



## The Guild Wheel

The Preston Guild Wheel is a 21 mile circular cycle route round Preston opened to celebrate 2012 Guild. Preston Guild occurs every 20 years and has a history going back 700 years.

Stop at the floating Visitor Village where you will find a cafe, shops and information centre. There are lakes, hides, walking trails and a play area. The reserve is owned by Lancashire Wildlife Trust. [www.brockholes.org](http://www.brockholes.org)

The Guild Wheel links the city with the surrounding countryside and river corridor. It takes you through the different landscapes that surround the city, including riverside meadows, historic parks and ancient woodland.

Attractions along the route include: **Avenham and Miller Parks** – Ride through two splendid riverside parks on the edge of Preston City Centre. There is a cafe in Avenham Park. The parks are the centre of the areas cycle network and close to the railway station.

**Brockholes Nature Reserve** – Brockholes is a new kind of nature reserve. It is a great place to cycle to.

**Ribble Steam Railway and Museum** – The Guild Wheel runs past the Ribble Steam Railway. There are steam trains at weekends and a museum to visit. [www.ribblesteam.org.uk](http://www.ribblesteam.org.uk)



## Cycle routes to the north

**Canal Cycle Route (Route 62)** Follow the Lancaster Canal out of the city to Ingot and Cottam. It is a great way of getting to the University Sports Arena.

**Ribble Link Canal** Connecting with the Lancaster Canal you can cycle on the Ribble Link Canal to Ashton and Lea.

**Moor Park Cycle Route (Route 6)** From the City Centre take the cycle route across Moor Park to Fulwood and Longsands. The route also links to Preston North East Employment Area, the college and hospital.

**Ashton Park Cycle Route** Cycle across Ashton Park and follow minor routes to the University and City Centre.

**Grimsgarth Cycle Route** Linking Preston with Red Scar and Grimsgarth the route takes you along an old railway. The railway was opened in 1839 to serve stone quarries in Longridge.

There was also a branch to Whittingham Hospital. The route currently starts at West View Leisure Centre. It is hoped to extend into the city centre in the future.

**Eaves Brook Greenway** The Greenway runs along the Eaves Brook Valley through open space. It is hard to believe now that Eaves Brook played an important part in the Battle of Preston 1648 with the opposing armies facing one another across the brook.

Oliver Cromwell won and as a result of the battle the king was executed.



## Cycle clubs

**Preston Pirates BMX** Based at the BMX track on London Road, Preston Pirates are part of British Cycling's Go Ride junior cycling programme. [www.prestonpiratesbmxclub.com](http://www.prestonpiratesbmxclub.com)

**Preston Wheelers** Preston Wheelers organise a programme of cycle racing and rides. [www.prestonwheelers.com](http://www.prestonwheelers.com)

**Red Rose Olympic** The club offers a programme of rides, including cyclo-cross. The club's junior section is part of British Cycling's Go Ride scheme with regular training events on the cycle race track at the University Sports Centre. [www.redroseolympic.co.uk](http://www.redroseolympic.co.uk)

**Ribble Valley Cycling and Racing Club** Based in the Preston area, the club organises regular Sunday runs, social events, time trials and cycle races. [www.ribblevalleycycr.com](http://www.ribblevalleycycr.com)

**Ribble Valley Juniors** Part of British Cycling's Go Ride programme, the club offers a programme of junior rides starting from Walton-le-Dale Primary School near Preston. [www.rvjuniors.co.uk](http://www.rvjuniors.co.uk)



Let's Cycle Preston and South Ribble

## Getting about by bicycle

Did you know that there are now over 75 km of traffic free cycle paths in Preston and South Ribble? With new routes like the Guild Wheel and 20 mph speed limits it is becoming more attractive to get around the area by bicycle.

**It is quicker by bike** For shorter journeys, it is often quicker and easier to cycle. In a commuter challenge from Lostock Hall to Preston, it took a cyclist just 14 minutes to cover the 3 mile journey beating the bus and car.

**It is healthy too** Cycling and walking are a great way of keeping fit and staying in shape.

**Cycle to school** Many schools in the area are served by traffic free paths. At one high school in the area 30% of pupils cycle to the school.

**Cycle to the station** Fed up with motorway driving. More and more people are cycling to the station and catching the train. A new cycle hub is opening at Preston station in Summer 2016. There is good cycle parking at other stations in the area.

**Cycle to the Countryside** The Forest of Bowland, Fylde Countryside and West Pennines nearby, cycling is a great way of exploring the local countryside.

