

LANCASHIRE

CYCLING NEWS

Made in Lancashire

New cycle paths in Burnley **P9**

Are you fit for life? **P6**

Get your bike checked out for FREE! **P6**



Lancashire
County Council

Cycling
LANCASHIRE

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Welcome

Welcome to this year's edition of Lancashire Cycling News. With so many new routes coming on line, there has never been a better time to cycle in the county.

Research in Preston, Lancashire and South Ribble has suggested that cycling has the greatest potential to reduce car journeys of any mode of transport.

For short journeys it is as quick as going by car and more flexible than public transport. Cycling is the best form of door to door transport for short journeys.

With growing concern about the economy, climate change and an increasingly obese population, promoting active travel ie cycling and

walking has never been as important.

In places where money has been invested in new cycle facilities, e.g. the Lancaster area, cycle usage has grown significantly. So it is particularly good news for everybody that new routes have recently been opened and more are planned for the coming year.



Kids want to have fun

There's so many ways to enjoy 'fun-on-a-bike' with kids in Lancashire. It's a cool way to get about, enjoy the outdoors, socialise and keep in shape.

So what kind of biking is for you? Whatever it is, you'll find it around our County.

- Mountain biking
- Trick biking on skate parks
- Meeting up with your mates for a bike ride
- Joining a local cycling club to improve your skills or start racing
- Teaching children to ride in a safe off-road environment

GoRide Junior Cycling Clubs

Did you know that there are professionals & volunteers all over the country setting up GoRide Junior Cycle Clubs for young people? It's fun, you can get more confident cycling off-road and could get racing too. Steven Burke the Olympic bronze medalist from Colne is the President of the new Cycle Sport Pendle Club that meets at Pendle Vale College, Nelson.



www.cyclesportpendle.org.uk

1st birthday for Clitheroe Club

On Sunday 31st May Clitheroe Bike Club celebrated its first birthday by holding a fun day in Gisburn Forest. The event was designed for people at all levels of cycling. There were rides in and around the forest; a picnic lunch and British Cycling Go Ride Coach Tom Leivers ran cycle sessions for the youngsters. The day started at the Rugby Club, Littlemore Road, Clitheroe where some people rode to Gisburn Forest. For others, there was a transport option with a special trailer to carry participants' bikes. There was also free bike hire available at the Forest for those unable to travel with a bike. Clitheroe Bike Club caters for all cyclists regardless of their chosen cycling discipline. Be it mountain biking, cycle touring, racing, or family cycling, the club has something to offer everyone. Richard Paige, Club Chairman, explained how the club was designed to appeal to everyone with an interest in

cycling, not just to specific disciplines, and as such aimed to meet everyone's needs. This recipe of appealing to everyone has clearly worked as with the Club approaching its first birthday it already has approximately 100 members and a very busy programme of rides and activities. Every Sunday morning there is a choice of three different rides of varying length, departing at 7am, 9am, and 10am the latter being a beginners ride. Throughout the summer there is also a Mountain Bike ride. Mountain bikers also have the option of a Wednesday evening ride. See the clubs web site for more details or email Richard at paigelegg@aol.com to be kept in touch with his regular email news service. The club also has an active social programme with social meetings held fortnightly on a Wednesday evening, also at the Rugby Club. The social programme includes everything

from talks and slide shows to basic maintenance classes, as well as the chance to simply get together and enjoy the company.

Award winning cycle club

This dynamic club has recently been recognised for all its hard work and success by receiving British Cycling's award for achieving the most new adult members. The club hopes to build on this recognition by aiming to be the best club for recruiting junior members.

www.clitheroecyclingclub.co.uk



To find out about a cycle club near you go to britishcycling.org.uk and click on cycling club or get the Getting Started Cycling in Lancashire leaflet by visiting lancashire.gov.uk/cycling or tel 0800 328 1635

Cycling- a family activity in Lancashire



Most children will have a bike and regard it as a plaything but once you get on a bike too their toy bike transforms into a mode of transport able to take them anywhere, on road, off road, to the park, the beach, to school or the shops, out for a few hours or away for a cycling holiday. **Discover the pleasures of travelling on two wheels as a family and the whole world becomes available for a glorious journey of discovery: one that will give you as a family many shared adventures and happy memories.**

At the same time the whole family's health will benefit from the regular exercise and fresh air and you can enjoy knowing that you are giving your children such a healthy start in life! **The key to successful family cycling is to plan the ride around the kids!** Make sure there are plenty of stops so

they don't get too tired if pedalling or too bored if sitting. Include places of interest that the kids will want to visit; local parks are ideal focal points. Take plenty of refreshments and spare clothes for if the weather changes. Check the children's bikes before starting to ensure everything is in good working order, and don't forget to regularly check that the saddle is at the correct height to keep up with their growing legs! Likewise check the fit and position of their helmet before each ride – just in case! Children tend to fall off their bikes more often than adults so it is worth making sure that hands, elbows, knees and feet are all well protected so that those minor tumbles don't spoil the ride. For novice riders the ever growing network of traffic free routes is ideal for getting started. Plan short rides at first so that the children build up their fitness

gradually and only progress to longer rides once everyone is able to cover the distance comfortably. Always be willing to cut the ride short if the children are struggling so it is a good idea to plan a route that has various shorter options. It is preferable to finish the ride whilst everyone is still happy and wanting more, that way they will be keener to go out again next time. Very young children can be carried in either a cycle trailer or in a bike seat mounted on your bike. Even the most fractious child settles down once the bike is moving and you can both enjoy the opportunity to get out and about. Older children can participate in the pedalling by riding a trailer bike attached to the adult's cycle, before moving onto a solo bike. Children who have been transported by bike before starting to ride themselves tend to already be

aware of how to handle a bike. They have got used to idea of looking out for traffic and know how to signal at junctions. Younger children on a trailer bike or similar enjoy being allowed to help with the signalling and it trains them ready for the day when they will go solo. So why not get out and about this summer as a family, exploring the many diverse routes that Lancashire offers and create some happy cycling memories together.

