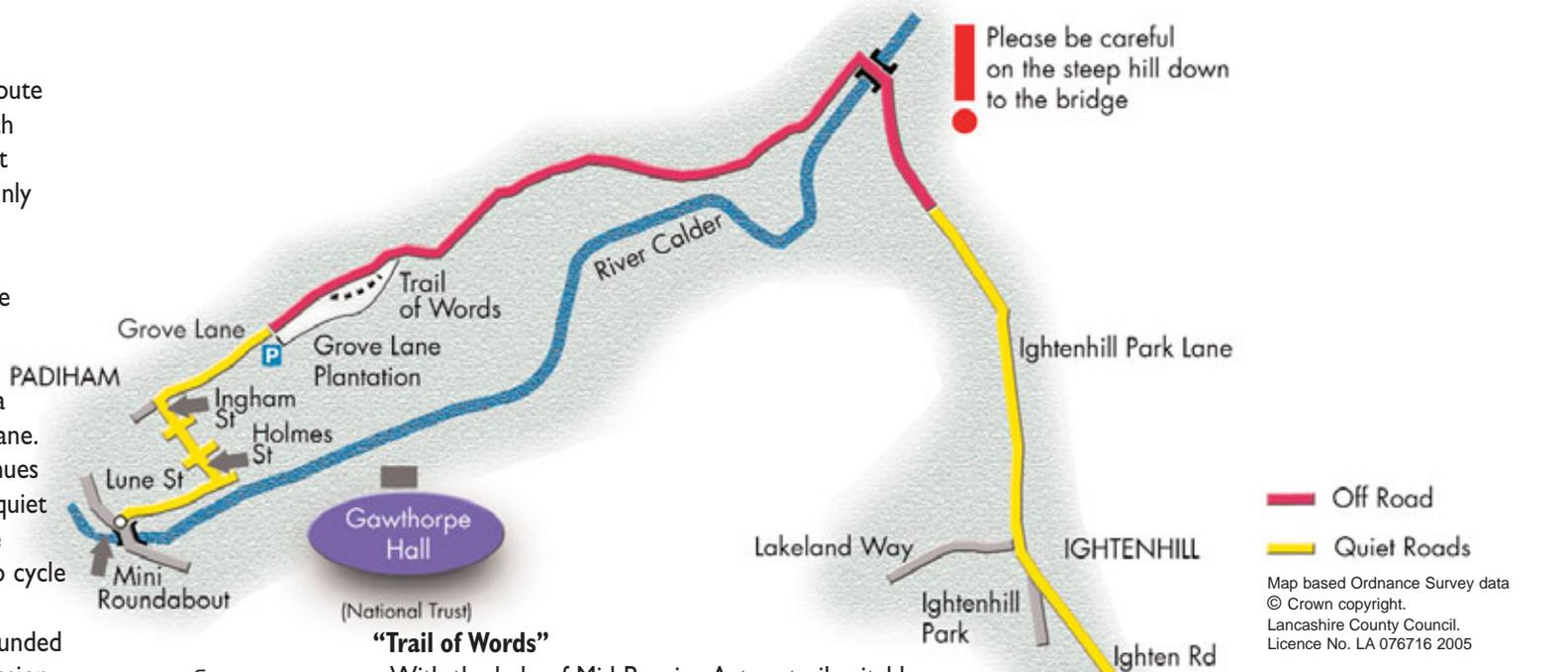
Elwood, a project to increase woodland in East Lancashire, also helped with the funding.

**The Forest of Burnley**

was set up to plant 500 hectares of new woodland, rescue 200 hectares of existing woodland and establish an urban arboretum comprising 2000 specimen trees throughout the Borough of Burnley.

**Grove Lane Plantation,**

which is managed by the Forest of Burnley, is predominately mature mixed woodland of beech and sycamore with some ash and oak. Glades have been created in the wood to encourage wildflowers.



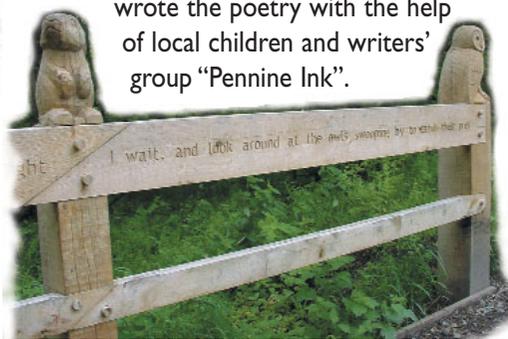
Sculpture of a heron by Martin Heron



**“Trail of Words”**

With the help of Mid Pennine Arts, a trail suitable for wheel chair users has been created in the woods, with hand rails, which were carved by Phil Bews.

Written on the handrails is poetry forming a “Trail of Words.” Jackie Kay wrote the poetry with the help of local children and writers’ group “Pennine Ink”.

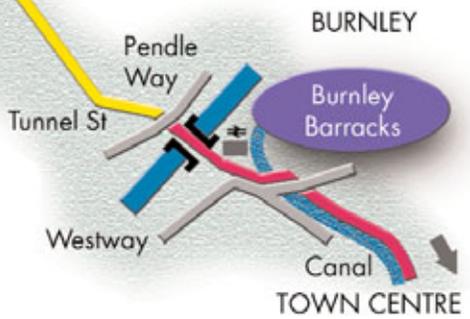


**Wildlife**

The woods are home to woodpeckers, tits, chaffinches, owls and warblers.

Mammals include weasels, stoats, bats and deer. On the meadows by the river heron, oystercatchers and ducks can be seen.

Flowers in the wood included bluebells, red campion and wild garlic.



**Local History**

It is hard to believe now that the valley was once a hive of coal mining activity. The last pit closed in the 1940s, and in the early 1960s there was an opencast mine. Tramways or “Ginnys” were built to carry coal from the pits. The Disabled Trail is built on a “GinnyTrack”.



## Benefits of Cycling

Cycling is a great way of seeing the countryside and enjoying the fresh air. Cycling helps increase your fitness and reduces your chances of illness. It is good for the environment and helps beat congestion. It is also an enjoyable way of travelling, especially on routes such as the Padiham - Ightenhill - Burnley Cycle Route.

## Leeds and Liverpool Canal

The Leeds and Liverpool Canal is also a good place for traffic free cycling. The towpath on much of the canal has been improved to provide a high quality cycling and walking route. In Burnley and Pendle, the canal towpath is used by the Pennine Cycleway, Route 68 of the National Cycle Network.



## Good Cycling Code

The Padiham - Ightenhill - Burnley Cycle Route uses paths shared with walkers and horse riders.

When cycling on shared paths:

- Slow down when approaching walkers or horse riders
- Ring your bell to let walkers and horse riders know that you are there
- Give way to pedestrians, pass them slowly and give them plenty of room. Dismount if necessary
- Say hello and thank you to walkers and horse riders
- Remember that many people are hard of hearing or visually impaired. Do not assume that they can see or hear you
- Slow down where visibility is limited, for example at canal bridges
- Give way to horse riders, blind people and wheel chair users

Be careful on the steep hill down to the River Calder.

Do not cycle too fast, and slow down if there are pedestrians about.



In-house design from N 82833a

# Padiham Ightenhill

## Burnley cycle route