**Cycle to the Coast** You can now cycle on promenades in Lytham, Blackpool, Southport and Morecambe.

**It saves you money** Cycling means that you have more money to spend on yourself.

## Cycle routes to the south

**Preston to Bamber Bridge and Lostock Hall (Route 55)** Following an old railway line across the River Ribble the cycleway provides a traffic free route out of Preston to Bamber Bridge and Lostock Hall. The route takes you through Preston Junction Nature Reserve, which is rich in butterflies, birds and wild flowers. It is planned to extend the cycle route to the Railway Station and Fishergate Centre.

to Hutton on the cycle route or use minor roads to Kingfold. There is a link to Hurst Grange Park, which includes a large children's playground.

**Preston to Leyland** New crossings are being installed across the A582 making it easier for you to cycle from Preston to Leyland. When the improvements are complete, there will be a new cycle path along the road.

**Old Tramroad** Linking with the cycle route to Bamber Bridge and Lostock Hall the Old Tramroad runs from Avenham Park to Walton Park on a tree lined avenue across riverside meadows. The Old Tramroad linked the Lancaster Canal to the north of Preston with the canal system to the south. Horses pulled wagons along the tramroad.

**Cuerden Valley Park (Route 55)** Ride through Cuerden Valley Park on a traffic free path. Following the River Lostock the path takes you through riverside pastures and woodlands.

There are picnic sites, a lake and visitor centre run by Lancashire Wildlife Trust. There are linking paths to Buckshaw Village, Chorley and Leyland.

**Preston to Walton-le-Dale** Follow the cycleway alongside the River Ribble to Walton-le-Dale.

**Leyland Health Loop** A new circular route is being developed round Leyland linking Worden Park, Runshaw College, Lancashire Business Park, Cuerden Valley Park and Buckshaw Village.

**Preston to Penwortham and Hutton** From Penwortham Old Bridge take the cycle path to Penwortham. You can continue

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## Sky Rides

Watch out for British Cycling's Sky Ride Programme in the summer. [www.goskyride.com](http://www.goskyride.com)



## Breeze Network

Breeze Rides from British Cycling is about fun, local bike rides for women, by women. [www.goskyride.com/breeze](http://www.goskyride.com/breeze)