Take a look at the guided rides programme for inspiration. Many of these rides are family orientated. The Guided Rides 2009 leaflet is available by calling 0800 328 1635 or visit www.lancashire.gov.uk/cycling and click on forthcoming events.

Join a guided ride this year

There are guided cycle rides running until October with friendly ride volunteers. Rides are taken at the pace of the most careful riders. If you don't have your own bike, we'll try to fix you up with a free bike or one at a discount. Check the rides out. Visit Lancashire.gov.uk/cycling & click on

'forthcoming events', or to request a leaflet telephone 0800 328 1635.

There are also charity cycle rides and regular rides in many areas of the county, so look out for details in your area.

Getting Started Cycling in Lancashire

There's a new leaflet available informing of the places you can go to get confidence cycling or joining a Cycling Club. Visit www.lancashire.gov.uk/cycling or contact 0800 328 1635



Pupils get their Passport to Safer Cycling



Lancashire County Council's Road Safety Group runs Passport to Safer Cycling training in schools throughout the County.

The scheme offers youngsters a chance to become safer and more aware cyclists. Classroom-based theory sessions are followed by practical off-road to on-road training, which encourage the development of essential skills needed to handle traffic situations. These sessions are run with the help of trained volunteers who are vital to the success of the scheme.

If you would like to find out more about Passport call the Group on 0800 328 1635 or email roadsafety@lancashire.gov.uk

Cycling the school run

Frenchwood Primary School



So enthusiastic were pupils at Frenchwood Primary School in Preston about their off-road cycle training that the Headteacher, Mrs Helen Almond asked if a cycle ride could be run especially for their school. Mark Ellery, a Lancashire County Council Ride Volunteer and in the Bicycle User Group at Uclan helped out. The ride was mainly off-road. Mark said "we are lucky to have such attractive cycle paths so close to Preston City Centre. There were people who lived in the area and were introduced to this facility for the first time. More rides are planned from the school".

If you know of a school or organisation that is interested in setting up guided cycle rides in our programme, then get in touch and we'll see how we can help. Contact the Lancashire Cycling section on 01772 532237.



Safer Routes to School

Providing safer routes so that children and young people can cycle to school is very important. Many more children say they want to cycle to school than actually do. At some secondary schools in South Ribble more than 20% of pupils cycle to school. As well as building safe routes, cycle training is also important to ensure that your child gets the right skills to cycle on road.

Schools where safer cycle routes have recently been opened or are due to be built this year include:

- Our Lady's Catholic College, Lancaster
- Moorside Primary School, Lancaster

- Fleetwood Sports College
- Lytham St Annes High Technology College
- Balshaw Church of England High School, Leyland

Other projects:

At Ellel Primary School in Galgate south of Lancaster a group of parents got together to persuade the County Council to allow contraflow cycling in the one-way street outside their school.

Many schools have installed high tech cycle storage, including Garstang High and the 'new' St. Anne's High Technology College.

Bike It Project

Encouraging pupils and students to cycle to school in Lancaster

"Bike It" is an exciting project, run by Sustrans, the sustainable transport charity aiming to increase the number of young people cycling to school. Kathy Bashford is the "Bike It" Officer for Lancaster and Morecambe working with 10 schools a year. Working alongside the cycling Demonstration Project in Lancaster and Morecambe, she is one of 30 "Bike it" Officers nationally.

Cycling levels have grown dramatically at the schools. For example over 150 children cycled to Westgate Primary despite pouring rain on the day that a new toucan crossing (combined pedestrian and cycle crossing) was switched on outside the school. "Bike It" schools are offered a programme of activities including cycle

to school days, Dr Bike, cycle training, maintenance classes, assemblies, classroom activities, and bike rides. Here's a bit of what the Bike it schools have been up to since last year...

Wheely Wednesdays

Pupils at 5 Bike It schools won brand new Ridgeback bikes through cycling to school! During the summer term Bike It schools were encouraged to particularly promote cycling one day a week; this is a proven way of encouraging more regular cycling. Each time a pupil cycled on this day he/she received a raffle ticket to be entered into a draw for a bike at the end of term.

Cycle around the World

Previously we reported how the Bike It schools were competing against each other to see who could cycle around the world the fastest! Each time a pupil or staff member cycled to school a number of miles was added to their virtual trip. They were following the route of Alastair Humphreys who cycled 46,000 miles around the world.



If you would like to know more or would like to be involved in Bike It in Lancaster ring 01524 582654 or visit www.sustrans.org.uk or www.celebratingcycling.org

The project was a great success – more and more pupils cycled as the schools got closer to the return. Ellel St Johns CE Primary came first followed closely by Moorside Primary in Lancaster. The successful schools were treated to an amazing show by 3 times junior world champion in trials cycling Ben Slinger! There were squeals of joy as he jumped on his bike from an enormous height over the top of his mum!

Cycling Santa!

At Xmas Santa decided to deliver his presents by bike! He cycled to 3 Bike It schools to deliver presents to cyclists and spread Xmas cheer throughout Lancaster!

Cycle Shelters

Seven "Bike" it schools have had new cycle shelters installed!

Safer routes to school

New cycle routes have been opened to six of the "Bike it" schools.

Wheels for All

If you are disabled or just find it hard to balance on a regular bike, Wheels for All centres in Lancashire can help to get you started in cycling.

