



## Route 6

National Route 6 passes through Watford, Luton, Milton Keynes, Northampton, Market Harborough, Leicester, Derby, Nottingham, Worksop, Sheffield, Manchester, Blackburn, Preston, Lancaster, Kendal and Windermere, and will connect London and Threlkeld (nr. Keswick) in Cumbria when complete.

### Route Description

The route is described here from London to Threlkeld but is signed in both directions.

The route is currently 390 miles long.

## Route sections

### 1. London to Uxbridge

National Route 6 will provide a traffic-free route out of central London to the Home Counties border. The route is proposed to run via Charing Cross and Paddington



stations and then along the Grand Union Canal. The stretch along the canal between Paddington and Northolt is presently open as a non-NCN local route.

Map: Paddington to Northolt is shown on London Cycling Guides 6 and 7. Order free from Transport for London (<http://www.tfl.gov.uk/roadusers/cycling/11682.aspx>).

### 2. Uxbridge to Watford

The route begins again on the Grand Union Canal near Brunel University following the Grand Union Canal and Colne Valley on mainly traffic-free routes. The Ebury Way from Rickmansworth is traffic-free into central Watford.

Map: London Cycling Guides 6 and 3: order free from Transport for London (<http://www.tfl.gov.uk/roadusers/cycling/11682.aspx>).

### 3. Watford to Luton

National Route 6 continues via St Albans on a mixture of traffic-free paths and on-road sections to Harpenden, and then traffic-free alongside the River Lea to Luton.

### 4. Luton to Milton Keynes

Following traffic-free paths and the Sewell Greenway out of Luton, National Route 6 continues on-road to Leighton Buzzard. A lovely route along the Grand Union Canal towpath then joins Leighton Buzzard with Bletchley, continuing on mainly traffic-free paths through the east of Milton Keynes.

### 5. Milton Keynes to Derby

Milton Keynes connects with Derby via Leicester and Loughborough and includes the 16-mile Brampton Valley Way ([/sustrans-near-you/midlands/easy-rides-in-the-midlands/brampton-valley-way](http://sustrans-near-you/midlands/easy-rides-in-the-midlands/brampton-valley-way)) between Northampton and Market Harborough. This section is also part of the South Midlands ([/what-we-do/national-cycle-network/long-distance-](http://what-we-do/national-cycle-network/long-distance-)

rides/england/south-midlands) cycle route. Look out for an excellent traffic-free section through central Leicester and the 13-mile Cloud Trail (/sustrans-near-you/midlands/easy-rides-in-the-midlands/derby-canal-path-and-the-cloud-trail) between Worthington and Derby.

## **6. Derby to Sheffield**

National Route 6 links the urban areas of Derby, Long Eaton, Beeston and Nottingham before heading through Sherwood Forest to Worksop and on to Sheffield via the Rother Valley Country Park. The route forms part of the Derby to York (/ncn/map/route/derby-to-york) cycle route.

## **7. Sheffield to Castleton (Derbyshire)**

The route follows the Peak Park Anniversary route from Sheffield Rail Station out to the Hope Valley via Ringinglow and the southern edge of Ladybower Reservoir. There are two sections of notable traffic-free: one along Porter Brook between Bingham Park and Carr Bridge; and the other across the Ladybower Reservoir dam and then south to Thornhill along the path of the old railway line constructed to provide materials for the dam. National Route 6 here is currently signed as far as Castleton.

## **8. Castleton to Marple**

National Route 6 is proposed to run from Castleton up the closed Mam Tor road, continuing over the Pennines, then through to Chinley on minor roads. From Buxworth the route will follow the towing path of the Peak Forest Canal as far as Marple where it meets open sections of National Route 55 (top of Middlewood Way).

## **9. [Oughtibridge to Penistone]**

Sheffield to Oughtibridge is proposed along the Don Valley and to be signed as National Route 627. However, from Oughtibridge to Penistone National Route 6 forms an unconnected part of the Trans Pennine Trail (Central) (/ncn/map/route/trans-pennine-trail-central) along the Upper Don Trail.

## **10. Marple to Reddish**

The route follows the course of National Route 55 to Portwood, outside Stockport, to where it meets National Route 62 (/ncn/map/route/route-62), heading east along a traffic-free section of the Trans Pennine Trail (West) (/ncn/map/route/trans-pennine-trail-west) to Reddish (Greater Manchester).

