

LANCASHIRE – July 2023

see England and Manchester

Pocket sized guide to the NCN: £7.99

30: Lancashire Cycle Map (2021)

<http://shop.sustrans.org.uk/> to order on-line (7/23)

Cycling routes in Lancashire leaflets

www.visitlancashire.com/cycling-lancashire/cycle-routes-near-you to download (3/23)

Gisburn Forest Bike Trails, in the Forest of Bowland from Cocklet Hill (OS 103, GR 745 551) 5/10 mls

www.gisburnbiketrails.com/trail-info/ to download map (3/23)

Forest of Bowland Cycling Information

www.forestofbowland.com/cycling for details (3/23)

Leeds & Liverpool Canal Cycling Guide

www.towpathtreks.co.uk/l/c/canal_cycling_guide.html for details (3/23)

Cycling the Lancashire Cycleway, The tour and 17 day rides, Jon Sparks **£12.95** (2nd Edition 2017)

www.cicerone.co.uk/the-lancashire-cycleway to order on-line (3/23)

Themed Cycling Routes in Sefton & West Lancashire 13 routes, 3-10 mls

<https://visitseftonandwestlancs.co.uk/cycling/cycling-routes/themed-cycling-routes-in-sefton-and-west-lancs.aspx>
to download (3/23)

Hike and Bike Bowland, John Sparks **£10.95** (2011)

www.waterstones.com/book/hike-and-bike-bowland/jon-sparks/9781902017037 to order on-line (7/23)

The Bay Cycle Way, National Cycle Route 700 & Other Day Rides, Pete Martin & Janet Moss **£13** (2017)

www.theoffcomers.co.uk to order on-line (7/23)