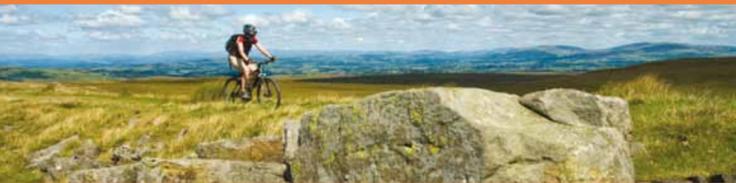


## Bowland by Bike

Beautiful unspoilt countryside, picturesque villages, dramatic open moorland incised by steep valleys, and outstanding scenery - all waiting to be explored. And what better way to do it than by bike.

Silently travelling around this area of sublime beauty under your own power, coming across hidden gems around every corner, this truly is a spectacular area for biking enthusiasts of all types and levels.



▲ Salter Fell © Jon Sparks

With cycling one of the best forms of physical exercise around, this whole area must surely be the best gym in the country!

No two routes are alike in terms of scenery, attractions and physical effort. Only by trying them all, over whatever period you like, will you really get to know and delight in this area of grandeur and mystery.

This leaflet details five recommended cycle routes in and around the Forest of Bowland Area of Outstanding Natural Beauty (AONB) which covers 802sq.km (310sq.miles) of rural north-east Lancashire and North Yorkshire. It is designed to help you explore the area with routes that vary in length from 24-56km (15-35)miles so there is something for people of all riding levels. These routes are also available to download at [www.forestofbowland.com](http://www.forestofbowland.com)

The main map also highlights parts of the Lancashire Cycleway and The Way of the Roses coast to coast cycle route between Morecambe and Bridlington, taking in the northern part of Bowland. For further information visit [www.wayoftheroses.info](http://www.wayoftheroses.info)

### North Lancashire Bridleway

This trail runs for 45km (30 miles) from Denny Beck in Lancaster through the verdant, fertile lands of the Lune Valley and across the wild Bowland fells to Chipping. It is on a mixture of surface tracks, fields and quiet lanes and is clearly waymarked.

The 2nd phase of this Bridleway is underway, and it is hoped that the trail will eventually form a loop. The area between Bleasdale and Scorton is already complete.

Visit [www.forestofbowland.com](http://www.forestofbowland.com) for more information and to download a copy of the North Lancashire Bridleway leaflet.



## Gisburn Forest Mountain Bike Trails

Head to Lancashire's largest forest for some great mountain biking. The Forest offers you purpose built trails, some of which were built by volunteers. At the end of the day relax in Slaidburn or stay in Tosside. Gisburn Forest Bike Trails leaflet available to download from [www.forestofbowland.com](http://www.forestofbowland.com)

**'The 8' Red (Difficult) 18km with Black (Expert) Options** Highlights include the gnarly rocks of Whelpstone Crag and the roller coaster ride down 'Hully Gully'. Black options are marked with a skull.

**'Bottoms Beck' Blue (Moderate) 9.5km** Take the mellow ride along Bottoms Beck following the course of an old railway used in the construction of Stocks Reservoir. Finish with a sweeping descent back home.

The new Gisburn Forest Hub is opening April 2013 with a new car park, skills park, viewpoint and trails. For further information visit [www.forestry.gov.uk/gisburn](http://www.forestry.gov.uk/gisburn)



▲ Gisburn Forest © Jon Sparks

### Family Rides

**Dunsop Bridge** – The bridleway up the valley from Dunsop Bridge is a great route to ride with children. Except for farm traffic it is almost traffic free and the track is tarmac.

**Grizedale Valley** – starting from Scorton, a lovely route which takes in quiet lanes and a bridleway through the stunning Grizedale Valley.

**Lune Millennium Park** – a cycle path between Lancaster and Caton. A great opportunity to see some interesting features on and around the River Lune, including artwork.

