**Bowland by Bike**

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

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

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**Salter Fell - Cross O’Greets Circuit**

This ride offers a wonderful way to experience the grandeur and isolation of the high moorland of northern Lancashire. It includes a fine stretch through Bowland Forest, a
dramatic climb to the stunning Cross O’Greets, and the line of the old railway running from Clitheroe to Lan
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to Lancashire's largest forest for some great mountain biking. The Forest offers you
Gisburn Forest Mountain Bike Trails

Gisburn Forest has provide parking and toilets and access to a skills park, viewpoint and trails. For further information visit www.forestry.gov.uk/gisburn

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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 route and its pretty countryside will give you the opportunity to appreciately the beauty of the route and the personal satisfaction of reaching the challenge. Roadbikes will be challenged by the highest point on the Clitheroe cycle route (144m) and several enjoyable climbs on quiet lanes. Facilities

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**Gisburn Forest Mountain Bike Trails**

Head to Lancashire’s largest forest for some great mountain biking. The Forest offers you

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**North Lancashire Bridleway**

This trail runs for 15 miles (24km) from Denby Dale in Lancashire through the towns of Clitheroe, Darwen, Blackburn, Preston, and Longridge and ends at Clitheroe. It is on a mixture of surfaces, hard and soft, with a few less than perfect sections. It is suitable for both adults and children. Except for farm traffic it is a mix of surface tracks, fields and quiet lanes and is clearly waymarked. It is well signposted and has several car parking areas. The area between Bleasdale and Scorton is already complete. 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. The map is available from bookshops, village stores or direct from the publishers

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**Welcome Walkers & Cyclists Accommodation**

Look out for the welcoming walkers and cyclists symbol. Many accommodation providers in Bowland are members of the scheme.

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**Electric Bicycle Network**

The Bowland Electric Bicycle Network offers visitors a branch new way of discovering the beauty of the Forest of Bowland countryside. This electric bike hire from the two locations in the Bowland Experience network and the idea is that once you have discovered your great cycling, you can relax and enjoy the simple pleasures of cycling in the great outdoors...

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**Getting to Bowland by Train**

Who will not love the train to get to Bowland? Clitheroe is served by trains from Manchester and Lancaster. The main line takes you to the north side of Bowland passing the way of the Roses. You could hire one way and still end up at the train station.

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**Cycling in Lancashire**

Lancashire County Council has produced a large variety of free leaflets and maps detailing cycle routes through the county. For more details visit www.lancashire.gov.uk/bicycle-cycling/cycling.aspx or email sustainabletrav@lancashire.gov.uk
**Rivers Lune and Wyre**

From Lancaster’s Millennium Bridge, the route takes you up the River Lune Cycle Path to Crook O’Lune. Welcome in awe to the picturesque village of Crook O’Lune, before returning to Lancaster along the north bank of the Lune. There is a view to Wyresdale, followed by a lovelyblick down the valley. The North West Cycle Route is a grand tour of Lancashire.

With more than 200 of these routes, the Lancaster area has one of the country’s finest cycle networks.

**Grizedale and Bleasdale**

This is a lovely ride along the western edge of the Forest of Bowland following quiet country lanes and enjoying the unspoilt beauty of Grizedale and Bleasdale. Start from the Old Bridge and cycle long the NCN route 6 from Manchester to Lancaster. The ride takes in Otterburn, a quiet small hamlet with the remains of a Saxon church; Kirkham, with a 12th century church and a medieval priory; the hamlet of Tanfield and Tanfield Hall; and then proceeds past Bleasdale – down the lane to a skull & bones church – and onto Chipping. Leland’s noted as it is an ancient site and sanctuary for those in search of a quiet nature walk and wildflower park. Continue along through Beacon Hill country park, managed by Lancashire County Council and rich in migratory birds and wildfowl.

**Bowland Knots and Gisburn Forest**

This is a majestic circuit of quiet lanes either side of the Lancaster and North Yorkshire border. It includes the charming Hansford Arms and the bustling market town of Clitheroe. The Forest of Bowland is one of the loveliest in England, with either county. Dissecting through Gisburn Forest you also have the opportunity to go off-road and visit the magnificent forest park that provides transcendent views of Geoffroy’s rosemary and the tranquility of its sycamores at Otterburn – moved from the bottom of the same valley when the railway was built in the 1860s. This ride is incredibly romantic and the before stems in a graveyard which has rich botanical interest due to the abundance of wildflowers growing there.

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**Map Key**

- **Cafés**
- **Information Centres**
- **Parking**
- **Viewpoint**
- **Station**
- **National and regional cycle routes**
- **Way of the Roses routes**

**Return Routes**

- Routes 90 and 91 are the Lancaster Cycleways.

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**Start Point**

- **Lancaster Millennium Bridge (SD 4723 8382)**
- **Lancaster Station**

**Distance/Time**

- 30 miles (48km) 3-4 hours

**Facilities**

- Picnic site
- Car park
- Station

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**Route **

- **GPS: SD 4723 8382** From Millennium Bridge, head north then take the left turn (side by side with the pub) and follow the road towards Clitheroe. The river is on your right.

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**Facilities**

- Parking
- Toilets
- Car park
- Station

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**Route continued**

- **GPS: SD 4741 5799** Take the car park left (200 yards from the bridge) and follow the road towards Wigglesworth.
- **GPS: SD 8164 5707** Turn left just as you pass Wigglesworth (just before the pub) – support to Rathmell.

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**Start Point**

- **Long Preston (Station car park) SD 5055 5035**
- **Long Preston, Giggleswick & Clapham SD 7329 6763**

**Distance/Time**

- 15 miles (24km) 3-4 hours

**Facilities**

- Café
- Post Office
- Take
- Pub
- Car park
- Station
- Information

**Route**

- **GPS: SD 6841 5799** Take the car park left (200 yards from the bridge) and follow the road towards Wigglesworth.
- **GPS: SD 8164 5707** Turn left just as you pass Wigglesworth (just before the pub) – support to Rathmell.

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**Facilities**

- Café
- Pub
- Toilets
- Car park

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**Route continued**

- **GPS: SD 6915 4909** Start at the right fork.
- **GPS: SD 6216 4232** Turn right at the roundabout – signed to Clitheroe.
- **GPS: SD 5648 4219** Turn right on to the A68 (left fork).
- **GPS: SD 5830 4320** Turn left at the signed to Preston & Garstang.

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**Start Point**

- **Burnton-Priory (SD 9055 5154)**

**Distance/Time**

- 27 miles (43km) 1 - 2 hours

**Facilities**

- Café
- Picnic site
- Pub
- Toilets
- Car park

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**Route**

- **GPS: SD 8915 5140** Go straight on – right is a quiet lane.
- **GPS: SD 5640 4909** Start at the right fork.
- **GPS: SD 5316 4909** Start at the right fork.
- **GPS: SD 5055 5035** Start at the right fork.

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**Route continued**

- **GPS: SD 8511 4909** Take the right turn (signed to Hellifield).
- **GPS: SD 5815 4382** Start at the right fork.
- **GPS: SD 5815 4382** Start at the right fork.
- **GPS: SD 5815 4382** Start at the right fork.