



Cycle Rossendale



Find out more?

Leaflets and maps about cycling in Lancashire are available from information offices or direct from County Council.

www.lancashire.gov.uk/cycling
Telephone: 0800 3281 634
Email cycling@lancashire.gov.uk

Tourist information for Rossendale
www.visitrossendale.com.uk
Telephone 01706 2524118
Email tourism@rossendalebc.gov.uk



Job No84800

Mountain Biking Adrenaline Gateway

**Nail Biting
...Heart Throbbing
...Rock Grinding**



Test your grit on at Rossendale's Adrenaline Gateway. Adrenaline Gateway Lee Quarry. A unique network of purpose built mountain trails are being developed based upon old quarries in the moors above valley. Ride through a weird rocky lunar landscape with stunning views to the valley down below. The area trails is home to annual championship events.

Lee Quarry (above Bacup)

The area includes 6km red (difficult) trail and 1km black (expert) trail. You will find a variety of obstacles to test and develop your skills ranging from lung busting technical climbs, huge bermed descents, low timber sections, table top jumps and rollers and of course lots of rocks! We recommend that a helmet is worn at all times and you may wish to consider body armour for some of these trails.

For the quarry, park at the Futures Park off the main A681 west of Bacup. You can also cycle from Rochdale on route 93.

To test your skills, a purpose built development area has been installed, where you can practise on a variety of obstacles and rocks to, as well as short climbs and descents. You will also find a special area in the quarry for cycle trial riders. **More information and map www.adrenaline-gateway.co.uk**

Mountain Bike Trail Grading

At the Adrenaline Gateway you find the following colour trails. There are no green or blue trails which are graded easier.

RED: Difficult

Suitable for proficient mountain bikers: Gradients are steeper and tougher than blue. Surface may be challenging.

BLACK: Severe

Suitable for experts: Gradients can be anything that is rideable. The route can include large rock steps and drop offs.

Cragg Quarry (above Waterfoot)

Follow the 4.5km red (difficult) trail up through Cragg Quarry above Waterfoot. Enjoy the outstanding views over the Rossendale Valley. This is a fast flowing trail with a combination of short climbs and bermed descents. It can be tackled gently or attacked head on to give a demanding but rewarding ride.

The Buck Inn on the way up to Cragg Quarry welcomes mountain bikers. You can also get to the quarry on the Mary Towneley Loop.

Mountain bike training

Companies offering skills courses at the Adrenaline Gateway, include

Great Rock <http://www.great-rock.co.uk/blog/>

Bike Right <http://www.bikeright.co.uk/>

Muddy
Good!
fun!



Ride within your capabilities. Mountain biking is a potentially dangerous activity.

- Do not ride too fast, keep your bike under control
- Only tackle jumps and other obstacles if you are sure that you can do them – have a look first
- Train properly especially for difficult and technical routes

Look after yourself

- Wear the right safety clothing or at least a cycle helmet and clothes. For demanding runs wear body armour.
- Do not rely on others. Many mountain bike trails are in remote locations. Make sure you can get home safely, carry the right equipment and know how to use it.
- Take a first aid kit if necessary. Check the weather forecast before setting out.

Respect the environment

- Take litter home with you
- Protect wildlife, plants and trails
- Keep to paths and trails. Do not cause erosion by riding off the path

Follow any signs

- For example signs warning of timber cutting in forests. If a vehicle is loading timber stop and wait for the driver to let you pass safely.

Mountain Bike Code of Practice

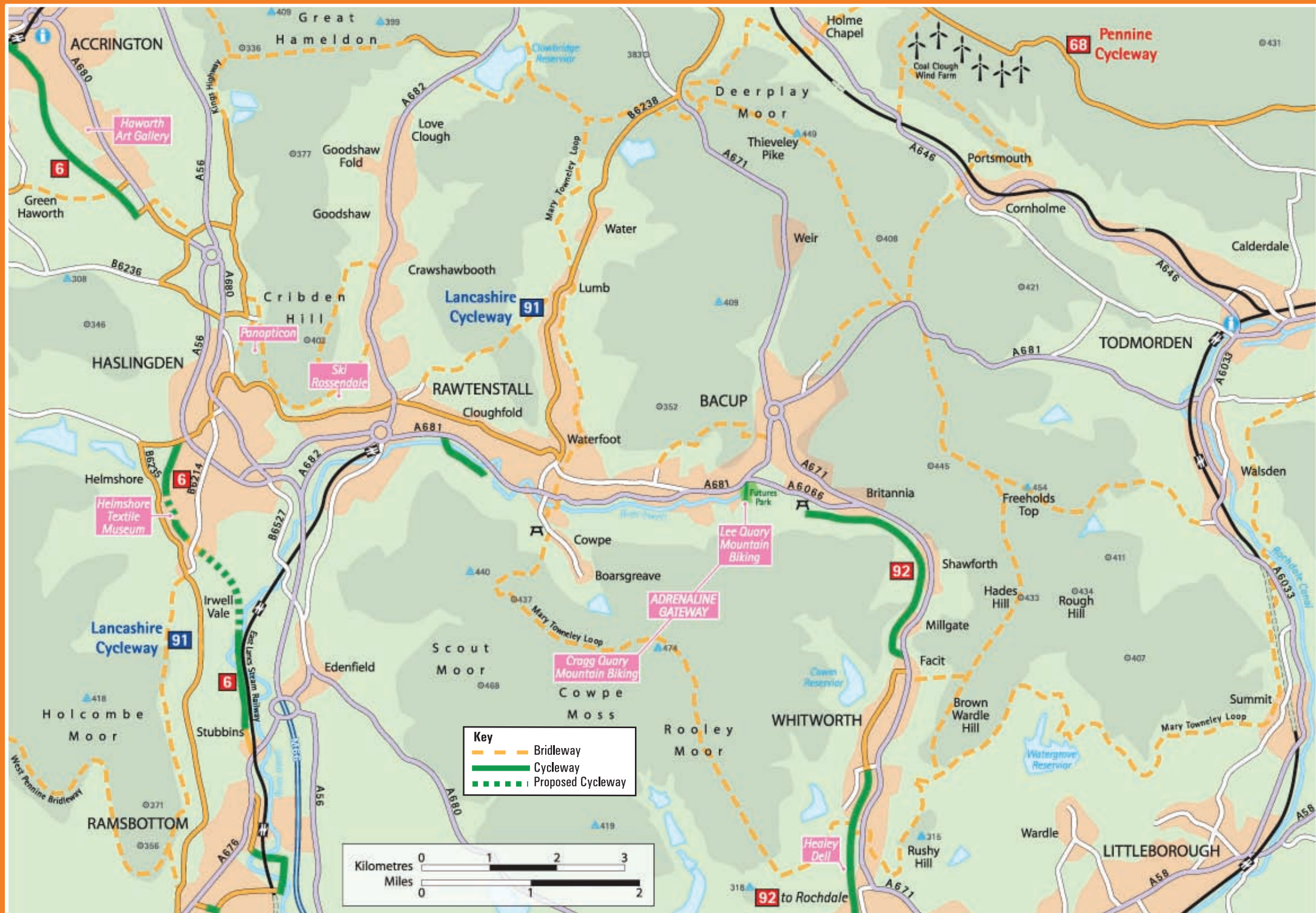
Only ride where you are allowed to cycle

