The Pendle Cycleways

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CYCLE COMMUTING
Did you know that commuting by bike is often quicker, more reliable and certainly cheaper than driving or using public transport? It can also form part of your healthy lifestyle - a 30 minute ride to work and back five times a week meets the recommended physical activity levels - as well as reducing stress, making you more productive and generally feeling better. The Cycleway links many places of work with residential areas and can be an ideal, safe commuting route.

CYCLE LANES
Pendle Borough Council is working with Lancashire County Council to develop more cycle lanes where appropriate to link up with the traffic-free cycleways.

CYCLE PARKING
For up-to-date information on location of secure cycle-racks contact the Cycling Officer on 661491.

BRITISH WATERWAYS PERMITS
To cycle on the canal towpath you should obtain a free permit from British Waterways. Contact their local office on 456978.

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

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

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Contact Details

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

- Pendle Cycle Forum
  via Chris Wilding

- Tourism Officer
  (01282) 661485
  www.pendle.gov.uk

- CTC
  - Off-Road - Steve Lux. Tel (01282) 687167
  - Road – Norma Ducket. Tel (01282) 695168

- Local Clubs:
  - Blazing Saddles MTB Club Tel (01282) 615560 or 867316
  - Pendle Forest - Paul Whitbread. Tel (01282) 694916

Further Information and Advice
This leaflet has been compiled by Pennine Events who also organise cycle events and trips. If you want any additional advice on routes or cycling in the area please call (01282) 694728.

* British Heart Foundation, 2003.
CIRCULAR TRIPS
The Cycleways can form the basis of some interesting circular trips of varying length. Leaflets detailing some of these, including Bowland by Bike, are available from local Tourist Information Centres.
Alternatively you can contact Pennine Events, who have compiled this leaflet and who organise cycle events, for advice. Tel 814738.
Suggested refreshment places are indicated on the map. To check on opening times you are advised to contact these outlets direct or via Tourist Information.

The Pennine Cycleway (Lancashire) Cycling Code
As the route is shared with others users it is good practice to follow some simple common sense rules:
• Give Way to other users at all times.
• Ride at a gentle pace, in single file.
• Slow down and warn others of your approach. A pinger bell is a good alternative to the old-fashioned ones!
• Be polite.
• Watch out for hazards and take extra care when passing underneath the bridges.
• Do not assume other people can hear or see you.
Please remember that you are responsible for your own and others safety on the towpath.

Obey the Highway Code

The Pendle Cycleways

PARKS
Salterforth – The newly refurbished play area makes this a popular spot for families. Close to the Anchor Inn for good food and drink.
Alkincoats – Rising up on the north edge of Colne, this is the largest park in Pendle. Playground, pitch n’ putt, walks.
Victoria – Built to celebrate Queen Victoria’s Diamond Jubilee, this attractive park includes a lake, play area and café.
Marsden – Rising above Nelson with good views across to Pendle Hill the park includes walks, café, tennis courts and play area.

VISITOR ATTRACTIONS
Pendle Heritage Centre - Set in a range of Grade 2 listed buildings. Browse in the park shop, visit the farm project, relax in the garden café or wonder in the walled gardens and woodland. Also houses the Pendle Art Gallery.
Barrowford Locks and Reservoir – An attractive area with views across to Blacko Tower and Boulsworth Hill and a 1 km walk around the reservoir.


SPORTS CENTRES
There are cycle parking facilities at these centres.
Pendle Leisure Centre – Tel 661166
Seedhill Athletic Centre – Tel 661616
Wavelengths – Tel 661717

PENNINE CYCLEWAY
The Pennine Cycleway is a new and longest section of the National Cycle Network and passes right through Pendle. It runs for 350 miles from Derby to Berwick-upon-Tweed passing through remote and beautiful scenery in the Peak District, Yorkshire Dales and Northumberland National Parks. It follows quiet country lanes for 80% of it’s length with the rest on traffic-free paths and tracks. For further information contact Sustrans on 0845 113 0065 or see www.nationalcyclenetwork.org.uk.

PENNINE BRIDLEWAY
The Pennine Bridleway is a new national off-road trail being developed by the Countryside Agency that will run for 330km from Derbyshire to Cumbria. It passes through Pendle crossing the canal in Salterforth. For further information contact the Countryside Agency on 0161 237 1061 or see www.nationaltrail.co.uk.

PLACES OF INTEREST
The Cycleway can provide you with easy access to a number of useful or attractive places including:
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Sports Centres
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