## Salter Fell - Cross O'Greets Circuit

This ride offers a wonderful way to experience the grandeur and isolation of the high moorland of northern Bowland. Topped and tailed by two quintessential Bowland villages, Slaidburn and Wray, this circuit is demanding and exhilarating. The off road section across Salter Fell, part of the North Lancashire Bridleway, uses sections of the old Roman Road running from Clitheroe to Lancaster, still visible in parts, and best tackled from south to north.

Slaidburn boasts a pub and tearoom, plus several craft shops and a fantastic village hall. The Hark to Bounty hosts a medieval courtroom which was in use until the 1930s.

Wray takes its name from the steep sided crook in the river Roeburn, it means 'corner' in Norse. In fact Wray village was built in the 12th century, firstly as a farming settlement, and later as a centre of the hat making industry. It is well known for the annual scarecrow festival, held each May.

Only suitable for Mountain Bikes

### Start Point

★ **Slaidburn (SD 7142 5248)** or **Wray (SD 6056 6747)**, or you can start at **Bentham** and join the route at point 8

▲ **Bentham** - on the Lancaster - Carnforth - Skipton line and join the route at point 8. **Wennington**, also on the Lancaster - Carnforth - Skipton line.

### Distance/Time

31 miles (49km) 3-4 hours

### Terrain

1/3 off road and undulating (**Mountain Bike needed**) and 2/3 on road (steep in parts)

### Facilities

☕ Café, 🚻 Toilets, 🍺 Pub, 🚗 Car park, 🛒 Shop, 🚉 Station

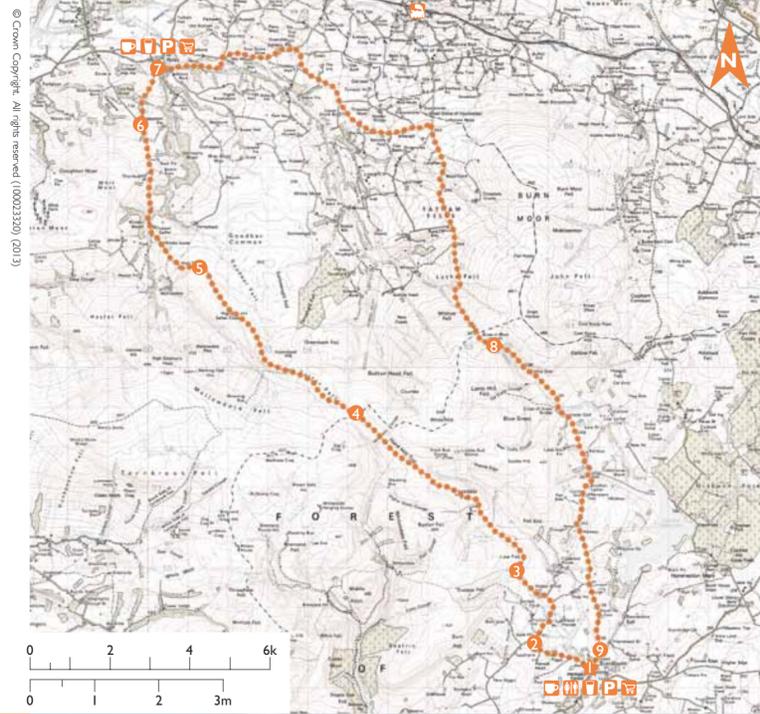
### Route

★ **GPS: SD 7142 5248** Turn right - go straight through the village.

