Getting about by foot & bike is fun 'n' friendly

There are great places to cycle and they don't have to be hilly!

With over £2 million invested in new cycle facilities in the area and more routes to follow, the borough of Burnley is becoming some of the best areas in the north to cycle.



Geared up for bihes and walkers!

Greenways are attractive, traffic-free routes connecting town centres and surrounding green spaces; great for getting outdoors for leisure and your everyday activities.

- Padiham Greenway
- River Calder Greenway
- Brun Valley Greenway
- Leeds & Liverpool canal improvements
- The Growing Greenway network...Sweetclough Greenway is planned to be built during 2011

Towneley Park Cycle Routes

There are dedicated cycle routes through Towneley Park - the jewel in Burnley's crown. Visit the Hall, once the home of the Towneley family and aquarium, or stop at the café in the park.

Weavers Triangle

Travel along the canal through the Weaver's Triangle - once the heart of Burnley's textile industry when the town led the world in the production of cotton cloth. Stop at the Visitor Centre by the wharf where you can find out about the area's history. Visit the Inn on the Wharf next door.

Burnley College Route

From Pendle Way follow the cycle path under the motorway into Burnley town centre and the college. It's more direct than going by car.

Links to Schools

Schools are getting geared up for cycling. There are cycle routes serving Burnley's new high schools.

Give these places a try...

Discover Burnley's heritage

Both the canal and railway played a vital role in the development of Burnley. In the nineteenth century Burnley was the cotton weaving capital of the world. A cycle ride to one of Burnley's heritage attractions is a great way to spend the day.

Towneley Hall and Park

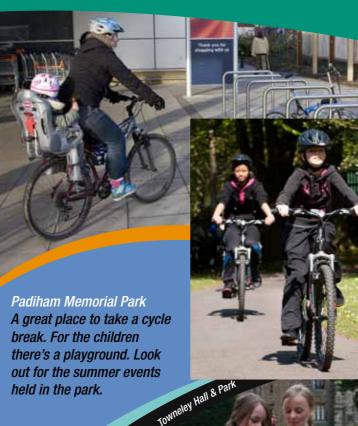
Ancestral home of the Towneley family, the Hall dates from Tudor times. Set in a 284 acre park, the Hall is now a museum and art gallery, which is well worth visiting and is free to Burnley residents. There is a café in the grounds and a stunning long gallery. Route 68 the Pennine Cycleway runs past the Hall and there are traffic free cycle paths in the park. (The Hall is closed on Fridays).

Gawthorpe Hall

Gawthorpe Hall is a National Trust property. Dating from the reign of Queen Elizabeth I, the Hall has outstanding plasterwork and panelling and an important textile collection. The Hall was the home of the Shuttleworth family. There is a tearoom at the Hall.

80% of the Burnley borough is countryside... Cycling's a great way to explore the outdoors from your doorstep. If you give it a try, let us know what you think. Contact cycling@lancashire.gov.uk with your experiences.

Plan your route with this map... Use quiet roads, the canal towpath or cycle paths to avoid the worst of the traffic. It's quicker by bike... Short journeys are often quicker and easier by bicycle. It is more flexible than public transport and can also be fun!





change 4 life

Shuttleworth Meade. Cycle to the Station - catch a train With 4 stations in the borough, leave your bike

There are bikes for everyone at the Wheels for All Centre in Burnley. If you can't ride a bike, or have a disability there's help for you here. For more information contact Burnley Borough Council tel. 01282 664474.

No problem! Most of our greenways are shared between walkers and cvclists and offer quick, healthy and relaxing ways to get round the area, whether walking to work or school, strolling with the dog, exploring the

Walking?

have walking & cycling part of your lifestyle

Walking and cycling are great ways of staying fit and healthy, keeping your body in shape and saving you money. Go by bike or foot to the shops, school and work and it's a way to obtain the 30 minutes a day exercise recommended by doctors.

Did you know walking & cycling?...