## **11. Reddish to Bury**

National Route 6 resumes at Reddish and enters Manchester via the traffic-free Fallowfield Loop Line

(/sites/default/files/documents/fallowfieldloopleftine.pdf) and then on residential streets through Whalley Range into the city centre. Heading towards Bury the route follows much of the Irwell Sculpture Trail.

Maps: Transport for Greater Manchester (<http://cycling.tfgm.com/Pages/Cycle-Maps.aspx>) has cycle maps covering Bury and Manchester as well as other parts of Greater Manchester.

## **12. Bury to Blackburn**

Bury and Accrington are linked via on-road and traffic-free sections of the old East Lancashire railway path. Accrington to Blackburn follows the towpath of the Leeds and Liverpool Canal.

## **13. Blackburn to Preston**

The route is still being developed here but exists from Blackburn to Pleasington Rail Station, travelling through Witton Country Park. It resumes along the River Ribble from Samlesbury (near Junction 31 M6) leading into central Preston.

## **14. Preston to Kendal**

Heading out of Preston National Route 6 follows country roads through the Lancashire countryside to the Lune Estuary from where the Lune Estuary path follows the estuary into Lancaster city centre. North of Lancaster Route 6 follows the towpath along the Lancaster Canal to Carnforth, from where the route follows minor roads into Kendal.

## **15. Kendal to Keswick**

Some sections of National Route 6 in Cumbria are still being developed. The route is currently open between Kendal and Windermere, continuing part-way to Ambleside following a gap through central Windermere. At Steel End at the southern end of Thirlmere the route begins again and continues to Threlkeld. From here Route 71 (</what-we-do/national-cycle-network/route-numbering-system/route-71>) along an old railway path links the 4 miles to Keswick.

## **Related maps**

London ([https://shop.sustrans.org.uk/london-cycle-map-53?utm\\_source=MapText&utm\\_medium=Website&utm\\_campaign=RoutePages](https://shop.sustrans.org.uk/london-cycle-map-53?utm_source=MapText&utm_medium=Website&utm_campaign=RoutePages))

South Cumbria and the Lake District

([https://shop.sustrans.org.uk/south-cumbria-the-lake-district-cycle-map-31?utm\\_source=MapText&utm\\_medium=Website&utm\\_campaign=RoutePages](https://shop.sustrans.org.uk/south-cumbria-the-lake-district-cycle-map-31?utm_source=MapText&utm_medium=Website&utm_campaign=RoutePages))

([https://shop.sustrans.org.uk/south-cumbria-the-lake-district-cycle-map-31?utm\\_source=MapText&utm\\_medium=Website&utm\\_campaign=RoutePages](https://shop.sustrans.org.uk/south-cumbria-the-lake-district-cycle-map-31?utm_source=MapText&utm_medium=Website&utm_campaign=RoutePages))

Warwickshire & the South Midlands

([https://shop.sustrans.org.uk/warwickshire-the-south-midlands-cycle-map-16?](https://shop.sustrans.org.uk/warwickshire-the-south-midlands-cycle-map-16?utm_source=MapText&utm_medium=Website&utm_campaign=RoutePages)

[utm\\_source=MapText&utm\\_medium=Website&utm\\_campaign=RoutePages](https://shop.sustrans.org.uk/warwickshire-the-south-midlands-cycle-map-16?utm_source=MapText&utm_medium=Website&utm_campaign=RoutePages)

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The Peak District ([https://shop.sustrans.org.uk/the-peak-district-cycle-map-26?](https://shop.sustrans.org.uk/the-peak-district-cycle-map-26?utm_source=MapText&utm_medium=Website&utm_campaign=RoutePages)

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## **Route Diversions/Closures**

Due to works by Lancashire County Council, the section of NCN 6 between Ramsbottom and Haslingden will be inaccessible due to the path and retaining wall having been washed away by heavy floods. A diversion route for the NCN 6 will be in place until 1st December 2018 whilst the path and retaining wall are reconstructed. The diversion route will use NCN 91 between the junction of the A676 Bolton Road West/ B6214 Lumb Carr Road and the junction of B6232 Grane Road/ St. Crispin Way. Any queries regarding the works should be directed to [PROW@lancashire.gov.uk](mailto:PROW@lancashire.gov.uk) (<mailto:PROW@lancashire.gov.uk>)