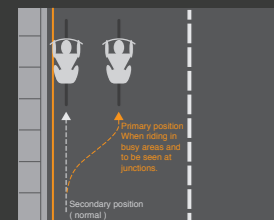


CYCLE STORAGE

- Sheffield cycle stand or equivalent
- Partially covered cycle stand
- Fully covered cycle box use a U-lock as some locks will not fit through latch
- Cycle Hub located at south east entrance of Preston Train Station. Register at Leisure Lakes store next door for 24 hour key fob access. £5 initial fee. Track pump/changing room facilities.

ROAD POSITION



Primary position is best used at a reasonable speed when on busy roads to allow the rider to be more visible to other road users. Only use it at busy junctions, roundabouts or when a road island narrows the lane to encourage vehicles not to pass too close. If traffic is building behind you, move to secondary position and allow it to pass if it is safe to do so.

TRAVEL ESSENTIALS

- Bicycle pump
- Inner tube and repair kit (glue, chalk, patches, sandpaper)
- Tyre levers X2
- Allen keys / Hex tool
- Water bottle
- Packable jacket
- Front and rear lights for night cycling

ADDITIONAL CYCLE INFORMATION

- Bicycle shop and repair- rental available from Station
- Specialist tracks or parks
- Recommended cafes or convenient refreshment stops
- Club and sportive meeting points / club ride starts
- Specific gradient marker for steeper sections
- Caution! Hazard- glass/mud/train tracks/obstacle

Cycle routes towards Lytham, St Annes & Blackpool via National 62. Also follow the Regional 90 towards Elswick, Great Eccleston and the Fylde.

Cycle routes towards Garstang & the Fylde. Follow the Regional 90 or head through Broughton for Longridge and Chipping.

Follow the National 6 for Longridge, Chipping, Clitheroe, Lancaster via Inglewhite and Bowland.

Routes to Grimsargh, Longridge and Ribchester.

Follow National Route 62 for Penwortham, Longton, Bretherton, Parbold & Southport.

Cycle routes towards Lostock Hall, Leyland and Chorley via the National 55 which also leads to Wigan and Manchester.

Cycle routes towards Rivington, Mellor and Pendle via the Regional 91. Also Bamber Bridge, Blackburn and Whalley.

ROAD FEATURES

- Traffic free trail- some surfaces unsuitable for skinny tyres
- Advisory road for cyclists
- A road / B road / minor
- Suggested cycle routes
- Guild Wheel
- Heavy traffic routes- Take care!
- Motorway
- Steep gradient, arrows point downhill and indicates length
- Gate
- Cattle grid
- Key buildings
- Schools and learning centres

PRESTON

PRESTON CITY CYCLING
A resource map of urban travel

CYCLE NETWORKS

- 622 Guild Wheel circular route- 21 miles
- 55 National route Ironbridge to Preston 111 miles
- 6 National route London to Threlkeld 390 miles
- 90 Regional route North Lancashire Circular- 129 miles

