Bowl and Bike
Beautiful unspoilt countryside, picturesque villages, dramatic open moorland
inset by steep valleys, and outstanding scenery - all waiting to be explored.
And what better way to do it than by bike.

Gisburn Forest Mountain Bike Trails
Gisburn is the large forest in Lancashire and is managed by Forestry England. It
boasts the Forest of Bowland Harvey Map, which is suitable for families with
young children. The Gisburn Forest Mountain Bike Trails have several trails
that are appropriate for both beginners and experienced riders. There are
lovely views of the countryside and the trails are well-marked and
well-maintained.

Tour of Pendle Hill
This is a tough road cycle riding in a route of 20% climbs, and several
turns in excess of 10%. However, the rewards are surely not just the
outstanding views but also the sheer rugged beauty of Pendle Hill.

Forest of Bowland Harvey Map
The new waterproof and lightweight two-piece cover has been published
by Harvey Maps. The Harvey Map is a highly detailed map of the Forest of
Bowland and the surrounding area. It is designed to help you explore the
area and include routes that vary in length and difficulty. The leaflet and
maps also include comprehensive walking instructions and information about
local attractions.

Welcome Walkers & Cyclists Accommodation
The following establishments have undertaken a Welcoming Walkers &
Cyclists course in Lancashire and we would like to encourage visitors to
consider them the next time they visit the area. All welcome and
accommodation is on a B&B basis.

Useful Websites
www.visitlancashire.com
www.lancashire.gov.uk
www.forestofbowland.com
www.cyclebowland.com
www.celebratingcycling.org.uk
www.pennineevents.co.uk
www.forestofbowland.com
www.lunevalley.co.uk
www.pendle.gov.uk