### Route continued

- GPS: SD 6963 5308** Turn right into Woodhouse Lane.
- GPS: SD 6922 5491** Pass through the gate and continue along the main track ignoring the bridleway on left. There are no other route options on the section across the fell so although isolated, route finding is straightforward
- GPS: SD 6674 5745** The highest point on this section.
- GPS: SD 6077 6255** Straight through the gate onto the tarmac lane. Follow the lane.
- GPS: SD 5981 6606** Turn right (signpost to Wray). Follow down into the village to a T-junction. You may want to explore the village.
- GPS: SD 6056 6747** Turn right and follow the road (signpost to Bentham and Lowgill) - also the Lancashire Cycleway (northern section, cycle route 90), which you follow all the way to Slaidburn, 26km (16 miles) away. The Cycleway is clearly signed at all the junctions.
- GPS: SD 6826 6084** The long climb up to Cross O'Greets takes you upto 428m (1,404 feet) above sea-level before the fast descent on the other side.
- GPS: SD 7119 5245** Left turn to the car-park and tea-room.

▲ Salter going South © Jon Sparks



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## Tour of Pendle Hill

This is a tough road ride, taking in a couple of 20% climbs, and several more in excess of 10%. However, the rewards are plenty, not just the exhilarating descents, but the sheer rugged beauty of the route and the personal satisfaction of meeting the challenge.

Pendle Hill is the second highest point in the Forest of Bowland. At 557m (1827 ft) it is not quite a mountain, yet its familiar shape and bulk makes it a Lancashire landmark, and a popular peak to climb. In 1652 George Fox had a religious vision whilst walking on Pendle Hill which led him to found the Quaker movement. The hill is also renowned for its association with the 17th century witches trial.

▲ Pendleton © Jon Sparks



### Start Point

★ **Barley village car-park. (SD 8234 4037)**

▲ **Clitheroe**, join the route at point 4, **Nelson** and **Brierfield**

### Distance/Time

15 miles (24.5km), 1.5-2 hours

### Terrain

Road, steep in many parts

### Facilities

🚻 Toilets, ☕ Café, 🍺 Pub, 🚗 Car park, 🚉 Station, ℹ Information, 📮 Post Office, 🚌 Bus stop

### Route

- GPS: SD 8234 4037** Turn right and right again to ride through the village.
- GPS: SD 8161 4277** Turn left at the crossroads (signpost to Downham & Clitheroe).
- GPS: SD 7860 4413** Turn left - this lane is also part of the Lancashire Cycleway Route 91 and a Quiet Lane. Follow the blue cycle signs through Worston, on the cycleway parallel to the A59.
- GPS: SD 7545 4086** Turn left, cross A59 and climb up over the Nick O'Pendle.
- GPS: SD 7817 3709** Turn left (signpost to Padilham).
- GPS: SD 7873 3677** Turn left at the crossroads (signpost to Barley & Newchurch).
- GPS: SD 8134 3745** Turn left (signpost to Newchurch).
- GPS: SD 8226 3935** Turn left to climb steeply up out of the village and over the hill back to Barley.

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Five stunning cycling routes to explore this beautiful area

# BOWLAND BY BIKE

Landscapes for life  
One of the AONB Family  
FOREST OF BOWLAND

Area of Outstanding Natural Beauty  
FOREST OF BOWLAND

### Further Information

For more information about the Forest of Bowland AONB visit [www.forestofbowland.com](http://www.forestofbowland.com) or stay in touch via [twitter.com/forestofbowland](https://twitter.com/forestofbowland) Tel: 01200 448000 Email: [bowland@lancashire.gov.uk](mailto:bowland@lancashire.gov.uk)

### Welcome Walkers & Cyclists Accomodation



Look out for the welcome walkers and cyclists symbol. Many accommodation providers in Bowland are members of the scheme. If you see the symbol you know that you will be well cared for. For a list and for information of other accommodation providers in the area go to [www.visitlancashire.com](http://www.visitlancashire.com)

### Bike Hire

- Cycle Adventure, Tel: 07518 373007, Web: [www.cycle-adventure.co.uk](http://www.cycle-adventure.co.uk)
- Cycle Bowland, Tel: 01729 824419, Web: [www.cyclebowland.com](http://www.cyclebowland.com)
- Pedal Power, Tel: 01200 422066, Web: [www.pedalpowerclitheroe.co.uk](http://www.pedalpowerclitheroe.co.uk)
- Patty's Barn Cycle Hire, Tel: 01524 752244 Web: [www.cyclepattysbarn.co.uk](http://www.cyclepattysbarn.co.uk)
- Trail Motions Coaching, Tel: 01524 792928, Web: [www.trailmotions.co.uk](http://www.trailmotions.co.uk)