- Legally you can cycle on bridleways, byways, roads, cycle paths, some canal towpaths (but not all) and designated mountain bike trails
- You are not allowed to cycle on footpaths
- Do not create your own trails

Respect the rights of others, including other mountain bikers.

- On bridleways by law you should give way to horses and other users
- Slow down when approaching walkers and horseriders and give them plenty of space
- If you come up behind a horse and rider please warn the horse rider by calling "rider behind" and wait for them to acknowledge you before passing. Some horses are easily spooked by bikes.

Enjoy your day and come back for more.



Reproduced by permission of Ordnance Survey on behalf of HMSO.
© Crown Copyright 2010. All rights reserved
Ordnance Survey Licence number 1000 23320

Traffic free cycle paths

A network of traffic free routes based on old railways is being developed in Rossendale.

Rochdale – Healey Dell – Whitworth – Britannia (at Bacup) (Route 92)

From Rochdale the routes take you through Healey Dell Nature Reserve across the viaduct over the River Spoddento Whitworth. North of Whitworth the route follows a cycle path on an old railway with short sections on minor roads to Shawforth and Britannia, south of Bacup. There are outstanding views from the cycle path to the surrounding fells. There is a small picnic site and lake at the end of the greenway at Britannia, south of Bacup.

Stubbins – Helmshore – Haslingden (Route 6)

A cycle route is being developed along the old railway from Stubbins, north of Ramsbottom to Haslingden. Highlights of the route include :

Helmshore Textile Museum (and café)
Irwell Vale – A unique mill village.

The route is due to be completed in 2012. The following sections are now open to you to ride on:

Strongsty – Irwell Vale

Station Road – Helmshore Museum

Holcombe Road – Crane Road, Haslingden.

The route is part of National Cycle Route 6 which will run from London to Carlisle when complete. The National Cycle Network is co-ordinated by Sustrans, the sustainable transport charity. You can also continue all the way into Manchester on Route 6 from Ramsbottom. It is a mixture of cycle paths, canal towpaths, routes through parks and quiet roads. Going north from Baxenden you can cycle on the Hyndburn Greenway (Route 6) along the Woodnook Valley to Accrington and Blackburn.

Cloughfold – Waterfoot

A short length of cycle path is open between Cloughfold east of Rawtenstall and Lench Road west of Waterfoot. It is hoped to extend this route in the future both ways along the valley.

Lancashire Cycleway (Route 90/91)

The Lancashire Cycleway a 260- mile tour of the county runs through Rossendale.

Cycle Clubs in Rossendale include:

Brownbacks Racing – www.brownbacksracing.co.uk.
Organise mountain biking events at the Adrenaline GatewayLee Quarry.

Rossendale Road Club – www.rossendaleroad.club.com.
The club is involved in cycle racing, mountain biking and cycle cross.



Bridleway Routes

Mary Towneley Loop and Pennine Bridleway

Straddling the Lancashire – Yorkshire boundary the Mary Towneley Loop is a demanding 47- mile ride using old packhorse trails. The Loop is part of the Pennine Bridleway which, when complete, will run from Derbyshire to Northumberland offering you a 350- mile ride.

More information and route map

www.nationaltrail.co.uk/PennineBridleway

West Pennine Moors Bridleway Loop – 56 miles

A bridleway is being developed round West Pennines Moors. Highlights of the Loop include the snaking track around Holcombe Moor.

More information and route map

www.westpenninemoores.com

Kings Highway

Ride north from Haslingden on the Kings' Highway, .

The Kings Highway is an ancient bridleway route running across the moors.

There are links to the "Halo" a landmark artwork sculpture overlooking Haslingden and the Rossendale Valley. The Halo is one of Pennine Lancashire's Panopticons.

