

Sustrans National Cycle Network

The Old Tramway is part of Sustrans National Cycle Route 55 which will link Preston with Chorley and Manchester.

The Network is over 10,000 miles long. It is made up of traffic free cycle paths and signed routes along quiet roads. The Network is designed to encourage people to cycle more by providing safe and attractive cycle routes.

Preston will be a hub of national cycle network with routes radiating out of the town in five different directions.

If you want to find out more about Sustrans, their address is National Cycle Network Centre, 2 Cathedral Square, College Green, Bristol BS1 5DD tel 0117-926-8893. www.sustrans.org

Preston and South Ribble Cycle Map

A map showing all the cycle routes in Preston and South Ribble is available from Information Offices and Libraries.



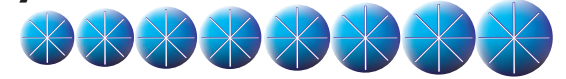
Good Cycling Code

The Old Tramway cycle route uses paths shared with pedestrians and horse riders.

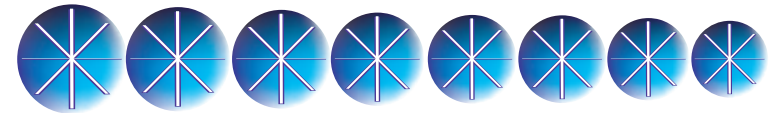
When cycling on shared use paths:

- Slow down when approaching pedestrians.
- Ring your bell to let them know that you are there.
- Give way to pedestrians, pass them slowly and give them plenty of room. Stop if necessary.
- Remember to say thank you.
- Slow down at junctions and bends where visibility is limited.
- Where there is a white dividing line, keep to your side of it.
- Remember that many people are hard of hearing or visually impaired. Do not assume that they can see or hear you.
- Give way to people in wheelchairs and horse riders.

Old Tramway Cycle Route



Preston to Bamber Bridge and Lostock Hall



Old Tramway Cycle Route

Cycling on the Old Tramway is a great way of getting into Preston to work or to shop from Lostock Hall and Bamber Bridge. The route uses traffic free cycle paths and being more direct is quicker than travelling by road.

On the Old Tramway you do not get stuck in any traffic jams. Within minutes of Preston City Centre, you could be cycling past riverside meadows along a tree lined avenue.

Using the cycle path, you can easily forget that you are in a built up area. Cycling into town does not cause pollution and is good for the environment. It is more enjoyable and is good for your health.

Going through attractive meadows and a nature reserve, the Old Tramway Cycle Route is also a good place for a short cycle ride or to take the kids at weekends.

