

March 2006



Blackburn with Darwen Town Centre Maps Including Cycle Routes



USEFUL CONTACTS / WEBSITES

Blackburn with Darwen Borough Council
Room 411, Old Town Hall
King William St., Blackburn BB1 7DY
Tel: (01254) 585384
transport@blackburn.gov.uk

Blackburn Visitor Centre
50-54 Church Street
Blackburn BB1 5AS
Tel: (01254) 532777
visit@blackburn.gov.uk

Darwen Information Centre
Darwen Town Hall
Croft Street
Darwen Lancs, BB3 1BQ
Tel: (01254) 222111

School Cycle Training
Road Safety Unit
CAPITA SYMONDS
Castletway House
17 Preston New Road
Blackburn BB2 1AU
Tel: (01254) 273496
Email: Claire.waterhouse@capita.co.uk

Cycling for All initiative
Cycling for All - a programme of lead cycle rides. Each route is graded and offers the opportunity for those of all ages and abilities to participate. A range of bicycles are available to cater for most needs.
Tel: (01254) 587239

Health and Fitness Development
3rd Floor, Blackburn Central Library
Town Hall Street, Blackburn BB2 1AH
Tel: (01254) 694503

Further Information

For information about Lancashire, call your information centre:

Blackburn: 50-54 Church Street, Tel: (01254) 532777
Blackpool: 1 Clifton Street, Tel: (01253) 478222
Chorley: 35 Market Street, Tel: (01257) 241693
Clietheroe: 12-14 Market Place, Tel: (01209) 442226
Darwen: Darwen Town Hall, Croft Street, Tel: (01254) 222111
Rawtenstall: Rawtenstall Library, Queens Square
Haslingden Road, Tel: (01706) 227911

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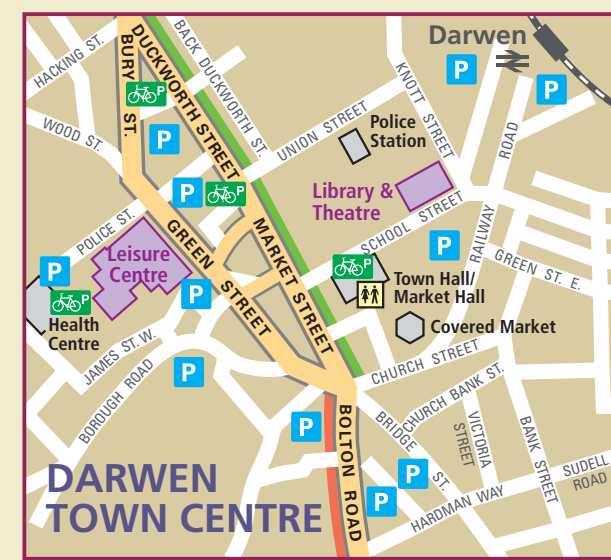
Lancashire County Council - Cycling Officers
Tel: (01772) 534609
E-mail: alasdairsimpson@env.lancscc.gov.uk

The Cycle Touring Club (CTC)
Head Office
Tel: 0870 8730060
Email: www.ctc.org.uk

CTC Local club section (for rides and events):
Tony Stott
Tel: (01254) 232537
E-mail: www.blackburnanddistrictctc.org.uk
CTC Local Right to Ride Rep (for campaign issues):
Robin Field (01254) 51072

Blackburn and District Mountain Bikers
Tel: (01254) 665161
www.blackburnbikers.co.uk/

Sustrans
Sustrans is a sustainable transport charity that works on practical projects to encourage people to walk, cycle and use public transport, in order to reduce motor traffic and its adverse effects.
Tel: 0845 113 0065
www.sustrans.org.uk



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CYCLING IN BLACKBURN AND DARWEN

Take time out to sample the cycle routes of Blackburn with Darwen: two vibrant towns set in the heart of Lancashire's Hill Country. Located at the very centre of the Kingdom, you will discover a landscape of vivid contrasts where rich history and heritage combines with the most modern of 21st century townscapes.

From town centre to rural hamlets - you can enjoy a huge choice of fine food and drink from restaurants, family friendly café bars, bistros and pubs.

A short journey through Darwen town centre unveils more than 20 international restaurants serving distinctive and delicious dishes of the world.

Explore mile after mile of stunningly beautiful countryside around Blackburn with Darwen. You will encounter the wild moorland routes and natural woodlands of Lancashire's Hill Country all of which provide a haven for the abundant wildlife, flora and fauna of the region.

The lively town centre is a focus for cultural excellence where Blackburn Cathedral, the Museum and Art Gallery are keepers of art and antiquities of international importance.