### Electric Bicycle Network

The Bowland Electric Bicycle Network offers visitors a brand new way of discovering the beauty of the Forest of Bowland countryside. Hire electric bikes from the hire-stations in the Bowland Experience network and the bikes will do the hard work leaving you free to enjoy the simple pleasure of cycling in the great outdoors. For further information visit the cycling section at [www.forestofbowland.com](http://www.forestofbowland.com)

### Forest of Bowland Harvey Map

A map of Bowland has been produced by Harvey Maps in association with the Forest of Bowland AONB. The map is available from bookshops, village stores or direct from the publishers [www.harveymap.co.uk](http://www.harveymap.co.uk)

### Getting to Bowland by Train

Why not use the train to get to Bowland? Clitheroe is served by trains from Manchester and Lancaster by inter-city trains. The Leeds-Morecambe line runs along the north side of Bowland paralleling the Way of the Roses. You could cycle one way and catch the train back! Visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

### Cycling in Lancashire

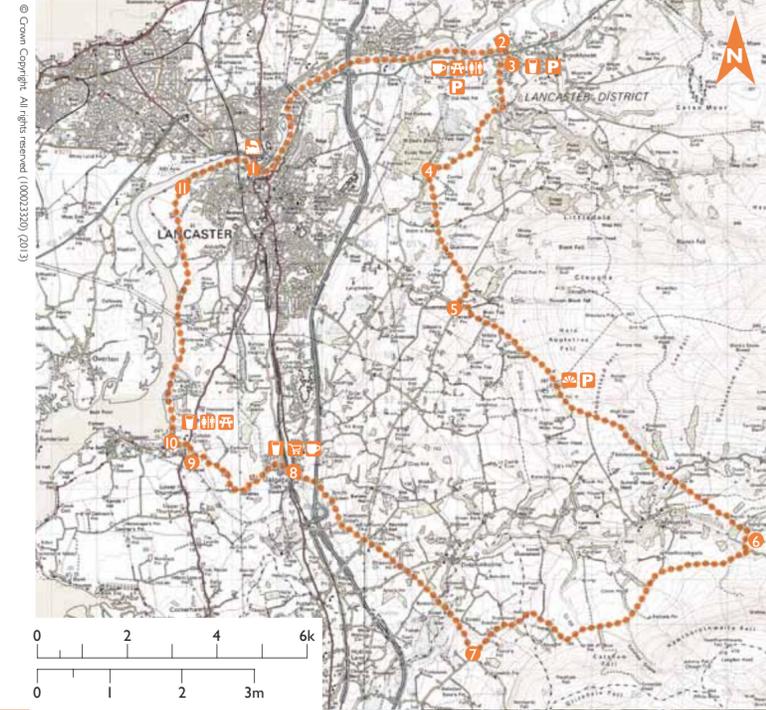
Lancashire County Council has produced a large variety of free leaflets and maps detailing cycle routes in many parts of the county. For more details visit [www.lancashire.gov.uk/cycling](http://www.lancashire.gov.uk/cycling) or email [sustainabletravel@lancashire.gov.uk](mailto:sustainabletravel@lancashire.gov.uk)

Lancashire County Council

## Rivers Lune and Wyre

From Lancaster's Millennium Bridge, the route takes you up the River Lune Cycle Path to Crook O'Lune. We then cross over to the Conder Valley, before climbing up to Jubilee Tower, a magnificent viewpoint. There is a descent to Wyresdale, followed by a lovely ride down the valley. The route returns to Lancaster by the Lune Estuary Path.

With more than 60km of cycle routes, the Lancaster area has one of the country's best cycle network.