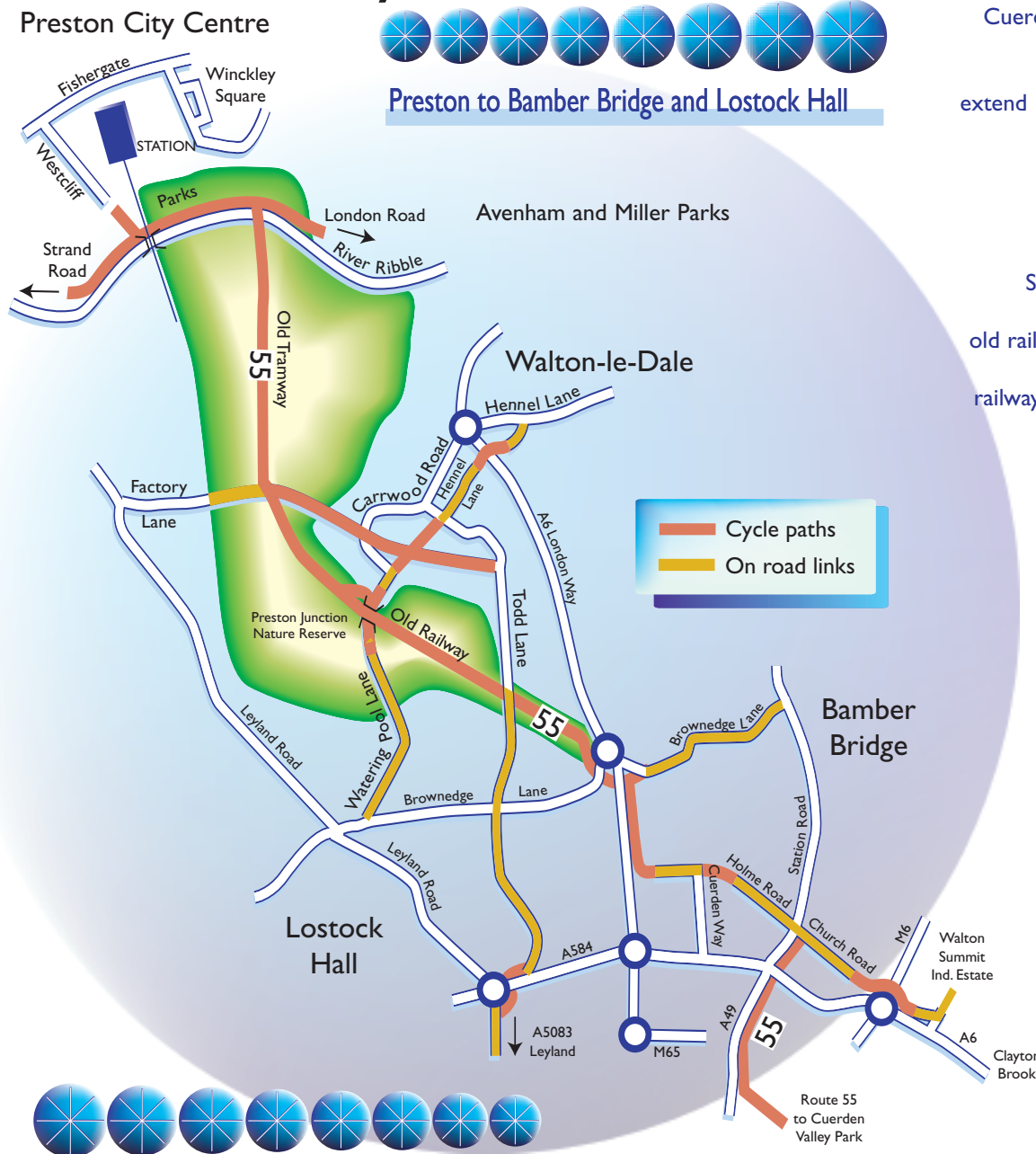
History of the Old Tramway

The Lancaster Canal Company built the tramway in 1803 to link the canal south of Preston at Walton Summit to the Lancaster Canal north of Preston. Wagons were towed along the tramway by horses. Chains powered by a steam engine pulled the wagons up the steep hill in Avenham Park.

The tramway was closed in 1859 due to competition from the railways. Only now with the building of the Ribble Link Canal is the Lancaster Canal finally being connected to the rest of the canal network.

Old Tramway Cycle Route

Preston to Bamber Bridge and Lostock Hall



Cuerden Valley Cycle Route

The route links with the Cuerden Valley Cycle Route to the south. You can continue through Cuerden Valley for a further three miles on traffic free cycle paths to Whittle-le-Woods. It is planned to extend the route from Whittle-le-Woods to Chorley using off road cycle paths.

Preston Junction Nature Reserve

South of Factory Lane the route leaves the Old Tramway and follows an old railway line through the Preston Junction Nature Reserve. The old railway forms an important wildlife corridor, rich in wild flowers, butterflies and birds.

Birds that can be seen in the nature reserve include chaffinches, willow warblers and jays.

Wildflowers include Oxeye Daisy, Fairy Flax and Hoary Cinquefoil. The verges alongside the cycle track are home to butterflies like the Common Blue, Painted Lady and Red Admiral.

The railway was opened in 1850 to provide a better link to Blackburn and East Lancashire. It closed in 1972 following the rationalisation of lines into Preston Station from the south.

There are separate leaflets on Cuerden Valley Cycle Route and Preston Junction Nature Reserve available from Information Offices and Libraries.

Text is available in large format on request