

Make
Cycling
part of
your
healthy
lifestyle

Cycling is an excellent way to keep fit as well as being a cheap, quick and convenient means of transport. Regular cyclists enjoy a fitness level equal to that of a person 10 years younger.

Keep fit by cycling to...
Work...School...Town or for
Leisure.

Physically active people have half the risk of coronary heart disease and up to a third of the risk of a stroke compared to inactive people.

Cycle shops in Preston

Fulwood Cycles,
111 Black Bull Lane
(01772 713042)

Halfords,
Unit 2, Marina Way
(01772 769160)

Halfords,
St Mary's Street North
(01772 254278)

Ribble Cycles,
6/8 Watery Lane
(01772 729108)

Sutcliffe's Cycles,
26 Ribbleton Avenue
(01772 79617)

Code of Conduct

Slow down when approaching pedestrians, **ring your bell** to let them know you are there, give them plenty of room and stop if necessary

Saying hello and thank you makes a big difference

Slow down at junctions and bends where visibility is limited and at bridges along the canal towpath

Where there is a white dividing line, keep to your side of it.

Remember that many people are hard of hearing or visually impaired. Do not assume they can see or hear you

Don't expect to cycle at high speeds on towpaths and shared-use paths

Use lights at night. Wearing brightly coloured or fluorescent clothing will make you more visible.

Follow the Waterways code.

The National Cycle Network

The Canal Cycle Route is part of National Cycle Network Route 62. The Network is made up of traffic-free routes and traffic-calmed or minor roads.

Sustrans

The sustainable transport charity works on practical projects to encourage people to walk and cycle more, as a starting point for reducing motor traffic and tackling its adverse effects.

Sustrans

Tel: 0845 113 0065
www.sustrans.org.uk

Further Information

A wide range of information about other cycle routes in the area is available from tourist information offices and the County Council.

Lancashire County Council

Tel: 01772 534609
www.cycling@env.lancashire.gov.uk

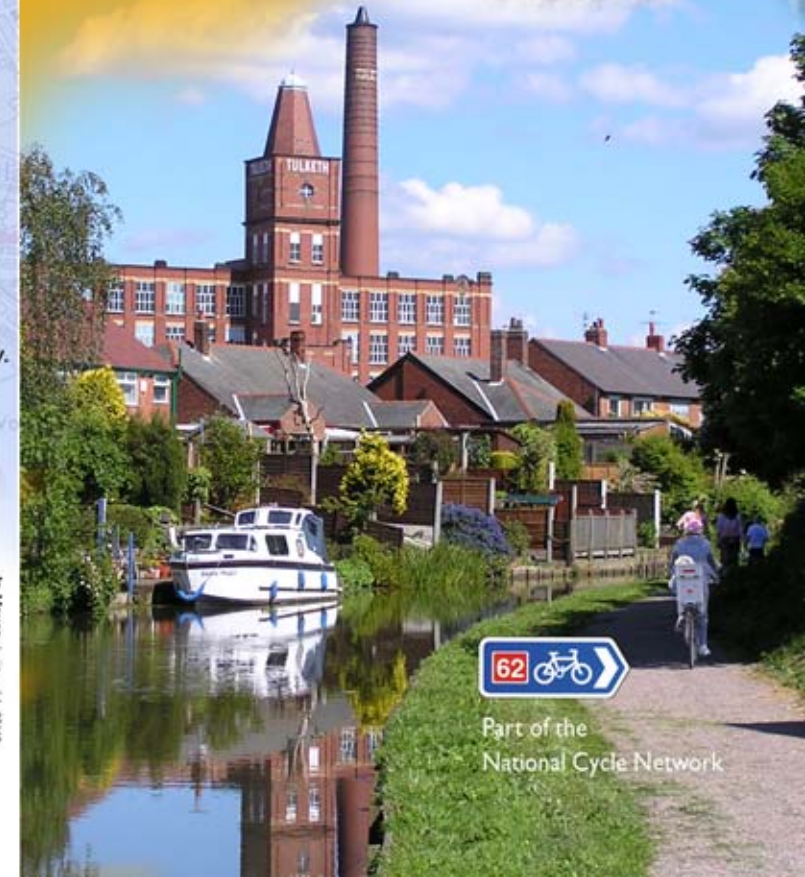
Tourist Information Centre

Preston Tel: 01772 253731



A
wonderful
way of
getting
into town!

