

## NORTHCOTE RIDES | A TASTE OF THE FOREST OF BOWLAND



*A challenging ride up and over Longridge Fell for magnificent views of the Bowland Fells before descending into one of the prettiest corners of the Forest of Bowland Area of Outstanding Natural Beauty.*

### **AT A GLANCE**

How far? 39km /24 miles

How long? 3 ½ hours

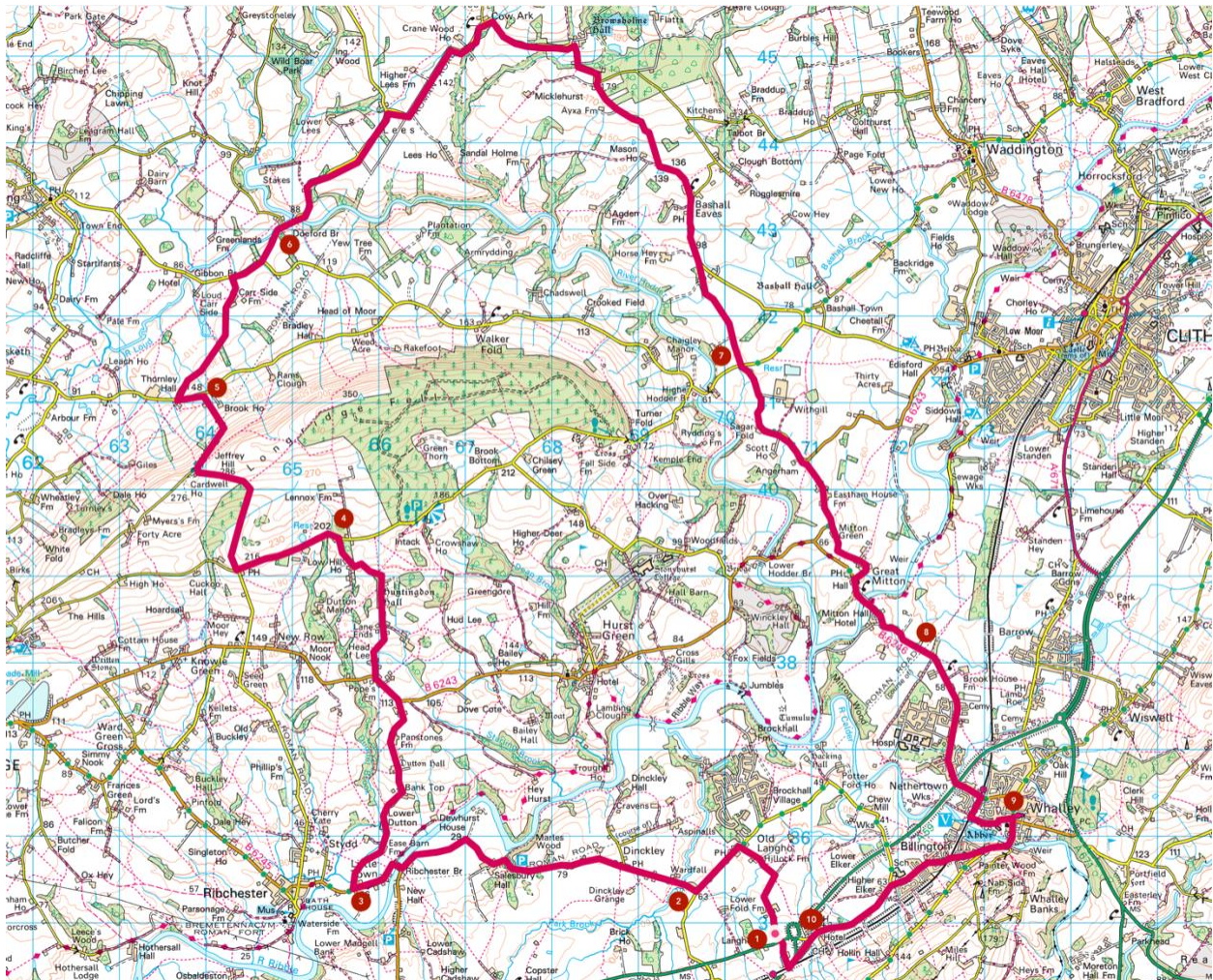
How hard? Demanding: A sustained 250m climb at 8km followed by a very steep descent and further shorter climbs throughout. Best suited to more confident riders.

Traffic: Mainly quiet country lanes with the occasional busier road and some town centre traffic.

Ascent? 563 metres

Direction of travel: Clockwise

Refreshments: Ribchester Arms, Ribchester, the Red Pump Inn, Bashall Eaves.



## START

1. From the main gate, turn right out of the drive and follow Northcote Road to the junction beside Keeper's Cottage. Turn left and continue past the pub, then, at next junction, turn right into the lane signposted Dinkley.

2. Stay on this road for the next mile and a half as it meanders gently down into the valley. Continue through the woods and past Salesbury Hall and onto the valley floor, passing the site of the Royal Lancashire Show. Continue straight ahead to the junction beside Ribchester bridge then turn right over the bridge and left over the other side to follow the road towards Ribchester.

3. After 500m, at sign for Hurst Green, turn right up Gallows Lane and climb steadily for the next mile and a half. The road ramps up steeply in places, so if you don't have

electric assistance, there's no shame in getting off to push and get your breath back. At the top of Gallows Lane, turn left, then after 250m take road off to right, climbing steeply past Huntingdon Hall and continue to the junction.

4. At junction, turn left towards Longridge and continue to cross roads beside former pub, where you turn right and start climbing again to the crest of Longridge Fell. Start the descent, and at Cardwell House, follow the road round to the right and descend very steeply.

It's a demanding climb – even on an eBike and you might see the battery take a bit of a hit. But don't worry, once you've got to the top, you won't be needing the battery much for the next five miles or so. Up on the ridge, the views open up on all sides down the Ribble Valley and out to the Irish Sea and north into the Bowland Fells.

5. As the gradient eases, at junction beyond farmhouse, turn left then, after 200m, take right signposted Whitewell. After another mile, at junction, turn right signposted Preston and Clitheroe and after 300m, turn left signposted Trough of Bowland.

6. Continue over Doeford Bridge and after another half mile turn right at junction then follow road round to the left onto the die-straight section of Roman Road. Climb steadily to the hamlet of Cowark then continue right over bridge and climb another short ramp before beginning the long descent back into the Ribble Valley. Follow the road past Browsholme Hall and through Bashall Eaves, forking right after the Red Pump Inn.

7. Continue straight over the crossroads and right at the junction on the bend. After another 600m, fork left at the bend to descend into Great Mitton. Continue through the hamlet of Great Mitton then cross the river Ribble and follow the road towards Whalley.

8. Continue over the mini roundabout and under the road bridge, then, immediately before the railway bridge, turn right down Broad Lane then left under the railway arches and beneath the gatehouse to Whalley Abbey. Continue past the Abbey and follow the road left then right past the church and onto the main street.

9. Turn left and continue over the roundabout then over the bridge, climbing right on the other side into Billington. Continue through Billington for half a mile to school and straight over the roundabout, joining the cycle lane and climbing steadily past Foxfields Hotel.

10. At filling station on right, take footpath forking left through residential area then

northcote

A STAFFORD COLLECTION HOTEL

rejoining the road. Before the bridge, turn right down Northcote Road South, crossing