Keeps you young... Regular cyclists are as fit as an average person 10 years younger *Can extend your life expectancy by up to 10 years.* Reduces your chance of illnesses like coronary heart disease, strokes and diabetes. Gives you miles of extra cash it saves you money, so you've more to spend on you. An average household in the UK spends £1 in every £6 on travel - think how much you'll save travelling by bike or foot.

Gearm

eenagers cycle Cycling is a great way of getting to see friends, keep fit and have fun. Cycling with Children - Kids love it! It's something the whole family can enjoy. Burnley and Padiham's new traffic free Greenways offer safe places for you to teach them to cycle and take a ride. There are child seats, tagalong and trailers so you can cycle easier than ever with younger children too. Cycle to School – it's in a class of its own Many schools in the area are now able to offer cycle training including during holiday times. New schools have cycle storage and dedicated cycle routes serving them. Look out for cycling being offered at a school near you.

Cycle to work – It's the business!

Enjoy the outdoors as you journey to work, save yourself money and keep yourself fit - all at the same time. Many of the town's employment areas are served by the area's cycle network...Heasandford, Network 65 and once complete, securely at the station or book your bike in advance onto the train for it to travel with you.

cycling projects wheels for all SUStrans

For community walks and cycle rides, please contact Active Spaces on tel. 01282 452381.

Self guide

cycle routes

are a great

way to

explore

lancashire Yerkshire

RAILWAL







Find out more:

Visit www.visitburnley.com

Visit www.lancashire.gov.uk/cycling Email cycling@lancashire.gov.uk Tel 0845 053 0000

Visit www.sustrans.org.uk Email info@sustrans.org.uk Tel 0845 113 0065

Queen Street Mill

Follow the Brun Valley Greenway up to Queen Street Mill, the last operating steam driven textile weaving mill in the world. Listen to the clang of machinery and imagine what it must have been like to work in a Victorian mill. There is a tearoom at the museum.

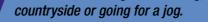
Burnley FC

One of the founding clubs of the football league, you are now able to make tours of the ground.

hore places to discover...

Queen's Park Children's Road System There is a children's road system in Queens Park where you can teach your child to ride. There is also a skate park.

Thompson Park This town centre park has a model railway and boating lake. In summer home to Burnley's very own beach. Cycle there via the Brun Valley Greenway or by the canal.



Walking gives you many of the health benefits of cycling, saves you even more cash and for short journeys is almost as quick!





JOIN THE MOVEMENT Lancashire Padiham County Council Town Council



If you want to become a friend of the greenways, contact us on www.lancashire.gov.uk/cycling or email cycling@lancashire.gov.uk



Greenways... These are pleasant, quiet and off-road routes connecting Burnley and Padiham town centres and local countryside.

