

The Pendle Cycleways

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Pendle has a number of dedicated cycleways that generally follow quiet roads or on separate traffic-free lanes. This developing network serves the main areas of the borough and provides you with good opportunities to cycle to work, school, the shops or for leisure away from traffic. This leaflet shows the existing dedicated cycleways that are maintained by Pendle Borough Council and gives contact information for other suitable cycle routes in the area.

In the route descriptions that follow the numbers relate to the numbers on the map overleaf



The main Cycleway route runs all the way from Colne to Brierfield (and on into Burnley) with access routes to a number of key centres. There are signposts at the main junctions:

1. Colne
Starting at the railway station you go along Cross St and Bankfield St and into Greenfield Road, which you follow to Barrowford Locks. Here you turn left and follow the canal towpath towards Nelson, Brierfield and Burnley.

The Pennine Cycleway runs north from the railway station to Foulridge, Satherforth and Barnoldswick. Initially turn right on to the cycle lane alongside Vivary Way to the traffic lights. Cross here into Barrowford Road and then turn right into Alkincoats Road. Follow this road into Alkincoats Park where there is a dedicated cycle path passing through and into Red Lane. Cross Red Lane, drop down to

2. Barrowford Link
After crossing the canal by Swinden Playing Fields take the right-hand track which crosses Colne Water and passes underneath the M65. Continue by the pavilion and into Wilton St onto Gisburn Rd in Barrowford.

3. College Link & Nelson Link (Scotland Rd)
As the towpath approaches Scotland Rd (you will see the NEL Construction building on the opposite side of the canal) take the right-hand track to come onto a joint cycle / pedestrian lane. Pass underneath the M65 and follow to meet the pelican crossing opposite the college. You can also cross to Seedhill Athletic Centre.

Rather than passing underneath the M65, if you turn left on the lane you can follow Scotland Road into Nelson Town Centre.

4. Nelson Link (Carr Rd)
Follow the canal underneath Scotland Rd and then leave at the next road crossing (Norfolk St). From here you can either turn left towards Carr Rd into Nelson Town Centre or right to Pendle St, underneath the M65 to Seedhill Athletic Centre.

5. Lomeshaye Link
Approx 1km after passing underneath Carr Rd there is a right turn signposted to Lomeshaye which takes you along Lomeshaye Rd and underneath the M65.

6. Brierfield Link
Just after passing the BSN factory leave the canal onto Railway St. You can either turn left into Brierfield or right towards Fence.

7-8 Schools Link
The schools link connects Colne / Nelson to Primet, Fisher More, Gibfield and Walton High Schools avoiding the main road. From Colne, the Cycleway starts at the junction of Burnley Road and Wackersall Road and follows a railway line and runs adjacent to it, passing the track passing Primet School. It crosses the Burnley Road and Wackersall Road and follows a railway line and runs adjacent to it, passing Fisher More and Gibfield Schools. It then continues along Oxford Road passing Walton High School to finish at the junction with Walton Lane.



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 661941.

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

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

* - British Heart Foundation, 2003.)

CYCLE SHOPS

- **Blazing Saddles**, 14 Lee St, Barrowford. Tel: 615560
- **Bruffy's Bikes**, Unit 4, Kelbrook Rd, Barnoldswick. Tel: 813308
- **Earby Cycles**, 19 Colne Rd, Earby. Tel: 841730
- **Fox's Cycles**, 20-22 Dockray St, Colne. Tel: 86.3017.
- **Neil Creasey Bikes**, Skipton Rd Garage, Skipton Rd, Barnoldswick. Tel: 850400
- **Ossies Bike Shop**, 94 Scotland Rd, Nelson. Tel: 693396

CONTACT DETAILS

- **Pendle Borough Council**
Chris Wilding - (01282) 661941.
chris.wilding@pendle.gov.uk
- **Pendle Cycle Forum**
via Chris Wilding
- **Tourism Officer**
(01282) 661685
www.pendle.gov.uk
- **CTC**
 - Off-Road - Steve Lax. Tel (01282) 867167
 - Road - Norma Duckett. Tel (01282) 695168
- **Local Clubs:**
 - Blazing Saddles MTB Club. Tel (01282) 615560 or 867316
 - Pendle Forest - Paul Whittaker. Tel (01282) 869496
paul@pfcc.fsnet.co.uk
www.pendleforestryclub.co.uk
 - Nelson Wheelers - Steve Wilkinson Tel (01282) 694780
 - Clayton Velo - Alan Roper Tel (01282) 432198

Further Information and Advice

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



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PLACES OF INTEREST

The Cycleway can provide you with easy access to a number of useful or attractive places including:

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 parlour shop, visit the farm project, relax in the garden café or wander 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 1km walk around the reservoir.

Mile-long Tunnel, Foulridge – A unique feature of the Leeds-Liverpool canal. Tea-rooms and wharf.

Sports Centres

There are cycle parking facilities at these centres.

Pendle Leisure Centre – Tel 661166

Seedhill Athletic Centre – Tel 661616

Wavelengths – Tel 661717

	Cafe / Refreshments
	Pub
	Place of Interest
	Park
	Town
	Caravan Park
	Compsite
	Information Centre
	Toilets
	Church
	Pendle Leisure Facility
	Picnic Site
	Hospital
	Road
	Canal towpath
	Off Road
	Pennine Cycleway
	Link Route

- ① Colne
- ② Barrowford Link
- ③ College Link & Nelson Link (Scotland Rd)
- ④ Nelson Link (Carr Rd)
- ⑤ Lomeshaye Link
- ⑥ Brierfield Link
- ⑦ Schools Link
- ⑧ Schools Link



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

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.