

Want to go that bit further and explore a new area? Then why not follow the link route from Swinden routes up to the Alkincoates routes and Victoria routes. The Link routes are just over a mile and will take you to the next set of interesting local routes. See our Alkincoates and Victoria leaflets for more information on the routes and beyond.

The Link routes follow the cycle paths and then the national cycle route number 68.



The Urban routes are a great place to start to explore and to help you get more active. The routes are designed to allow you to walk on your own front door. Once you've completed the circular route and are back home, you know you've just walked a mile. Why not try improving on your time next time you do the route? Or try one of the other routes shown.

As all the routes are circular, you can start this route at any point.



2 mile route

Turn right along the canal path heading towards Barrowford Locks, follow the canal path until Barrowford Locks, follow the canal path until you go under the motorway bridge (no. 142A) then turn left over the small hump back bridge (no. 143) over the canal. Follow the short track until you join Barrowford Road. Continue along Barrowford Road till you reach the entrance to the Heritage Centre, turn left over the cobbles the pavilion and entrance to the playing fields.

1 mile route

Go over the hump back bridge towards the playing fields and follow the canal path till you get to the North Valley Forge building on your right, exit the canal path and continue straight on till you reach the road junction with Reedyford Road, turn left and continue till you get to Charles Street, turn left and follow Charles Street till it meets Cravenale Avenue, turn right and after 100 meters turn left back to the pavilion and entrance to the playing fields.

Swinden playing fields.

Changing facility next to the canal on this route at any point. But for the purpose of explaining the routes we will start at the Swinden playing fields.

1 mile route

Go over the hump back bridge towards the playing fields and follow the canal path till you get to the North Valley Forge building on your right, exit the canal path and continue straight on till you reach the road junction with Reedyford Road, turn left and continue till you get to Charles Street, turn left and follow Charles Street till it meets Cravenale Avenue, turn right and after 100 meters turn left back to the pavilion and entrance to the playing fields.

As all the routes are circular, you can start this route at any point. But for the purpose of explaining the routes we will start at the Swinden playing fields.

For something a bit more challenging, why not choose one of the 3 circular routes on a variety of terrains, starting with a one mile route and progressing through a 2 mile route up to a 3 mile route. The walks take in footpaths, park paths and canal towpaths. When you have explored your local area why not use the link route to explore a new area using more of the route maps in this series.



Follow the short track until you join Barrowford Road. Continue along Barrowford Road till you reach the entrance to the Heritage Centre, turn left over the cobbles and then keep to the path on your right. Follow the path running alongside the river past the children's playground and to Bullholme playing fields, continue to follow the path past the cricket ground then bear left and go under the motorway bridge and onto Swinden playing fields, as you pass the cycle track turn left at the path junction and then follow the path back up and over the canal bridge back to the start.

Follow the short track until you join Barrowford Road. Continue along Barrowford Road till you reach the entrance to the Heritage Centre, turn left over the cobbles and go over the small hump back bridge (no. 143) over the canal. Follow the short track until you join Barrowford Road. Continue along Barrowford Road till you reach the entrance to the Heritage Centre, turn left over the cobbles and then keep to the path on your right. Follow the path running alongside the river past the children's playground and to Bullholme playing fields, continue to follow the path past the cricket ground then bear left and go under the motorway bridge and onto Swinden playing fields, as you pass the cycle track turn left at the path junction and then follow the path back up and over the canal bridge back to the start.

Follow the short track until you join Barrowford Road. Continue along Barrowford Road till you reach the entrance to the Heritage Centre, turn left over the cobbles and go over the small hump back bridge (no. 143) over the canal. Follow the short track until you join Barrowford Road. Continue along Barrowford Road till you reach the entrance to the Heritage Centre, turn left over the cobbles and then keep to the path on your right. Follow the path running alongside the river past the children's playground and to Bullholme playing fields, continue to follow the path past the cricket ground then bear left and go under the motorway bridge and onto Swinden playing fields, as you pass the cycle track turn left at the path junction and then follow the path back up and over the canal bridge back to the start.



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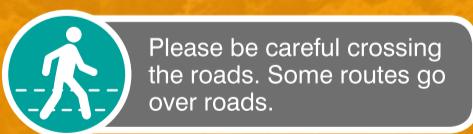


3 short Health Walks (see insert map).