Nestling amidst the stunning rural parklands of the area you will discover three magnificent ancient Halls displaying permanent and major touring exhibitions and a varied year round programme of arts and crafts.

New cycle routes are being developed all the time and this brochure is a small sample of the many and varied tracks and tours available for both the serious and Sunday cyclist.

In Blackburn with Darwen a warm welcome always awaits the cyclist and whether you visit for fitness or pleasure, we look forward to seeing you soon.

More routes and information for the cyclist is available at Blackburn Visitor Centre. (See useful contacts for details.)



Did You Know?

The Leeds and Liverpool canal opened in 1816, and is one of the longest canals in Britain stretching for 127 miles. It was originally conceived as a way for Bradford merchants to reach the northwest port of Liverpool and runs through or near some of the most significant industrial towns of the North.

The canal played a major part in the development of East Lancashire with mills springing up along its banks in much the same way as industry congregates around motorway junctions today.

Whitebirk on the canal used to be a popular bathing spot. Hot water from the now long gone Whitebirk power station meant that the water was warm enough to swim in all year round. In the 1950s, tug of war fights were held annually on a disused swing bridge at Whitebirk.

An early use of bicycles on the canal was for the bargeman's mate to cycle ahead of the boat to set up the locks ready for the boat to go through.

The canal now forms part of the National Cycle Network (NCN) route 6 which will run from London to Keswick. The canal towpath is surfaced for cycling from Church to Feniscowles, and sections are lit, forming a level, traffic free route across the Borough.

THE LEEDS AND LIVERPOOL CANAL



CYCLE SHOPS:

Cherry Tree Cycles
430 Preston Old Road
Blackburn
Lancashire BB2 5LP
Tel: (01254) 201667

Henry Gregson Cycles
195 Blackburn Road
Accrington
Lancashire BB5 0AF
Tel: (01254) 233948

JJB Sports
Soccer Dome Shop
Nashington Road
Blackburn BB1 2NG
Tel: (01254) 680554

Ewood Bikes
178 Bolton Road
Blackburn
Lancashire BB2 4HL
Tel: (01254) 55515

Intack Cycles
19 Peronne Crescent
Blackburn
Lancashire BB1 3NS
Tel: (01254) 51967

On Yer Bike
Whalley New Road
Blackburn
Lancashire BB1 9AX
Tel: (01254) 682440

Halfords
3 Grimshaw Park
Blackburn,
Lancs, BB2 3DY
Tel: (01254) 681774

JJB Sports
Unit B
Peel Centre
Blackburn BB1 1AQ
Tel: (01254) 682873

Safer Cycling

Many people feel that cycling is dangerous on today's busy roads, but it needn't be! Here are a few simple tips to make your cycling safer and more enjoyable.

• Keep your bike in a roadworthy condition. Before each journey always check your LIGHTS, BRAKES, TYRES and that all nuts and bolts are tight and secure.

For further details on cycle safety see www.cyclesense.net/fset.htm

ADVANCED STOP LINES

What are advanced stop lines?

Advanced stop lines are red coloured boxes at the front of traffic light junctions, with a cycle lane leading up to them. They allow cyclists to take the most suitable position at busy junctions, in clear view of other road users. They enable cyclists to get to the front of the queue and give them a head start, making it easier and safer to cycle.

HOW DO I USE ADVANCED STOP LINES?

If the traffic lights are showing red, cyclists can proceed (with caution), past the first stop line and wait behind the advanced stop line in the 'reservoir' area until the lights change to green. If the lights are green on approach, cyclists should not underovertake other vehicles. If necessary, stay back and ensure you are clearly visible to following drivers. If you intend to turn right, do not use the cycle lane but

position normally towards the centre of the road.

Cyclists should not pass vehicles, particularly lorries and buses, unless they can be sure the 'reservoir' can be reached safely. Drivers of some vehicles, particularly lorries can have a 'blind spot' in their rear vision and may not see a cyclist when turning. If in doubt stay back until these vehicles have completed their turn.

Fact: Nearly 25% of all our trips are only one mile or less in length and 42% are within two miles.

Fact: A 35 year old man cycling 12 miles a day extends his life expectancy by 2 1/2 years.

Fact: A 10% increase in people cycling results in a 4% decrease in people with heart disease.

Fact: In-car air can be three times as toxic as air breathed by cyclists or walkers, since cars are in the middle of the road where pollution is most concentrated.

Fact: Regular cycling leads to improved muscle strength and improved mobility and co-ordination.

CYCLING IS FUN AND KEEPS YOU FIT!

Whether you are exploring off road trails, gently rolling along a towpath, or out on the roads, the results and the feeling are the same! Cycling, in any form, is a fun, low-impact way to keep fit. It's one of the few exercises that allows you to sightsee, make friends and solve some of your transport problems.