### Start Point

★ **Lancaster Millennium Bridge** (SD 4723 6208).

🚶 **Lancaster Station** Follow the cycle path from the north end of platform 1 for the Millennium Bridge.

### Distance/Time

🕒 30 miles (48km) 3-4 hours



### Terrain

The route includes cycle paths and sections on roads. It includes steep climbs.

### Facilities

☕ Pub, 📖 Viewpoint, 🏠 Picnic site, 🛒 Shop, ☕ Café, 🅇 Car park, 🚉 Station

### Route

★ GPS: SD 4723 6208 From Millennium Bridge take cycle path (Route 69) on south side of river to Halton and Crook O'Lune.

2 GPS: SD 5310 6482 Leave cycle path at road crossing in Caton. Cross mini roundabout.

3 GPS: SD 5325 6485 Turn right, then left following Lancashire Cycleway (Route 90).

4 GPS: SD 5142 6210 Fork left to Quernmore, following Route 90.

5 GPS: SD 5201 5906 At Quernmore crossroads take left onto Trough of Bowland road. Climb up to Jubilee Tower (viewpoint).

6 GPS: SD 5850 5357 Turn right, cross bridge and follow road on south side of Wyresdale.

7 GPS: SD 5236 5128 Turn right at crossroads towards Galgate and Lancaster.

8 GPS: SD 4838 5535 Cross A6 at Galgate crossroads.

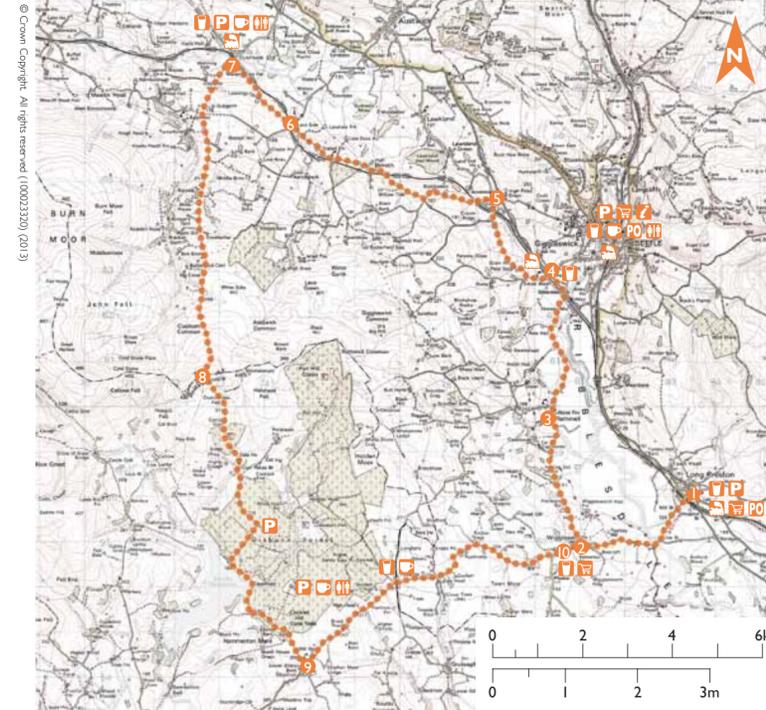
9 GPS: SD 4817 5552 Turn right on Route 6 to Conder Green.

10 GPS: SD 4598 5579 Turn right on A588. By Stork Hotel turn left. Follow cycle path along Lune Estuary into Lancaster (Route 6).

11 GPS: SD 4592 6175 Follow quay to Millennium Bridge

## Bowland Knotts and Gisburn Forest

This is a majestic circuit on quiet lanes either side of the Lancashire and North Yorkshire border. It includes the challenging yet beautiful climb over Keasden Moor, offering some of the best views in either county. Descending through Gisburn Forest you also have the opportunity to go off road and use the mountain bike trails through this Forest Enterprise plantation, or to stop and contemplate the views of Stocks reservoir and the tranquillity of St James chapel at Dale Head - moved from the hamlet of the same name when the valley was flooded in the 1930s. The chapel is wind powered, and the turbine stands in a graveyard which has rich botanical interest due to the abundance of wildflowers growing there.