Wheels for All centres are run by Cycling Projects, a charity promoting cycling for all and supported by the British Cycling Federation.

Waterfront Wheels

Part of the Wheels for All scheme,

adapted bikes are available for hire from Marine Hall in Fleetwood. The promenade provides a safe place to cycle with attractive views across Morecambe Bay.



Where to find a Wheels for All centre

- Wilsons Athletics Centre, **Hyndburn**
Nichola Honey 01254 356812
- Sports Centre, **Salt Ayre**
Mark Fletcher 01524 842493
- Stanley Park, **Blackpool**
Fred Barnes 01253 478038
- Sports Arena, **Preston**
Yvonne Ashcroft 01772 761000
- Tatton Rec. ground, **Chorley**
Andrea Muirhead 07971 476721
- Marine Hall, **Fleetwood**
Waterfront Wheels 01253 771141

Cycling to Uni

The latest survey from Lancaster University has shown that the number of students cycling or walking to the university has almost doubled in the last two years. Over 10% of students living off-campus now cycle to the University, whilst 6% now walk. It is not just the students who have responded to the improvement in cycling facilities as over 13% of University staff now cycle to work, one of the highest cycle to work figures anywhere in Lancashire. The university introduced a Travel Plan in 2004 to encourage more cycling and walking. Since then policies have been designed to promote cycling and walking and to discourage car use. Car parking policies were changed in 2006 to discourage student use whilst cycle routes and cycle parking were improved. Staff who choose not to purchase a car park pass are also eligible for 15 scratch cards each giving free parking for one day for those occasions when a car is necessary. New residences were built for students, as part of the campus expansion, which included secure cycle parking and a new cycle route has recently opened to the University via the canal.

Lancaster University's efforts have not gone un-noticed as Cycling England made the University Travel Plan its scheme of the month in February 2009, promoting it on its web site and using it as an example to others. Since the designation of Lancaster and Morecambe as a Cycling Demonstration Town, and the related increase in

funding for cycling measures, Lancaster University, one of the main employers in the area, has worked with the CDT to achieve an increase in cycling and corresponding reduction in car use.

To find out more visit www.lancs.ac.uk/estates/travel/cycling.htm or view Lancaster University on www.celebratingcycling.org

University of Central Lancashire, Preston.

Cycling is also being promoted at UCLAN with both students and staff being encouraged to travel more sustainably and to take up cycling. The University Bicycle User Group (BUG) was established in 2004 with the aim of improving facilities on campus. The University now has various secure parking areas for bikes, shower facilities, maintenance kits that can be borrowed, as well as hosting events, and providing cycle information. There are also regular rides to encourage more people to join in and make the switch to cycling. UCLAN has also worked with Lancashire County Council and Preston City Council to improve cycle routes to and from the campus.

For more information visit the UCLAN BUG website at www.uclan.ac.uk/bug

Cycling into railway history

Brian Haworth, Railway Development Officer from Lancashire County Council has developed this cycle ride alongside the Cycling section. 28 people attended the ride during Bike Week and more rides may follow. Starting in Blackburn the ride uses the canal and old railway

to Great Harwood and on to the picturesque village of Whalley. If you are interested in joining the next tour then leave your details on 0800 328 1635 or email brian.haworth@lancashire.gov.uk.



Thanks to Mark Ellery of the UCLAN Bug Group there's now a series of rides around Preston. Check them out in our Guided Rides leaflet. Call 0800 3281635 for a FREE copy.



By the year 2050 it is estimated that 9 out of 10 adults and 2 out of 3 children will be overweight or obese, costing the NHS a massive £50 billion a year. Overweight and obese people are at a greater risk of developing heart disease and suffering from some cancers. With these issues in mind keeping active is ever more important. Cycling and walking whether to keep fit or as active travel to work, school or the shops are great ways to ensure that you do enough exercise each day to stay fit and healthy.



Bike to work

More people are getting on their bikes and cycling to work. Anne Hector is one of these people.

You don't have to cycle all the way to work. Did you know that there are plenty of Fold away bikes on the market now? So you can drive part way to work and simply get the bike out of the boot - or even take them on the train!

Out and About Chorley and South Ribble

Want to start cycling? Live in Chorley or South Ribble? Then Out and About is the scheme for you. Out and About is a Big Lottery funded project which aims to get more people walking and cycling in Chorley and South Ribble. It is coordinated by Andrea Muirhead of Cycling Projects. Andrea, the project coordinator, works in partnership with the Primary Care Trust, Lancashire County Council and District Councils to provide a range of walking and cycling initiatives, including a programme of short walks and rides for local people.

A Wheels for All centre has been set up at Tatton Recreation Ground on Silverdale Road in Chorley. The Centre provides cycling opportunities for new and returning cyclists and for those with disabilities. Wheels for All offer a range of alternative bikes, such as quads, trikes, hand cranks and wheelchair adapted bikes which allow everyone to enjoy the fun and benefit of cycling.

A programme of cycle training is being offered for those who currently can not ride a bike or who would like to increase their confidence on a bike and riding on a road. Andrea said, "I really enjoy the job. There are some great new cycle routes in Chorley and South Ribble, and I want to get more people out there cycling. The length of off road cycle routes in Chorley for example has nearly doubled in the past three years. We will also be offering training to people who want to help lead the rides." For further information contact Andrea Muirhead via Cycling Projects (01925 234213) or email outandaboutlancs@hotmail.com

Generation Active Hyndburn

Building on the success of the On the Move project, Generation Active is a new Big Lottery funded initiative aimed to get more people walking and cycling across Hyndburn. Nichola Honey of Cycling Projects is working with East Lancashire Primary Care Trust, Lancashire County Council and Sustrans to try and get Hyndburn travelling more actively.

