

THE LANCASHIRE CYCLEWAY

A comprehensive guide

INFORMATION

Lancashire contains very varied 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 and overnight stop.

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 is the first comprehensive guide to the Lancashire Cycleway, giving a full description of the route, notes on where to eat and stay, 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.

THE MAP

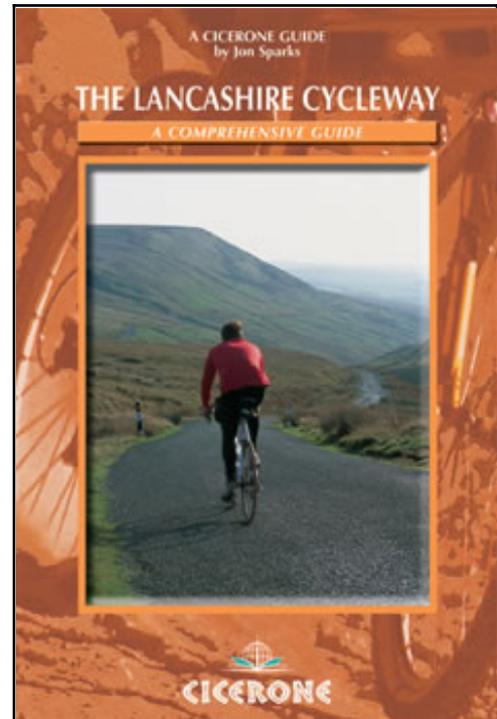


THE AUTHOR

Jon Sparks is an photographer and writer, based in Lancaster. He has been a lover of cycling, especially in Lancashire, for many years, but researching this book still brought many pleasant surprises, especially in the southern half of the county.

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A comprehensive guide

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KEY MARKETING POINTS

- Outstanding photographs, maps and route profiles showing height gained/lost.
- In full colour throughout.

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