It is estimated that around 60% of men and 70% of women are currently not physically active enough to benefit their health.

Medical experts recommend being active for a total of 30 minutes a day, on five or more days of the week, to improve your health. Cycling or walking each day for just 30 minutes can reduce the risk of several medical conditions:

- coronary heart disease reduced by 50%
- diabetes in adulthood by 50%
- obesity by 50%
- hypertension by 30%

Cycling makes exercise fun.

So don't just sit there - get on your bike!



Welcome...

This map and guide is intended to help you find your way round, and locate the streets and facilities in Blackburn with Darwen – two towns of distinct character set in the heart of Lancashire's Hill Country, steeped in history and heritage, yet moving forward with development and investment into the twenty-first century.

Blackburn is the shopping capital of East Lancashire, with a busy town centre currently experiencing substantial growth. It offers residents and visitors a wide range of entertainments including museums, ice arena, theatre, and cinema. Traditional Lancashire markets bustle alongside excellent restaurants and designer fashion outlets.

Darwen, smaller of the two, nevertheless boasts Victorian architecture, old world charm and vibrant modern facilities, including twenty venues in the 'Restaurants of the World' trail. Its spectacular rural setting in the West Pennine Moors is typical of the landscape rich in history and natural beauty.

The parks at River Darwen Parkway, and Higher Croft have trails crossing wetland, grassland, wood and heath with a wealth of wildlife and outdoor pursuits. So easy to access by car, foot, or cycle! Or there's the Leeds and Liverpool canal towpath, part of National Cycle Network Route 6, straight into the heart of Blackburn.

Whatever your needs, business or pleasure, relaxation or stimulation, there's something for everyone in Blackburn with Darwen.



COUNTRY ESCAPES

The landscape around Blackburn with Darwen is made up of 70% countryside and sits at the heart of Lancashire's Hill Country. Through the changing seasons, you can experience the vivid contrasts between views across the dramatic moorland, tranquil reservoirs, traditional farmland and wooded valleys. With such glorious green open spaces, the area is a haven for wildlife, and an early morning or dusk wander or cycle ride will often reveal a surprise in the hegederos and woodland areas of the town.

This is real walking/cycling country where the terrain is ideal for both short treks and serious expeditions. The countryside provides the ideal opportunity to take life at your own pace and enjoy the great outdoors.

Highlights of the stunning rural landscape include the West Pennine Moors on the outskirts of Darwen. Here the diverse ecology and superb views offer the walker or nature enthusiast a truly wonderful experience. Miles of moorland, woodlands, reservoirs and small hamlets populate a natural landscape that changes with each mile. Blackburn Visitor Centre stocks a free 84 page 'Guide to the Outdoors' featuring walks, cycle routes and a huge selection of outdoor activities, simply call (01254) 53277 to reserve your free copy.

A local landmark is Darwen Tower (on the West Pennine Moors by Sunnyhurst Woods) now opened to the public after extensive refurbishment. Top of the Tower offers superb views over the moors and beyond, spanning the English coast to the crags and mountains of Wales and the Lake District on a clear day.

Witton Country Park covers 480 acres of countryside and is liberally peppered with pretty picnic spots, walks, nature trails, a small animal reserve and a visitor centre providing an ideal day out for all the family. Sunnyhurst Woods in Darwen covers seven miles of footpaths that meander through a beautiful natural woodland setting. The old Keeper's Cottage now serves as a visitor centre and art gallery where tourists can enjoy refreshments whilst picking up information.

August Bank Holiday welcomes the annual Witton Weavers' Way Walking Festival, hosting a splendid programme of guided walks, rural events and countryside activities in a dazzling setting, whilst early September features an annual extravaganza of good food & drink, family entertainment and activities around Darwen and the West Pennine Moors. Contact Blackburn Visitor Centre on (01254) 53277 for details.

Many varying mapped walks, cycle and bridleways exist for this beautiful slice of Lancashire. These are available from the Information and Visitor Centres listed below.

The countryside around Blackburn with Darwen is simply amazing and can be experienced in many ways. Outdoor activities are plentiful and varied and include walking, horse riding, fishing, sailing, rock climbing, orienteering, cycling, nature conservation and more.

FACT FILE	Countryside Services Office	(01254) 691239
	Pennine Lancashire Festival of Food & Drink	(01254) 53277
	Roddlesworth Information Centre	(01254) 704502
	Witton Country Park	(01254) 55423
	Sunnyhurst Wood Visitor Centre	(01254) 701545
	Millennium Green Woodland Walk & Picnic Site, Hoddlesden	(01254) 703333
	Lancashire Dalesrail Service	(01200) 429832