The project has a specific focus on young people, disability groups, clients of adult mental health and ethnic groups. A series of led walks and rides are currently being offered across the borough and a number of more specific projects are also being established. These include riding to meet the horticultural team and then learning a specific skill such as wild flower planting or dry stone walling so that the routes can be maintained along the way.

Work so far has included taster days, community rides, designing a logo competition, and childhood obesity sessions. Nichola Honey project coordinator said "The project is going really well at the moment, lots of local partners are keen to get involved and we are looking at setting up volunteer accreditation package and also training up the local community so that they can help in leading rides and walks."

Anyone wanting more information on the project should contact Nichola Honey of Generation Active contact tel no is 07791578980 or generationactive@hotmail.co.uk

Preston on Wheels

Cycling is a fantastic way to meet new people, make new friends and keep active, helping you to maintain a healthier lifestyle. For this reason, Preston on Wheels is offering a variety of cycling activities open to everyone. All cycle rides are delivered by fully qualified National Standards Cycle Instructors.

The project encourages steady progression in a fun environment for all level of cyclists. A variety of adapted cycles are readily available for your local community to get involved, from young people, to families, to people with disabilities.

Our aim is to get people who are inactive to consider giving cycling a go... no matter how young or old they are! Cycling sessions will take place in Preston, in pleasant surroundings within green spaces and predominantly 'off-road' areas.

Bikes and cycle helmets will be provided free of charge and are subject to bookings. Under 16's must be accompanied by a responsible adult at all times.

For more details contact Yvonne Ashcroft on: 07971 476698.



Cycling & Travelwise Roadshows '09

We've been operating a cycling roadshow since 2004. Now we've teamed up with Travelwise, so you can find out information on getting around Lancashire by bike, by foot, by bus or by train.

Kite and Outdoor Sports Festival, Skelmersdale	Sat 6th June
Myerscough College Open Day	Sun 7th June
Penwortham Gala	Sat 13th June
Wyre Opening, Fleetwood	Sun 28th June
Lee Quarry, Bacup	Sat 4th & Sun 5th July
Leyland Transport Festival	Sat 11th & Sun 12th July
Fleetwood Promenade - Transport Festival	Sun 19th July
Chorley Market Place	Tues 11th August
Cleveleys Jubilee Weekend	Sun 16th August
Burnley Community Festival, Queens Park	Sat 22nd August
Run Preston, Preston Cycle Grand Prix	Sun 20th September

New for the 2009 Roadshow

Bring your bike along and get it checked

Find out what to look out for on your bike

Don't know how to use your gears? Have it all explained to you

Information on cycling in Lancashire

Celebrating Cycling Lancashire's Cycling Towns

Cycling Demonstration Project in Lancaster and Morecambe

The Cycling Towns programme was launched in 2005 when 6 towns were selected by Cycling England to become demonstration towns, Lancaster & Morecambe being one of the first. Since then Cycling England has gone on to create 11 more cycling towns and 1 cycling city. The extra funding provided by Cycling England has allowed the City Council to improve the cycle network throughout the Lancaster & Morecambe district, as well as offer a full programme of measures designed to encourage people to use these routes. Cyclists can now participate in cycle training courses, enrol in cycle maintenance classes, cycle with a Bike Buddy, or join in one of the guided rides that take place throughout the district. Phase two of the programme which is now underway aims to further improve accessibility for cyclists into and across the town centre and to provide new links onto the existing network, especially to schools and employment centres. A new series of guided rides is aimed at promoting participation by female cyclists (both teenagers and adults) as this group is

currently under represented throughout the district (and nationally).

Cycle use in Lancaster is now twice that in Preston and South Ribble. Thousands of cyclists regularly use the Millennium Bridge.

See page 10 for information on cycling on Morecambe Promenade, one of the Cycling Demonstration Projects flagship routes.

Further information is available on the Celebrating Cycling website: www.celebratingcycling.org where you can also subscribe to the email newsletter.

Blackpool - A Cycling Town

When the second round of Cycling Towns was announced by Cycling England in 2008 Lancashire received a second cycling demonstration town with the addition of Blackpool. See the Blackpool Council website for more information www.blackpool.gov.uk/Services/A-F/Cycling, or go to Cycling England www.cyclingengland.co.uk/site/cycling-cities-towns/blackpool.



Ride the lights



Don't forget you can ride the lights on Tues 1st Sept between 8 & 10pm When the Golden Mile is free from traffic. Join the thousands of people cycling the illuminations.



Legacy 2012

With the Olympics coming to Britain in 2012 sport has become a hot topic as many watch to see what the legacy of the games will be. Although most of the Olympics will take place in London, other parts of the country are playing a vital role in ensuring the success of the Games. Lancashire Sport Partnership is working hard to ensure that Lancashire does not miss out in this sporting bonanza, and to make sure that the residents of Lancashire also benefit. The Lancashire 2012 group has been working with local partners and the Sports Governing Bodies to decide on the legacy sports for Lancashire and recently announced that the two key legacy sports would be Cycling and

Swimming. These sports will form the focus of Lancashire's 2012 Olympic celebrations and will mean greater promotion of these sports not just during the 2012 Olympics but in the run up to the games and afterwards so that Lancashire is left with a culture that promotes participation by everyone, not just the elite athletes.

As part of the desire to see the 2012 Olympics leave a lasting legacy, Lancashire Sport Partnership is working to attract pre-games training camps to the north-west, not just in the run up to the Olympics but also for the 2014 Commonwealth Games to be held in Glasgow. It is hoped that this would be not only beneficial to businesses throughout Lancashire but would also provide a source of inspiration to residents and encourage greater

participation in all sports, especially in the legacy sports of Cycling and Swimming. The resulting increase in participation and improved facilities would be the hoped for legacy from the 2012 Olympics that Lancashire Sport Partnership is working towards achieving.