Canal Cycle Route Preston



Part of the
National Cycle Network

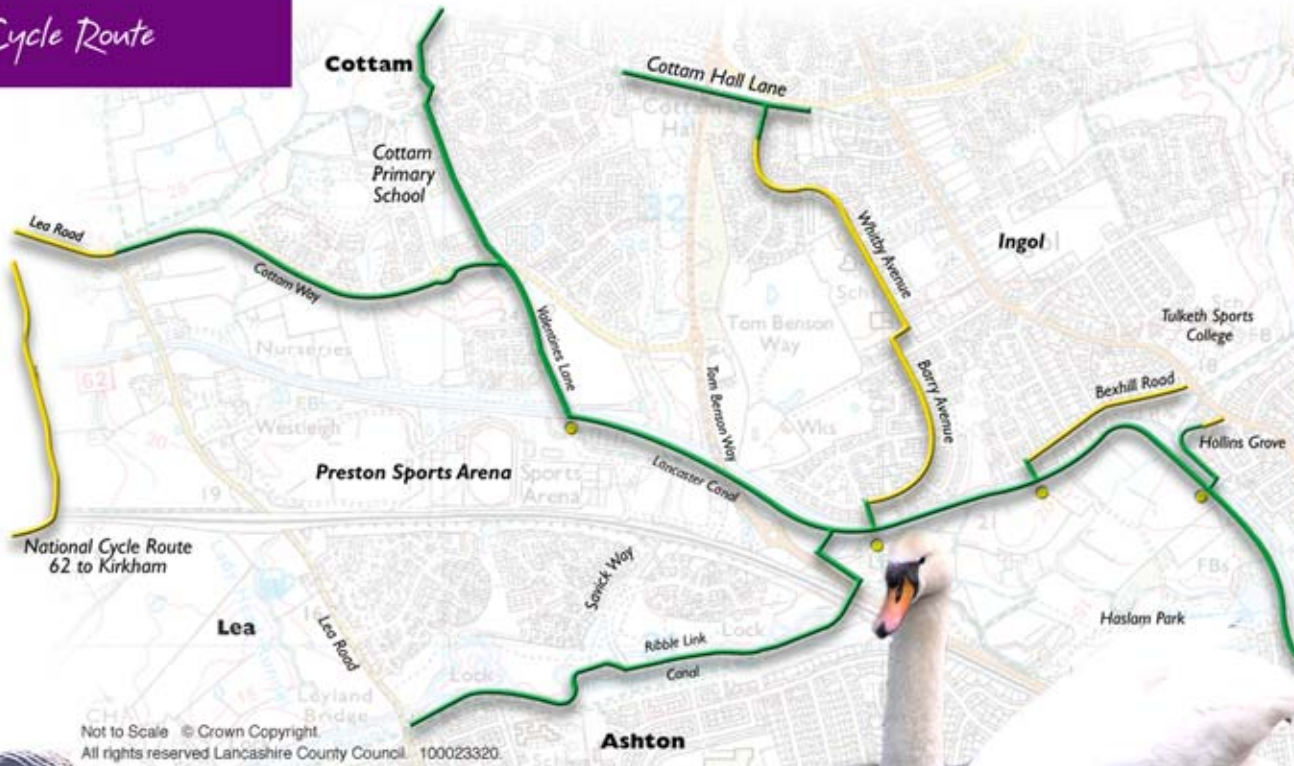


Preston to Cottam Cycle Route

Using the canal towpath, traffic free paths and quiet roads, the Canal Cycle Route links Cottam and Ingol with the City Centre and University. To continue to Ashton and Lea use the Ribble Link Canal.

The Canal Cycle Route is a great way of getting into the town, to work, or to school and enjoying the outdoors. The Canal Cycle Route is also a great place to take kids.

A tall wooden sculpture "Gauging the Ripple" overlooks the first lock of the Ribble Link Canal.



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History of the Lancaster Canal

Built at the end of the 18th century, the canal ran between Preston and Kendal. The canal continued to Fishergate, where a horse drawn tramway linked it to the canal network on the south side of the River Ribble. You can now cycle between Preston and Cottam.

Ribble Link

The Ribble Link, which opened in 2002, was the first new canal for over a hundred years. It connects the Lancaster Canal via the tidal River Ribble to Leeds and Liverpool Canal. You can cycle along the Ribble Link Canal to Ashton and Lea.

Preston Sports Arena

Situated by the canal, Preston Sports Arena includes a 1.5 kilometre cycle track, open for use by individuals and clubs. There are junior events and adapted bikes for use by disabled people. The Canal Cycle Route is a great way of getting to the site from the University.



Haslam Park

Situated on the south side of the canal, the Park is a fine example of a town park, with an attractive lake. Mary Haslam donated the Park to the city in memory of her father a cotton mill owner.

St Walburge's Roman Catholic Church

The cycle route from the canal into the city centre goes past St Walburge's Church. Joseph Hansom, who also invented the hansom cab, designed the church. Its 300 foot spire is the third highest in England.

National Cycle Route 62

The Canal Cycle Route is part of National Cycle Route 62. You can continue on the national cycle route to Kirkham and Lytham.