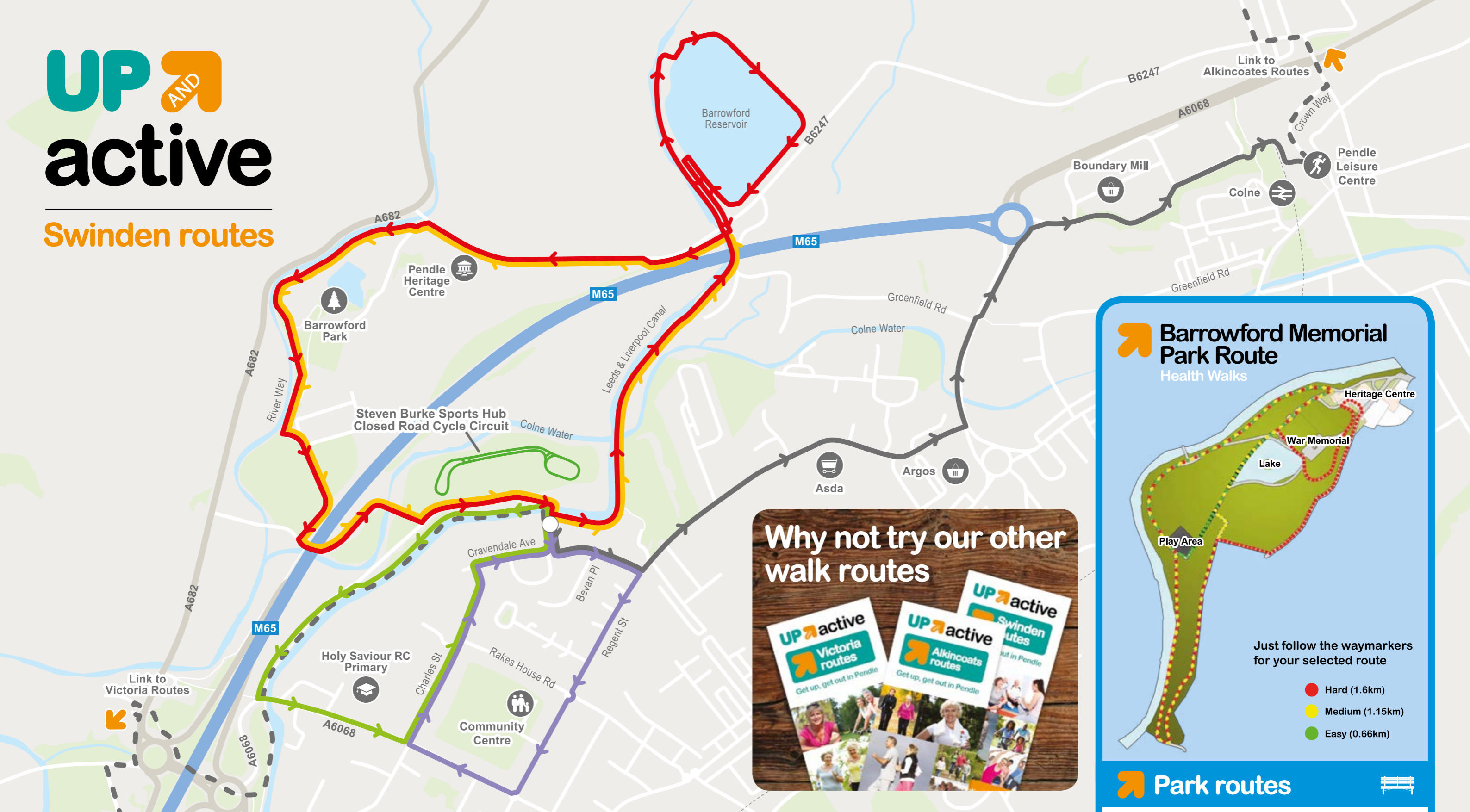
Exploring your local park is an excellent way of improving your health and well-being. Taking a brisk walk through the park burns the same amount of calories as a run over the same distance. It is an activity that the whole family can enjoy and best of all it's free.

Barrowford Memorial Park's Health Walk routes are designed to allow the user to pick and choose the level of exercise which they feel comfortable with.

Just follow the waymarkers for your selected route: As all the routes are circular, you can start this route at any point.



Swinden routes



Barrowford Memorial Park Route

Health Walks

Just follow the waymarkers for your selected route

- Hard (1.6km)
- Medium (1.15km)
- Easy (0.66km)

Park routes

3 Routes - Hard, Medium and Easy.
See map above and overleaf for further info.

Urban route

Distance 1 mile.
See overleaf for further info.

Link route

Distance 1.41 miles. Pendle Leisure Link.
See overleaf for further info.

3-2-1 routes

3 mile 2 mile 1 mile
See overleaf for further info.