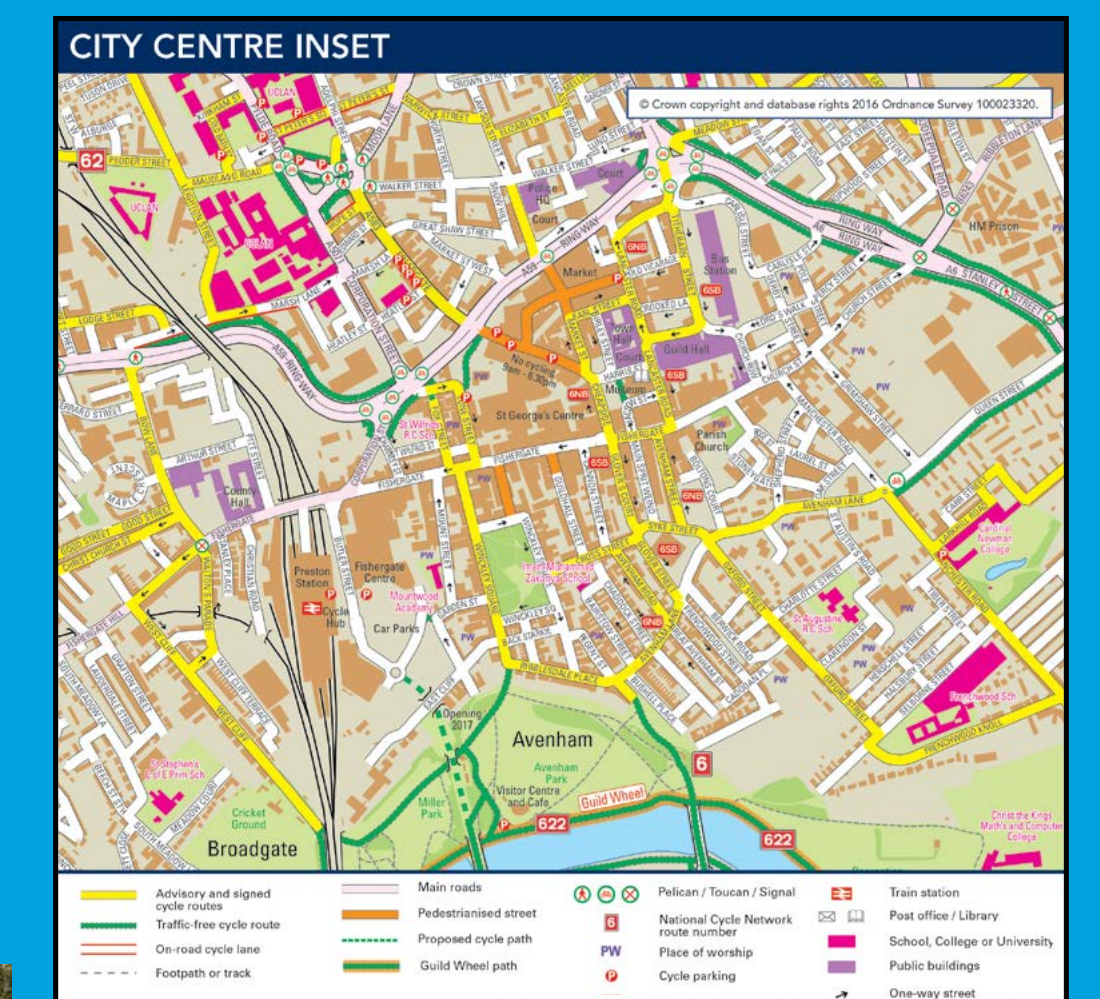
## Wheels for All

Wheels for All offer adapted bikes for the disabled. There are Wheels for All Centres at Moor Park and UCLan Sports Arena. Contact Cycling Projects Tel: 01925 234213. [www.cycling.org.uk](http://www.cycling.org.uk)

## Other facilities

**UCLan Sports Arena** The University Sports Arena has a 1.5km cycle race track and a 0.75km junior cycle race track, open for use by individuals, groups, clubs and cycle races. There are also wheels for all bikes for the disabled.

**Fishwick BMX Track** Home of Preston Pirates, the BMX track is just off the Guild Wheel. It is one of the best BMX tracks in the north and regularly hosts top class competitions.



## National cycle network

Preston is the midpoint of the National Cycle Network. The network is coordinated by Sustrans, the sustainable transport charity. The following national cycle routes are open from Preston. Cycle one way and catch the train back.

**Route 6 Preston - Lancaster** Follow route 6 from Preston to Lancaster. Highlights of the route include Scorton village with its cafes and the Lune Estuary. It is a great way of getting to Beacon Fell Country Park and the Bowland Hills. You can continue on route 6 to Kendal and Windermere.

**Route 55 Preston - Chorley - Adlington** This route takes you on traffic free paths via Cuerden Valley and Astley Parks to Chorley. Continue on the canal towpath to Adlington or on minor roads to Rivington Country Park. Stop for tea at the cafe by Astley Hall.

**Route 62 Preston - Lytham St Annes - Blackpool - Fleetwood** Follow the canal out of Preston. Route 62 then takes you along minor country roads to Kirkham and Lytham St Anne's, where you can cycle on the Prom between Lytham Green and Fairhaven Lake. From Blackpool cycle up the Promenade to Fleetwood.

**Lancashire Cycleway Routes 90 and 91** The Lancashire Cycleway is a challenging 260 mile tour of the county taking in the Pennine and Bowland Hills to the east and the coastal plain to the west. Route 90 the northern half of the Lancashire Cycleway skirts the north-west side of Preston and Route 91 the southern loop runs round the south side of Leyland.

A guidebook to the Lancashire Cycleway is available from good bookshops or direct from the Cicerone Press. [www.cicerone.co.uk](http://www.cicerone.co.uk)



