

- It is free
- It increases your fitness. Regular cyclists enjoy a fitness level equal to that of a person ten years younger ††
- It is quick. You will be surprised how far you can cycle in an hour. At rush hour, a bicycle is quicker than going by car.
- It is great way of enjoying the outdoors
- It is good for the environment
- Your kids will love it

WHY CYCLE?

- It is a natural and easy
- It helps increase your fitness, stamina and well-being
- It reduces the risk of heart disease and high blood pressure †
- It helps control body weight
- It eases stress and tension
- It is a great way of enjoying the outdoors

WHY WALK?

- **Cycle for Health**
- Hyndburn & Ribblesdale Valley PCT have teamed up with Sustrans, and Cycling Projects, a charity specialising in cycling for health and wheels for all to offer a programme of short cycle rides based on the Greenway. Free bike hire is provided and help in riding a bicycle is given if necessary. It is all great fun. You will enjoy it, if you give it a go.
- To find out more about walking and cycling opportunities in Hyndburn contact: Hyndburn & Ribblesdale Valley Healthy Heart Team on 01254 356800 or Cycling Projects on 0161 745 9099 or cpnw@cycling.org.uk

TOURIST INFORMATION

Accrington Tourist Information Centre,
 Town Hall, Blackburn Rd, Accrington
 01254 380293

LANCASHIRE COUNTY COUNCIL

Lancashire County Council produce an extensive range of leaflets and maps on cycle routes. For more information visit our website: www.lancashire.gov.uk/environment/cycling or ring 01772 534609

HYNDBURN BOROUGH COUNCIL

01254 388111 www.hyndburn.gov.uk

SUSTRANS

Sustrans, the sustainable transport charity, works on schemes to encourage cycling and walking, including the National Cycle Network. 0845 113 0065 www.sustrans.org.uk

LOCAL INFORMATION

These sites include local history and what's on guides. (Lancashire County Council is not responsible for these external sites). www.great-harwood.org.uk www.rishton.org

Text and most photos by:

PENNINE EVENTS

Peninne Evnts specialise in running cycle events and give a free advice service on local cycle routes Mark Sandamas 01282 814738 & 01695 682020 www.pennineevents.co.uk

The Greenway was funded with grants from Active England Lottery Fund, SITA Trust, North West Development Agency and Lancashire Environmental Fund and by Lancashire County Council.



Hyndburn & Ribblesdale Valley Council for Volunteers, working closely with the Primary Care Trust (PCT) run a series of short health walks in Hyndburn. Many of these guided walks use the greenway. Maps are available of these routes to allow you to walk on your own or with friends and family.

HEALTH WALKS AND CYCLE RIDES BASED ON THE GREENWAY

• Walk or cycle to the train
 The Greenway runs by Accrington and Church & Oswaldtwistle Stations. Leave the car at home and catch the train.

• Walk or cycle to town
 Use the Greenway to walk and cycle to town

• Walk or cycle to work
 The Greenway runs close to Accrington Town Centre and through the St James Square office area. You can continue on the Greenway to work at Great Harwood, Whitebirk and Blackburn.

• Walk or cycle to school
 Both Norden High School and Sports College at Rishton and Hollins Technology College at Baxenden are close to the Greenway. Many children would like to walk or cycle to school. The Greenway gives you a safe way of getting to school.

Walking or cycling to work or school is a great way of starting the day, keeping fit and beating the rush hour blues.

SHOPS HEALTHY TRAVEL TO WORK, SCHOOL OR THE GREENWAY

NATIONAL CYCLE NETWORK

The Hyndburn Greenway is part of National Cycle Network Route 6, which will run from London to Keswick. The Network comprises 10,000 miles of traffic-free routes and traffic-calmed or minor roads. For more info see www.nationalcyclenetwork.org.uk

CODE OF CONDUCT

As the route is shared with other users, such as walkers and horses, it is good practice to follow some simple common sense rules:

- Give way to others
- Ride at a gentle pace and slow down when passing other users
- Warn others of your approach – all bikes are now sold with bells.
- Be polite
- Do not assume other people can hear or see you.
- Obey the Highway Code on the short road sections.

BRITISH WATERWAYS PERMIT

To cycle on the canal towpath you should obtain a free permit from British Waterways. You can download this from their website www.waterscape.com or obtain one by ringing 01942 405700.

Partners



Funders



The Hyndburn Greenway offers you a great traffic free route, linking Accrington Town Centre with Blackburn, Rishton, Church over Baxenden. There is also a link to Great Harwood.

Following traffic free paths and upgraded canal towpaths, you'll find the route great for walking and cycling - you can even ride a horse on part of it! Plus, as the Greenway is flat, you do not have to work too hard.

Use the Greenway to keep fit and healthy. Cycling or walking along the Greenway is a superb way of getting to work, school or to shops. It is a lovely route for cycling or walking just for fun.

The Woodcock Greenway and the crossing of the lake south of Accrington Town Centre are particular highlights of the route.



A TRAFFIC FREE ROUTE FOR CYCLISTS AND WALKERS THROUGH THE HEART OF HYNDBURN