Medals & Honours for Lancashire Cyclists.

Lancashire Cyclists struck Gold once again at the 2008 Beijing Olympic Games, as the record breaking British Cycling Team made headline news. Chorley based Bradley Wiggins took a double gold with success in the individual and team pursuit, bringing his personal Olympic medal tally to 6 after his previous success in the 2000 Sydney and 2004 Athens Games. Steven Burke, the talented young rider from Colne, also achieved a medal position taking the Bronze medal in the Mens Pursuit, in his first Olympic Race.

Honours

Bradley Wiggins who had been awarded an OBE following his success at Athens in 2004, was awarded a CBE (Commander of the British Empire) in this year's New Years Honours for his services to the sport of cycling. All gold medallists from the 2008 Beijing Games received an award in recognition of their achievement. Local cyclist Roy Potter also received an award, being granted an MBE (Member of the British Empire) for voluntary services to cycling. A lifelong member of the CTC Roy was nominated by Fylde Borough

Council in recognition of all that he has achieved through more than 30 years of campaigning for better facilities for cyclists and promoting participation in cycling. He was a founder member of the Lytham St Annes Cycling Campaign Group, a member of the Lancashire Cyclists Action Group, a Sustrans Liaison Ranger, amongst many other positions. His tireless efforts to improve the lot of Fylde cyclists has resulted in improved cycle parking, new routes for cyclists, the Fylde cycling map and the opening of the Lytham promenade to cyclists. Roy received his award on April 9th at a special event in Lytham.



New routes in Lancashire

Bacup

Whitworth-Britannia

A new cycle route linking quiet roads with a section of cycle path on old railway. You can continue into Rochdale from Whitworth through Healey Dell Nature Reserve on an old railway, or use the route to get to the new Adrenaline Gateway mountain bike area.

Chorley

Canal Towpath

The canal towpath improvements have been extended south to Heath Charnock. In the long term it is hoped to extend the improvements south to Adlington and north to Blackburn. This route was opened with a cycle ride with children & staff from Albany High School, situated near the towpath. Ice creams on a rainy day were enjoyed at the ice cream parlour! A great stop on this route.

Buckshaw Village

A new mixed use development between Chorley and Leyland has outstanding cycle facilities showing what can be done to promote cycling in new developments in the county.

Preston

Grimstargh

The cycle path on the old railway has been extended to The Hills, south of Grimstargh. In the medium term it is hoped to extend the cycle path into the centre of Preston.

Leyland

Worden Park

Developments are being made to make it easier to cycle in the park - linking to Runshaw College. Watch out for the opening later in the year.

Clitheroe

Gisburn Forest

Set in the Bowland Hills close to the ancient villages of Slaidburn and Tosside, and close to Stocks Reservoir, Gisburn Forest is Lancashire's largest forest. Owned by the Forestry

Commission it has been a popular destination for walkers and cyclists. Now plans to improve the facilities for cyclists aim to make Gisburn Forest a top destination for mountain bikers.

As part of a £180,000 programme to improve the forest and encourage mountain biking existing trails are being upgraded, and new ones created. With the recent announcement of a £60,000 grant from Sport England work is to start on the creation of 8km of blue trails suitable for everyone including families and a further 22km of more challenging Red Trails. These trails are expected to be open by summer 2009 as part of the Ribble Valley Sports and Physical Activity Alliance (SPAA) programme. The trails will include sections of the popular singletrack, and will take in the superb vista across Stocks Reservoir and the surrounding Forest of Bowland.

The new trails are being designed by Rowan Sorrell, a well known trail designer and mountain biker who is also involved in the Lee Quarry project in Rossendale (see page 11). The upgraded trails should bring visitors in to the