### Start Point

★ **Long Preston village** (Station car-park) (GR 834579).

🚶 **Long Preston, Giggleswick and Clapham**

### Distance/Time

🕒 35 miles (56km) 3-4 hours



### Terrain

Roads, hilly, steep in parts

### Facilities

☕ Café, 📮 Post Office, 🚻 Toilets, 🍺 Pub, 🛒 Shop, 🅇 Car park, 🚉 Station, ℹ Information

### Route

★ GPS: SD 8341 5799 Exit the car-park left (ie. away from the village) and follow the road into Wigglesworth.

2 GPS: SD 8106 5701 Turn right just as you enter Wigglesworth (just before the pub) - signpost to Rathmell.

### Route continued

3 GPS: SD 8044 5998 Follow the road through Rathmell to A65.

4 GPS: SD 8029 6284 Turn left onto A65 and then left again after 200m (218 yards) on an unmarked lane passing underneath railway bridge. (For Settle and Giggleswick turn right as signed).

5 GPS: SD 7907 6465 Turn left at the crossroads (signpost to Eldroth).

6 GPS: SD 7451 6628 Turn right immediately after passing underneath railway bridge - signpost to Clapham. (Ignore the right turn just before the bridge).

7 GPS: SD 7329 6763 Turn left at T-junction (Clapham station is adjacent to the bridge on your right. If starting from here turn right out of the station, under the bridge and straight on).

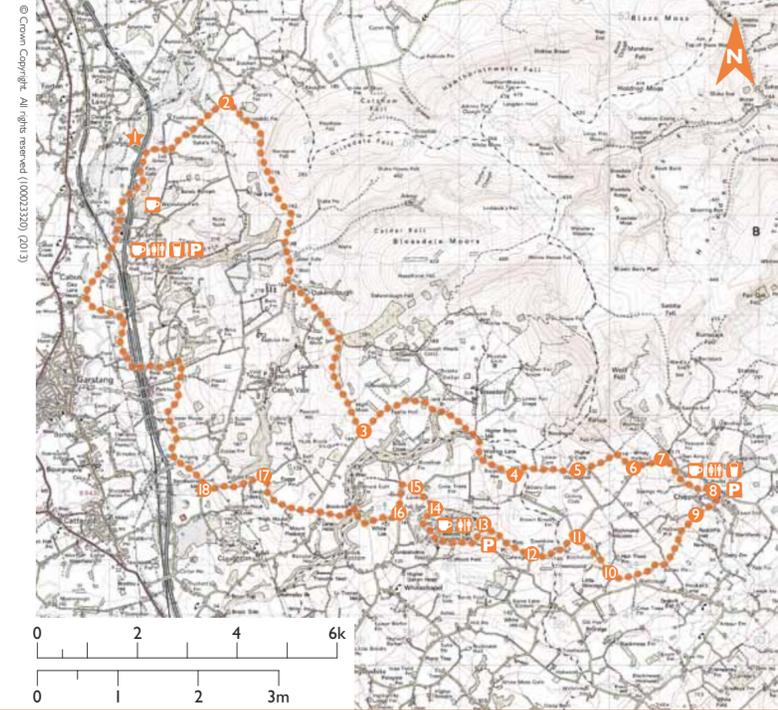
8 GPS: SD 7270 6071 Top of Keasden Moor - unrivalled views ahead to Gisburn Forest, Pendle Hill and the Bowland Fells. Descend down past the Forest.

