Guild Wheel path
Mile marker
Advisory and signed cycle routes
Traffic-free cycle route
On-road cycle lane
Footpath or track
Bridleway (unsurfaced) (Cycling is legally allowed on bridleways)
Main roads
Pedestrianised street
Proposed cycle path
Pelican / Toucan crossing
National Cycle Network route number
Regional Cycle Network route numbers
Place of worship
Library / Post office
Train station
One-way street
Take care
Steep arrow (points downhill)
Supermarket
Hospital
School, College or University
Public buildings
Leisure Centre
Parking
Public house / Café
Miles
Kilometres
Take care when crossing railway lines on Navigation Way. Dismount and use footbridge instead.
Preston
Penwortham
Fulwood
Ashton-on-Ribble
Longsands
Brookfield
Ribbleton
Fishwick
Fishwick Bottoms
Avenham
Fenchwood
Deepdale
Sharoe Green
Sherwood
Red Scar
Grimsargh
Broughton
Higher Bartle
Nog Tow
Tanterton
Cottam
Ingol
Cadley
Nooklands
Lea
Larches
Maudlands
Adelphi
Holme Slack
Ribbleton Hall
Brockholes Nature Reserve
Walton-le-Dale
Higher Penwortham
Lower Penwortham
Broadgate
Rivenwaye Docklands
River Ribble
Lancaster Canal
Wood Plumpton Brook
Lancashire Cycleway
Route 6 to Lancaster via Inglewhite
To avoid steep section up Bluecoat Way.
Alternative walking route
Alternative low gradient route
Steep slope
Stoop hill cyclists dismount
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"The representation of a track or path" is no evidence of a public right of way. Users of these routes do so at their own risk.