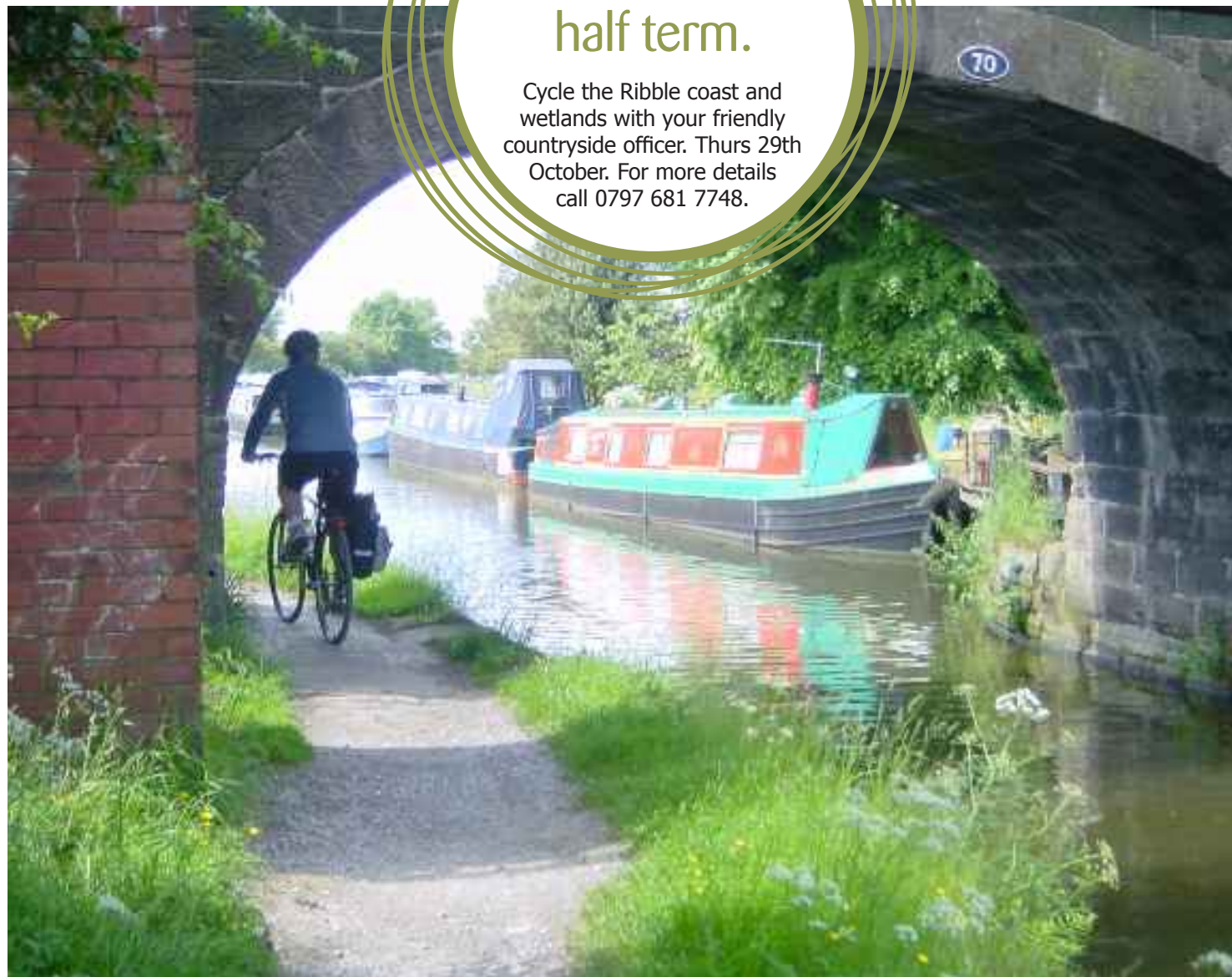
area helping support local businesses, as well as provide better facilities for local cyclists wishing to ride in the forest.

Gisburn Forest currently attracts around 30,000 visitors per year to walk and cycle in the forest. With the completion of the project it is expected that this figure will be doubled. The project is part of the Forestry Commission's plans to encourage more visitors all year round and to develop more entry points to the forest. For further information visit www.forestry.gov.uk



Easy Family Ride at October half term.

Cycle the Ribble coast and wetlands with your friendly countryside officer. Thurs 29th October. For more details call 0797 681 7748.



REMADE in Lancashire

REMADE is a joint project between the North West Development Agency and Lancashire County to convert derelict and un-used land into parks, recreation areas, cycle paths and walkways.

Current projects include:

- Padiham Greenway
- Fishergate Centre, Preston to Penwortham using the old East Lancashire Railway Bridge over the River Ribble
- Lumb Greenway, Rossendale
- Wyre Estuary Path

Visit the REMADE section of Lancashire County Website to find out more www.Lancashire.gov.uk/environment/remade

South Ribble Cycle Strategy

Do have a suggestion for something that you would like to see included in the Cycle Strategy for South Ribble?

Then why not tell the cycling team? Email your thoughts to HEMBusinesssupport@lancashire.gov.uk

Find out more by visiting www.lancashire.gov.uk/cycling

New routes: Burnley

Cycling in Burnley is taking a giant step forward with several new cycle routes opening or due to open soon.

Padiham to Rose Grove

Work has started on converting the old railway from Padiham to Rose Grove to a cycle path and linear park. The rails have been lifted, vegetation cleared and bridge work ongoing. If all goes to plan the route should be open in Autumn 2009.

The work is being carried out as the REMADE project. REMADE is a joint project between the County Council and North West Development Agency, which aims to convert derelict land into soft end uses, such as parks, nature reserves and cycle paths.

The scheme is also included in Sustrans Connect2 Big Lottery Fund project.

Sustrans Connect2 project is made up of 79 schemes throughout the county that aim to improve routes for cyclists and walkers. It received funding from the lottery last year as a result of a TV vote. In Burnley the Connect2 project aims to link Padiham and Burnley town centre with a high quality walking and cycling route.

Canal Towpath

From the centre of Burnley you can now cycle all the way to Barnoldswick on a high quality surfaced towpath. As well as being an attractive traffic free family cycle route, you can use the route to get to work, school or the shops. There are great places to stop on the way such as the new marina at Barden Mill or the café at Greenberfield Locks north of Barnoldswick. The Straight Mile in the centre of Burnley is one of the seven wonders of the canal

age with wide ranging views over the town to the Pennine hills.

Between Gannow Tunnel and Hapton the towpath is due to be improved this year to link with the cycle path on the old railway to Padiham.

Brun Valley Greenway

A new cycle route linking Burnley Central Station, Briercliffe, Pike Hill and Brownside has just been completed. The Brun Valley Greenway runs through attractive parks and wooded river valleys. It is a great route to cycle on into town, as well as being an attractive leisure route.

Children's Road System

In Queens Park just off the route there is a children's cycle track. At the end of the Briercliffe arm of the route is Queens Street Mill, a historic steam mill

open to the public, with a good café, if you are hungry.

Towneley Park

A network of cycle routes is being developed in Towneley Park. Towneley Hall is well worth visiting, and there is a café adjacent to the Hall.

School Links

New links to school are also planned to Burnley & Shuttleworth Colleges.



13 SEPT

As part of the Woodland Festival, join the Brun Valley birthday ride from Towneley Park Cafe starting 11am on Sunday 13th September.

