



The Lancashire Cycleway: A comprehensive guide (Cicerone Cycling)

Jon Sparks

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Cycling guide to the Lancashire Cycleway - two loops, each 130 miles (225km), which meet at Whalley in the Ribble Valley, northern England. Lancashire is a great place to cycle, and cycling is a great way to see Lancashire. One of its great delights is its sheer variety. There's easy riding on the flat expanses of the west of the county and the gentle undulations of Arnside and Silverdale or the Ribble Valley. More stirring challenges are found in West Pennine Moors and the epic crossing of the Bowland Fells. But even on the wildest stretches, you're never too far from a welcoming pub and somewhere to sleep. The Cycleway comprises two distinct loops, each around 130 miles (225km) in length, which meet at Whalley in the Ribble valley. 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 do it in shorter sections. This book, the first comprehensive guide to the Lancashire Cycleway, gives guidance on how to manage this, as well as a full description of the route, notes on where to find meals and accommodation, and masses of information about places of interest along the way. There is also some helpful advice for those new to cycling or cycle touring.



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