Burnley -

Padhain

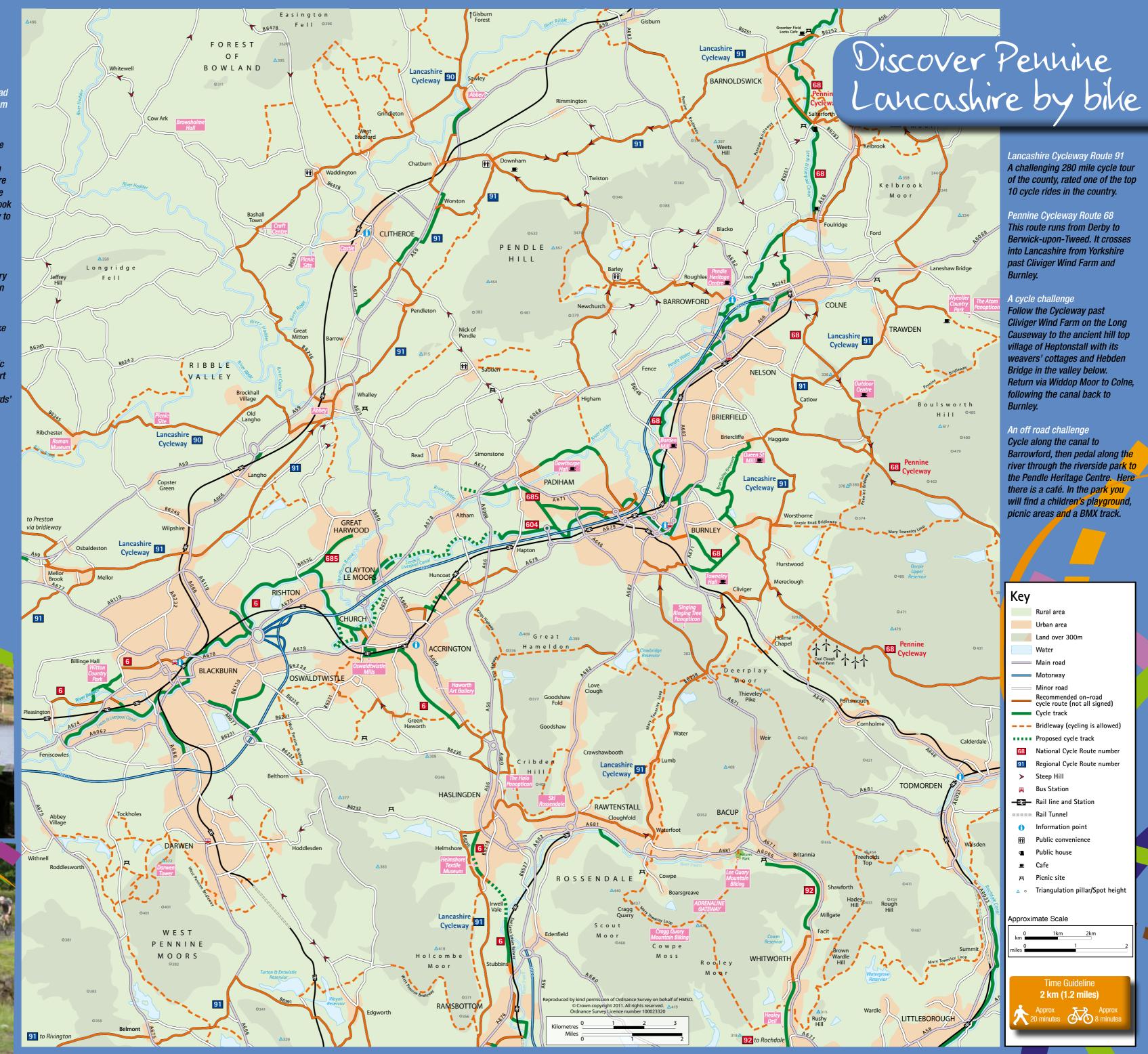
Padiham Greenway The superb Padiham Greenway follows the old Padiham Loop Railway. There's easy access to Padiham Leisure Centre, Padiham Memorial Park and Lowerhouse Lodge Nature Reserve from the Greenway. From Rose Grove follow the canal into Burnley. Don't forget to look back from the Rose Grove end of the greenway to admire the splendid views of Pendle Hill.

The Greenway was funded by the North West Development Agency through the Regeneration programme, REMADE and the People's Big Lottery Fund via Sustrans Connect 2 People's £50milliion project.

River Calder Greenway

A tip! To avoid going up the steep lghtenhill, take the River Calder Greenway from the Ightenhill Park Road and Burnley direction. You'll cross the River Calder at Ightenhill Bridge, an idyllic spot deep in the countryside, but only a short distance from Padiham town centre. Go along Grove Lane, past the 'Trail of Words' and into Padiham town centre.





Brun Valley Greenway

From Central Station follow the Brun Valley Greenway through parks and wooded river valleys to Rowley Lake, with its picnic site, or Briercliffe where you can visit Queen Street Mill. The first part of the route from Central Station to Bank Hall Park used to be a mineral railway serving the now long gone Bank Hall coal mine, which was owned by Sir John Thursby. It is also a great route into town from Briercliffe, Pike Hill and Brownside.

Hantain Bling

With the Pennines nearby, Burnley is close to some great mountain biking. A bit further afield, head up to Gisburn Forest, with routes for all abilities. For more challenging action visit Lee Quarry and the Adrenaline Gateway above Bacup. For route information visit www. lancashire.gov.uk/ cycling and click on Mountain Biking.