Connect2

Sustrans' Connect 2 is a network of walking and cycling routes that link communities within and between Burnley & Padiham.

We want local people to help us shape the development and uses of these networks. Sign up now. Visit www.Lancashire.gov.uk/environment/remade and click on 'latest news' or telephone 0800 3281635.



Preston

Preston Old Railway

Now the Preston to Grimsargh route is moving ahead with the extension of the cycle path we are looking to improve the off-road route along this old railway. If you are interested in getting involved please call 01772 532237 or email HEMBusinesssupport@lancashire.gov.uk

Preston Guild Wheel

The Guild Wheel is a proposed circular route cycling and walking route round Preston to celebrate 2012 Guild Wheel Preston Guild is a major event happening every 20 years with history going back to the reign of King John.

To become a friend of the Guild Wheel contact Mike Atkins on 01772 729808 or email kathatkins@btinternet.com.

Sat 12th Sept at 9.45am

FAMILY FUN RIDE

with the Ribble Valley Juniors. Starts at Walton-le-Dale Community School, Severn Drive, PR5 4TD.

Traffic free roads

At Queens Park, there is now a tarmac 'pretend' road traffic surface where you can take your children to learn safely about traffic signals.



One of the country's top 100 best cycle routes

Morecambe Promenade, winner of the National Transport Awards for cycling, provides a glorious traffic free cycle route with fantastic views across the bay to the Lake District.

The Promenade features in the list of 100 best cycle routes in the UK. John Grimshaw, Chief Executive of Sustrans, the sustainable transport charity behind the National Cycle Network said "Cycling along Morecambe Promenade with its wonderful views across the bay to the Lakeland Hills, you can feel at one with the world".

Linking with Lancaster and Morecambe cycle network with over 60 km of traffic free cycle routes, the promenade is great place to cycle with children. From the district's undeveloped coastline which offers habitats for a remarkable range of seabirds to the elevated moors of the Forest of Bowland, through to the picturesque villages of the Lune

Valley and the heritage attractions of Lancaster, Morecambe Promenade could be the starting point for an exciting cycling adventure for all.

Perhaps cyclists visiting Morecambe might not want to stray too far from the promenade and why not – there's loads to see and do by just cycling from one end to the other.

Keeping to the promenade alone will give you the best view of Morecambe's award-winning public art known as the Tern Project which has enriched the path with innovative bird sculptures and pavement games.

Visit the famous Eric Morecambe Statue for a photo break where in typical comic pose, the comedian brings sunshine to millions of visitors!

Fancy a picnic on the beach? Several of Morecambe's beaches have recently

undergone a facelift with golden sands shipped in to replace the pebbles as part of the town's sea defence works.

With easy access from the promenade to the resort's Happy Mount Park, families can be entertained for hours in its tranquil gardens which offer activities such as crown green bowling, an indoor play area and a fabulous splash park to name but a few.

In June 2008 the jewel in Morecambe's crown was reopened - the glamorous 1930's art deco Midland Hotel. Situated on the central area of the promenade, the former derelict Midland Hotel has been restored to its former glory and opened its doors to the public in time for the summer.

New Circular Route.

The addition of a new toucan crossing on Marine Road was the final link in a new circular route connecting the

Lancaster Canal with the Promenade via the Greenway and Rushley Drive. The recent opening of this route means that there is now an 11 mile circular route, almost entirely off road, which is ideal for families, novice cyclists or anyone wanting a pleasant ride away from the traffic. With great views out across the bay, and wildlife to watch out for along the canal, there is something for everyone.

Whether you visit for a day, a weekend or even longer, Morecambe is guaranteed to be the place for anyone in search of sun, sea, sand and cycling.

For more information visit Lancaster City Council's tourism website www.citycoastcountryside.com or see What's On at www.celebratingcycling.org



Cycling Lancashire Proms

Fleetwood Promenade Opens to Bicycles - Summer 2009.

After seeing successful routes open along neighbouring Morecambe, Fylde, and Blackpool's promenades in recent years, Wyre cyclists can now celebrate with the opening of Fleetwood's Promenade to cyclists this summer. The grand opening of the route was on June 28th with a Cycling Festival for all the family. The day of entertainment includes trick cyclists and cycle skills events and the arrival of mass rides coming in from Preston, Lytham St Annes and Blackpool and a special ride from Fleetwood and returning to the festival.

The route along Fleetwood Promenade will be an important addition for those

riding around Lancashire's coastline, and with the Wyre ferry carrying cyclists across the estuary from Knott End to Fleetwood the route is even more accessible to many Wyre residents. The newly redesigned promenade at nearby Cleveleys is already proving popular with cyclists and walkers.

Cyclists on Cleveleys Promenade

The opening of Fleetwood Promenade will complete the coastal route south of the River Wyre creating a continuous route all the way from the River Wyre at Fleetwood round the coast via Cleveleys to Blackpool's North Pier. Cyclists can already cycle from Stargate in Blackpool to the South Pier, with only the section between the North

and South Piers still closed to cyclists. However this section will also open once the ongoing sea defence works is completed in 2010 making a continuous route all the way from Fleetwood to Stargate. The promenade in Blackpool has already proved to be popular with cyclists, providing a traffic free route along the coast, the opening of the route to Fleetwood will encourage even more cyclists to sample the delights of this stretch of coastline.

Blackpool Prom

You can cycle on Blackpool Prom from Stargate to South Pier and along the North Shore from the North Pier to Anchorholme Park linking with Wyre's promenade cycle route to Fleetwood.

The completion of works on the promenade next year will result in a traffic free route from Stargate to Anchorholme, linking with the route to Fleetwood. There are also links from the prom to other areas of Blackpool including the popular Stanley Park and the zoo.

