

THE LANCASHIRE CYCLEWAY

The tour and 17 day rides

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Author: **Jon Sparks**

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This guidebook presents the Lancashire Cycleway. Its two distinct loops, each around 130 miles (225km) in length, meet at Whalley in the Ribble Valley and form part of the waymarked National Cycle Network. Seasoned cycle-tourists can comfortably tackle either loop in a weekend, or do the whole thing inside a week: however, access by rail at numerous points means that less experienced cyclists can enjoy the route in shorter sections.

This is the first comprehensive guide to the Lancashire Cycleway, presenting the route in 11 stages of between 16½ miles (26.5km) and 31 miles (49.7km). It also includes two short links which connect the route to the major regional access towns of Lancaster and Wigan, plus 17 varied day rides for those wishing to explore the area further. Alongside step-by-step route description and mapping, there are notes on where to eat and stay, masses of information about places of interest along the way and helpful advice for those new to cycling or cycle-touring.

The Lancashire Cycleway is mostly on minor roads and country lanes and showcases the best of the county's diverse opportunities for on-road cycling, from easy riding on the flat expanses of the west of the county and the gentle undulations of Arnsdale-Silverdale or the Ribble Valley to more stirring challenges in the West Pennine Moors and the Bowland Fells. But even the wildest stretches are never far from a pub or overnight stop.

About the author

Jon Sparks is a photographer and writer based in Garstang. He has been a lover of cycling, especially cycling in Lancashire, for many years. His background includes riding road races and hill climbs very badly, and time trials not quite so badly. More recently he's become a dedicated mountain biker and has also ridden a number of road sportives.

Jon is also a walker and (now very occasional) rock climber and mountaineer. He is a member of the Outdoor Writers and Photographers Guild.

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