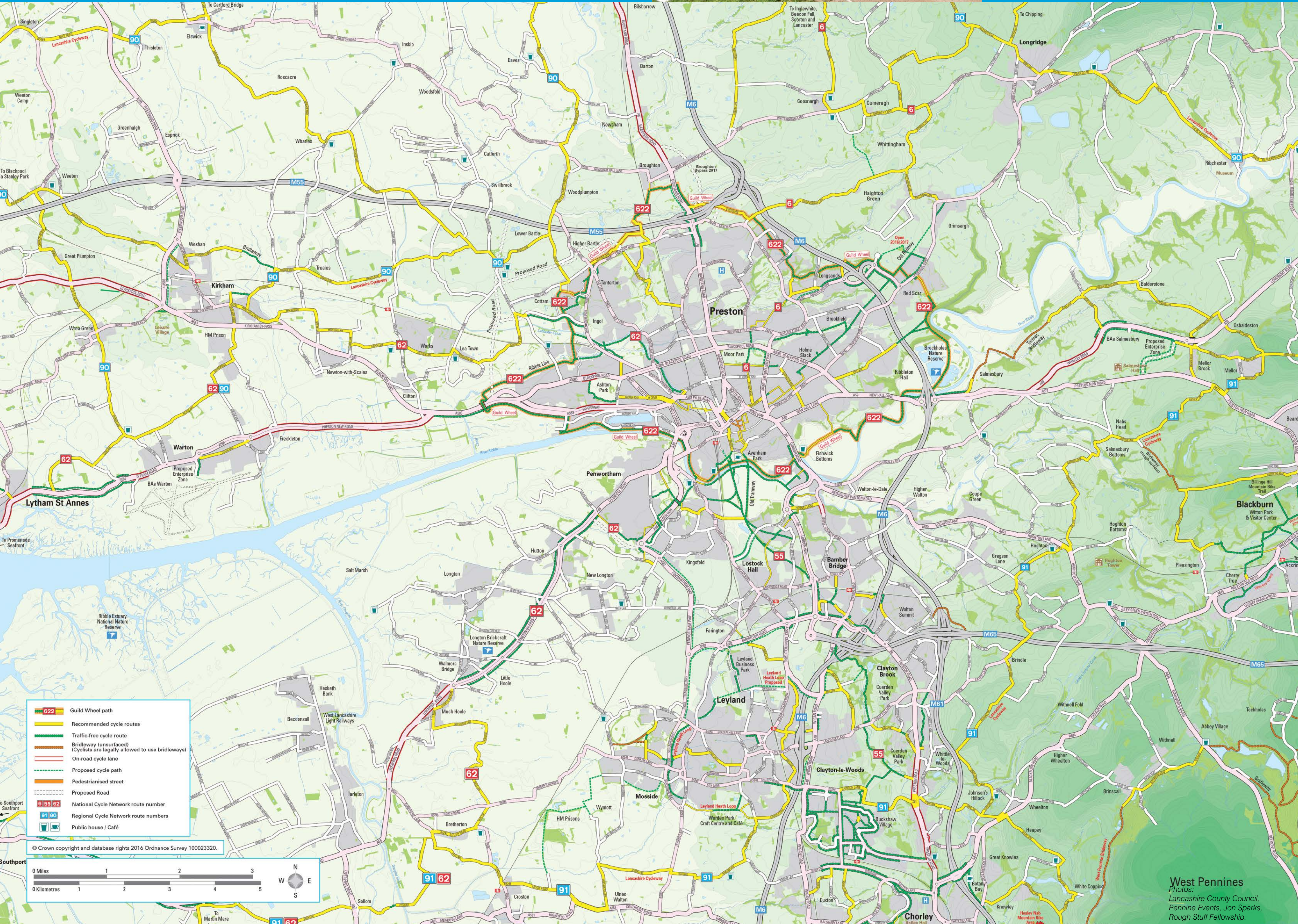
## Further information

**Websites**  
[www.visitlancashire.com/cycling](http://www.visitlancashire.com/cycling)  
 For details of cycle routes in Lancashire  
[www.lancashire.gov.uk/guildwheel](http://www.lancashire.gov.uk/guildwheel)  
 For full details on the Guild Wheel  
[www.sustrans.org.uk](http://www.sustrans.org.uk)  
 For information on the national cycle network  
[www.cyclestreets.net](http://www.cyclestreets.net)  
 Plan your route on line

**Preston Station Cycle Hub**  
 A new cycle hub is due to open at the railway station in summer 2016. It will offer secure parking for 200 bikes, a cycle shop and repair facilities.



Photographs: Lancashire County Council, jctaylor.com, Preston Pirates, Visit Lancashire.