9 GPS: SD 7489 5432 Turn left at the crossroads (signpost to Wigglesworth & Settle).

10 GPS: SD 8096 5696 Continue straight through Wigglesworth and back to Long Preston station.

## Grizedale and Bleasdale

This is a lovely ride around the western edge of the Forest of Bowland, following quiet country lanes and enjoying the unspoilt beauty of Grizedale and Bleasdale. Starting from Scorton, a 16th century village lying on the NCN route 6 from Manchester to Lancaster and Keswick, the ride takes in Oakenclough, a small community centred on an old paper mill powered by the river Calder. It then proceeds past Bleasdale - detour up the lane to visit St Eadmers church - and onto Chipping. Spend a while exploring this ancient village and its environs - famous for its chairmakers, cheese manufacturer and wild boar park. Continue along through Beacon Fell country park, managed by Lancashire County Council and with magnificent views of the surrounding fells and Ribbles Valley.



### Start Point

★ **Scorton Picnic Site.** (SD 5055 5035)

### Distance/Time

🕒 27 miles (43km) 1 - 2 hours



### Terrain

Road, undulating

### Facilities

☕ Café, 🍺 Pub, 🚻 Toilets, 🅇 Car park

### Route

★ GPS: SD 5048 5032 Turn left from the picnic site. Go over the motorway and then turn left. Scorton Village, one mile to the right boasts a fine cyclists pub and café at The Priory, Barn gift shop and garden centre.

2 GPS: SD 5235 5128 Turn right at the crossroads, climbing up onto Harris End Fell.

3 GPS: SD 5507 4463 Turn left (signpost to Longridge, Chipping & Bleasdale).

4 GPS: SD 5746 4413 Turn left (signpost to Chipping).

### Route continued

5 GPS: SD 5815 4382 Go straight on - this is a Quiet Lane.

6 GPS: SD 6155 4392 Turn left.

7 GPS: SD 6103 4409 Take the right fork.

8 GPS: SD 6220 4333 Turn right at the T-junction - signpost to Garstang.

9 GPS: SD 6169 4300 Turn left.

10 GPS: SD 6009 4175 Turn right (signpost to Bleasdale).

11 GPS: SD 5928 4258 Turn left.

12 GPS: SD 5842 4219 Go straight on at 90° bend into Rigg Lane.

13 GPS: SD 5747 4272 Turn left and follow the one-way lane around to Visitor Centre.

14 GPS: SD 5658 4313 Turn left (signpost to Preston & Garstang).

15 GPS: SD 5588 4361 Turn left (signed to Waddecar, Preston & Garstang, Inglewhite).

16 GPS: SD 5580 4294 Turn right 300m (250 yards) past a farm on left (White Lee Lane).

17 GPS: SD 5313 4375 Turn left (signpost to Garstang).

18 GPS: SD 5192 4351 Turn right onto Sandholme Lane. Follow the route 6 signs all the way back to Scorton.

### Start Point

★ **Long Preston village** (Station car-park) (GR 834579).

🚶 **Long Preston, Giggleswick and Clapham**

### Distance/Time

🕒 35 miles (56km) 3-4 hours



### Terrain

Roads, hilly, steep in parts

### Facilities

☕ Café, 📮 Post Office, 🚻 Toilets, 🍺 Pub, 🛒 Shop, 🅇 Car park, 🚉 Station, ℹ Information

### Route

★ GPS: SD 8341 5799 Exit the car-park left (ie. away from the village) and follow the road into Wigglesworth.

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## Map Key

- ☕ Café
- ℹ Information Centres
- 🅇 Parking
- 🏠 Heritage site
- 📖 Viewpoint
- 🚉 Station
- 🇬🇧 National and regional cycle routes
- 🇬🇧 Way of the Roses route
- 🇬🇧 Bowland by bike routes



Other routes are available to download at [www.forestofbowland.com](http://www.forestofbowland.com)

Routes 90 and 91 are the Lancashire Cycleway

Way of the Roses, Route 69 is a new coast to coast route linking Morecambe to Bridlington via the historic cities of Lancaster and York [www.wayoftheroses.info](http://www.wayoftheroses.info)