Lytham Promenade

Down on the Fylde, the promenade at Lytham has now been open to cyclists. With its Windmill and Lifeboat station it is great traffic free cycle route for families with children.

Is Lee Quarry the future of mountain biking in England?

A disused quarry in Rossendale is set to become the most exciting mountain bike venue in the north of England. Lee Quarry ceased production and laid dormant, a pile of unwanted rocks and gaping holes in the earth until the development of the Adrenaline Gateway project focused on finding a new flagship location for mountain biking in Lancashire.

The Pennine Lancashire Adrenaline Gateway project aims to build up on the natural assets of the area, so as to create England's most exciting and accessible destination for outdoor sports. With facilities for skiing (water and dry slope), snowboarding, and horse riding (Mary Townley Loop) already in place, attention turned to developing a Mountain Bike facility. The disused Lee Quarry, owned by Lancashire County Council, was ideally placed to meet these needs. Situated close to the towns of Rawtenstall and Bacup, close to good transport networks and within easy reach of the surrounding large conurbations, Lee Quarry offered an ideal location.

Taking inspiration from the hugely successful development of the 7 Stanes mountain biking trails in Scotland, work began in 2008 to develop a network of trails in and around the quarry. So far more than 8km of adrenaline releasing trails have been created by careful development of the disused stones to create a natural looking but seriously challenging route for mountain bikers. The first phase consisted of more than 5km of red trails, designed by the renowned Dafydd Davis and built by Hyndburn based business Terra Firma, looping around the quarry with optional technical sections that riders can choose to include as their skill level builds. Additionally there are over 2km of seriously challenging Black Trails, suitable only for the experienced mountain biker, plus a skills challenge area. A second phase of construction is now underway, led by Rowan Sorell, to develop the site further. With jagged rocks and slippery paths around quarry precipices Lee Quarry is designed for the more experienced mountain biker looking for a challenge.

Future plans include the development of other quarries and a network of paths linking the sites to create an extensive network of mountain biking routes. Each location will exploit its natural assets giving an individual identity whilst remaining part of the Adrenaline Gateway project.

Lee Quarry is already a success with several events planned for this year and features being written about it in the Mountain Biking press.

Why not head to the quarry and have a go, or come along and watch the action as some of the country's top riders face the challenge of cycling on, over and around the reinvented face of Lee Quarry.

More details, a map and a forthcoming events list is all available on the Adrenaline Gateway website: <http://adrenaline-gateway.co.uk/LeeQuarry.aspx>



TIP

How to ride down steep rocks

They appear everywhere. If you ride open, natural trails, the likelihood of you coming across a rock-strewn chute is pretty high. Even at some trail centres, slabs of loose rock cover the trail making it difficult to negotiate. Downhillers get used to dealing with these tricky and often pretty difficult lines, as their sticky tyres and slack head angles make the whole process far more confidence inspiring. For the trail rider though, steep rocks aren't always as difficult as they look. As long as you can follow a few simple principles you'll be at the bottom and thinking about the next section in no time.

Line

It's often the case that the hundreds of bikes that have preceded you have scored a clean line in the surface. If the surface is made up of a deep covering of small, loose rocks, this may appear as a rut. On other trails, the line may not be so deep. Chances are that the traffic on this line has compacted the rock, making a more stable surface. In most circumstances, try your best to stick to the clean area.

TOP TIP

If you're not good at controlling a slide, practice skids on gravel or stopping on wet grass first

Entry

It's pretty unlikely that you'll be able to slow down on the rocks much. In fact, if the surface is loose, you'll probably find that you speed up a little. With this unsettling thought in mind, scrub as much speed as you can before you get onto the rocks. If it's super-steep, it's worth almost rolling to a standstill before

dropping in. Just make sure you stay balanced, so don't pause at the edge for too long.

Weight

As the slope steepens, move your hips over the back wheel. Try to correlate the amount you're moving with the severity of the gradient so that you keep balanced. Unlike a normal roll in, try not to take all the weight off the front. Too much bias towards the back will unweight the front, causing your steering to go light and upsetting the effectiveness of the front brake and front wheel grip.

Brakes

Although the front brake is the most effective in normal situations, refrain from using it too much on steep rocks. Slowing down on the rocks isn't always an option, so make sure your entrance speed is sufficiently slow. Use your back brake to control the bike; the odd skid can help to keep everything straight. With little weight on the bars and no grip, a handful of front brake will only cause you to under-steer off the trail and onto your head. Modulation's what you need.

Confidence

You need to leave your control freak persona at the top. To make these sections you have to ride with them, not against them. Try to stay relaxed and be prepared for the odd slide and skid. Losing a bit of traction isn't always bad, so don't fight to regain control too much, as it'll only result in you sliding more. Keep your head up and spot your exit point — that'll keep your mind off the rocks below.



1st

Photo gallery

Photo Competition Results.

Last year Lancashire County Council launched a photo competition to celebrate cycling in Lancashire. The winning image was then announced last autumn and the lucky entrant received a brand new bike. The winner was Stephen Thaw (pictured below) with his image of a bike on St Annes promenade, reproduced here.

Stephen is a regular cyclist using his bike to cycle to work which gives him time to enjoy the beautiful countryside and cycle routes around his home town of Lytham St Annes.

Becky Kitching, from Halton near Lancaster, took one of the runners up places with her image of a cyclist (below).



Further Information

These are just a few of the many leaflets available. For a copy either visit the website www.lancashire.gov.uk/cycling or call 0800 3281635

Inclusion in this newspaper does not imply recommendation by the County Council. Every effort is made to ensure the accuracy of information at the time of going to press.