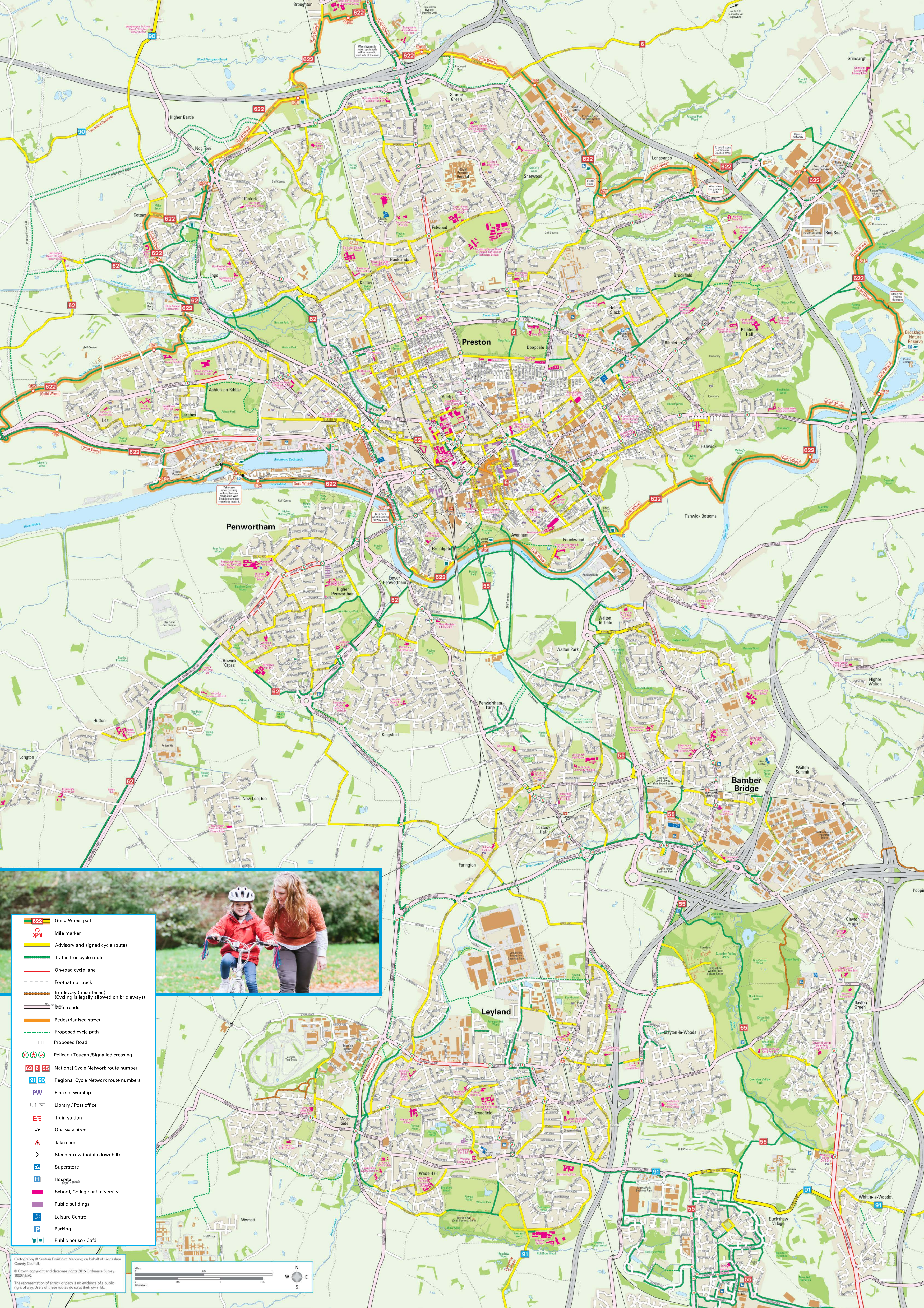
**622** Guild Wheel path  
**62** Recommended cycle routes  
**6** Traffic-free cycle route  
**55** Bridleway (unsurfaced) (Cyclists are legally allowed to use bridleways)  
**90** On-road cycle lane  
**91** Proposed cycle path  
**7** Pedestrianised street  
**7** Proposed Road  
**62 90 91** National Cycle Network route number  
**62 90 91** Regional Cycle Network route numbers  
**PH** Public house / Cafe

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0 Miles 1 2 3 4 5  
 0 Kilometres 1 2 3 4 5

West Pennines  
 Photos:  
 Lancashire County Council,  
 Pennine Events, Jon Sparks,  
 Rough Stuff Fellowship.





- Guild Wheel path
- Mile marker
- Advisory and signed cycle routes
- Traffic-free cycle route
- On-road cycle lane
- Footpath or track
- Bridleway (unsurfaced)  
(Cycling is legally allowed on bridleways)
- Main roads
- Pedestrianised street
- Proposed cycle path
- Proposed Road
- Pelican / Toucan / Signalled crossing
- National Cycle Network route number
- Regional Cycle Network route numbers
- Place of worship
- Library / Post office
- Train station
- One-way street
- Take care
- Steep arrow (points downhill)
- Superstore
- Hospital
- School, College or University
- Public buildings
- Leisure Centre
- Parking
- Public house / Café

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 The representation of a track or path is no evidence of a public right of way. Users of these routes do so at their own risk.

