Getting about by bicycle

Did you know that there are now over 75 miles of traffic free paths in Preston? Riding a bicycle provides a safe and efficient way of getting around the area. Cycling through Preston station, towards Chorley, you can explore the areas cycle network and close to the Avenham and Miller Parks.

Cycling and walking are a great way of exploring the local countryside. Attractions along the route include:

- Historic parks and ancient meadows
- Rivers and canals
- Country parks
- Ancient battlefields and a play area
- Preston Docks

Route 55 Preston - Leyland - Chorley

This route offers a safe and enjoyable cycle route for families, including sections suitable for younger children on stabilisers. There is also an optional section through Preston Docks Park which is a great place to cycle.

The Guild Wheel

The Guild Wheel is a £4m circular cycle route for adults and children aged 10 years and over. It consists of 19 miles of traffic-free cycle routes around Preston. The Guild Wheel allows everyone to enjoy cycle rides in the countryside and around the city. It is a great place to cycle.

The network of traffic free cycle routes around Preston is part of the Lancashire Cycleway, a challenging 260 mile tour of the county taking in the Lancashire and Ribble Valley, the Lake District, the Pennine and Bowland Hills to the east and the Lancashire Coastal Plain to the west. Route 90 the Lancashire Cycleway is a circular cycle route round Preston opened at Preston station in Summer 2016.

Cycling routes to the south

Preston to Barton Bridge and Lostock Hall (Route 55)

This popular route takes cyclists from Preston to Barton Bridge or into Lostock Hall Forest where the route passes through Preston Docks Park and surrounding countryside. It can be used for exploring the Lancashire Docks or for exploring the coastal plain to the west. Route 90 from Preston to Sar authorizes regular Sunday runs, social events, time trials and races. There are also wheels for all at Walton-le-Dale Primary School near Preston.

Preston to Warton-in-Craven (Route 90)

This route is suitable for all ages and abilities and is a great place to start cycling.

National cycle network

Preston is the midpoint of the National Cycle Network. The network is coordinated by the British Cycling Federation. The Lancashire Cycleway is a challenging 260 mile tour of the county taking in the Lancashire and Ribble Valley, the Lake District, the Pennine and Bowland Hills to the east and the Lancashire Coastal Plain to the west. Route 90 the Lancashire Cycleway is a circular cycle route round Preston opened at Preston station in Summer 2016.

Walking routes

There is a walk to cycle, which leaves the Preston area, and a guided walk to cycle, which leaves the Preston area.

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