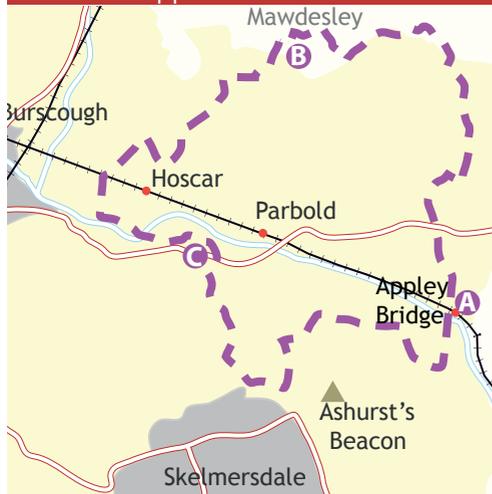


A CIRCUIT FROM APPLEY BRIDGE

Distance approx. 27.4 km/ 17 miles



A fine varied circuit, taking in the rolling hills and valleys in the east of the area as well as a taste of the flatlands of the west. If it isn't hilly enough, Ashurst's Beacon can conveniently be added to the agenda.

Arriving by train: Appley Bridge is on the Wigan - Southport line. The route also passes close to Hoscar, on the same line.

Arriving by car: Parking by the canal, just below the start. You could also start from Skelmersdale.

Start (A). Follow the station approach out to the road and turn R, up the hill. Climb steadily for about 1 km, levelling out shortly before the A5209 (pub on the corner). Go straight across and soon climb some more, then follow the road as it swings round to the R. Turn L into Courage Low Lane. Follow this and its continuation as Toogood Lane into Andertons Mill, then turn L on Bentley Lane. Take the next R on Moody Lane, keep L at a fork then go L at T junction, into the outskirts of Mawdesley, and SA to Cedar Farm (excellent cafe).

B. Take the next L on Back Lane and into Bispham Green, emerging next to the pub.

Go L and immediately R into Green Lane. At T junction go the L on B5246 then 1st R. After 2 km take 1st R on Wood Lane and follow it round L into Bleak Lane, which leads to a level crossing. Just after this fork L. At a 5-way junction go R and then L into Hollowford Lane. Follow this to a swing bridge over the canal and then bear L on Back Lane. Follow this into Newburgh and a junction with the A5209 at a mini-roundabout. Turn R. (Post office and Newburgh tea-rooms at this junction). In 50 m turn L into Tabby's Nook.

C. Turn R at T junction and begin a steady climb. Just over the top turn L on Beacon Lane by the Skelmersdale boundary sign. At a large roundabout take the 1st exit into the continuation of Beacon Lane and climb to T junction opposite St Michael's Church in Dalton. Turn L on Higher Lane and descend, then turn 1st R on Hillock Lane. After a steep descent turn R at T junction and follow the lane for about 2.5 km to another T junction. Turn L and descend to Appley Bridge; the station entrance is a short way up the hill ahead.

Enjoy your cycling

Cycling is meant to be fun. Many people, however, don't enjoy it as much as they should, because they are riding bikes that are the wrong size or aren't correctly set up for them. Any decent bike shop should help you set your bike up properly. Growing children must have their saddles raised regularly, perhaps every month.

Of course, safety is equally important. Wear bright-coloured or reflective clothing. Ride in single file on narrow or busy roads: keep left but not right in the gutter. Take particular care at right turns: if necessary stop on the left and wait for a break in traffic. And it's always wise to wear a helmet: adults should set a good example.