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 taking enthusiasts of all sizes and levels.

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. Cross O’Greets is two unencumbered Bowland dales meeting the moor's interior, forming a dramatic and extensive loop. The route consists of six forest tracks in the north-east of the Forest of Bowland, with a couple of less challenging sections set between two hills one either side of the area.

Tour of Pendle Hills
This is a tough ride, taking in a couple of 20% climbs and several more in excess of 10%. However, the rewards are substantial and few other rides offer such a dramatic contrast between the rugged beauty of the routes and the personal satisfaction of meeting the challenge. Pendle is the second highest peak in the Pennines and is one of the most prominent in Lancashire and Yorkshire. At 557m (1827 ft) it is not quite so imposing as its more famous neighbour on the Yorkshire border, the Nick of Pendle. However, it is still a popular peak to climb.

Visitors to the north, who cannot make a visit to the moors, will be pleased to know that Whalley Abbey serves as a visitor centre for the area. This pair of magnificent monastic buildings from the 12th century still stand and can be visited as a museum and cultural centre.

Welcome Walkers & Cyclists Accommodation
Local beds and breakfasts provide welcomes and cycle safe storage. For full details visit www.visitleanashire.com or www.pedalpowerclitheroe.co.uk

Bike Hire
- Cycle Adventure: Tel 07510 372037, Website: www.cycleadventure.co.uk
- Cycle Bowland: Tel 01772 834199, Website: www.cyclebowland.com
- Pedal Power: Tel 01200 422066, Website: www pedalpowerdiary.co.uk

Useful Websites
www.bowland.gov.uk
www.countryside Stopwatch.co.uk
www.sustrans.com
www.lancashire.gov.uk/cycling
www.celebratingcycling.org
www.visitlancashire.com
www.citycoastcountryside.co.uk
www.pennineevents.co.uk
www.pedalpowerclitheroe.co.uk
www.pedalpowerdiary.co.uk

Care map ©yanidem.co.uk

Family Ride - Dunsop Bridge
The bridleway on the valley floor below Dunsop Bridge is a great route to cycle with children. Expect for tern traffic, it is almost flat and the track’s narrow.

Family Ride - South of Dunsop Bridge
The bridleway, on the valley floor below Dunsop Bridge is a great route to cycle with children. Expect for tern traffic, it is almost flat and the track’s narrow.

Forest of Bowland Harvey Map
A map of Bowland has been produced by Harvey Maps in association with Bowland Area of Outstanding Natural Beauty and the AONB. The map is available from bookshops or direct from the publisher www.harvey-maps.co.uk.

Gisburn Forest Mountain Bike Trails
Gisburn Forest offers a variety of trails that cater to all levels of riders. From the easier rides in the Aire Valley, to the more challenging climbs on the moorland above, there is something for everyone. The trails are well-marked and the surrounding countryside is beautiful.

North Lancashire Brideway
The Brideways are a series of purpose-built cycle routes in Lancashire and surrounding areas. They are designed to provide safe and enjoyable cycling opportunities for all ages and abilities. The routes are well-marked with signs and are suitable for use by both road and off-road cyclists.

*Please note: This document contains information about the area's general landscape and cycling routes. For more detailed information and specific directions, please visit the websites listed below.*

North Lancashire Brideway Itinerary

- Start Point: Slaidburn (SD 713 534), or Wray (SD 605 479).
- Distance: 33 miles (53km), 3-4 hours.
- Terrain: Off road and on road (Mountain Bike needed).
- Facilities: Café, Toilets, Public Car parks, Shops, Bike Shop.

Gisburn Forest Mountain Bike Trails

- Start Point: Garstang (SD 354 507).
- Distance: 13 miles (21km), 1.5-2 hours.
- Terrain: Steeply up out of the village and over the Nick of Pendle.

Tour of Pendle Hills

- Start Point: Barley village carpark, (SD 834 4037).
- Distance: 13 miles (21km), 1.5-2 hours.
- Terrain: Steep in many parts.
- Facilities: Café, Toilet, Public Car park, Shop, Information Point, Bike Shop.