

## Towpaths open to cyclists

### London Canals

The following schedule shows which lengths of towpath are open to cyclists. Please cycle with great care and courtesy to others, observing the 'Waterways Code for Cyclists'. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx. Distance	Comments
<b>Grand Union Canal Main Line</b>			
Stocker's Lock, Rickmansworth	Cowley Lock, Uxbridge	12.7 kms	Take extra care – popular with all users.
Uxbridge (The Shovel at Cowley Lock)	Hayes (Bulls Bridge)	7.2 kms	Cowley Lock is popular at weekends - dismount at the lock and past moored boats.
Bulls Bridge	Norwood Top Lock	3 kms	Towpath is narrow and restricted - use adjacent road where possible.
Norwood Top Lock	Hanwell (Green Lane)	2 kms	Hanwell Flight of Locks - dismount alongside lock flight.
Green Lane, Hanwell	Brentford High Street	4 kms	Visibility restricted near Brentford - dismount.
<b>Slough Arm</b>			
Slough (Stoke Road)	West Drayton (Cowley Peachey)	8 kms	Surface suitable for cycling. Access restricted at barriers (to prevent motorcycles) and bridges - dismount.
<b>Paddington Branch</b>			
Hayes (Bull's Bridge)	Alperton	10kms	Surface is poor in places and can get muddy. Access restricted at and under bridges - dismount.
Alperton	Ladbroke Grove (adjacent to Sainsbury's)	9 kms	Surface suitable for cycling.
Great Western Road Little Venice	Little Venice Paddington Basin	2 kms 0.85 kms	Cycle with care Considerate cycling is permitted
<b>Regent's Canal</b>			
Little Venice	Islington Tunnel (West side)	6.5 kms	Take extra care – popular with all users.
Islington (Frog Lane)	Commercial Road, Limehouse	7 kms	Take extra care – popular with all users.
<b>Hertford Union Canal</b>			
Grove Road	Whitepost Lane (adjacent to Victoria Park)	2 kms	Cycle with care.
<b>Limehouse Basin</b>			
Whole way around Limehouse Basin		0.8km	<b>No cycling permitted.</b>
<b>Limehouse Cut</b>			
Limehouse Basin	A12 Blackwall Tunnel Northern Approach		Low headroom under bridges. Cycle with care.

## Towpaths open to cyclists

### Rivers Lee & Stort Navigations

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the 'Waterways Code for Cyclists'. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx. Distance	Comments
<b>Lee Navigation</b>			<b>At many locations the towpath crosses over main roads – please dismount and take extra care</b>
Bow Locks	Lea Bridge	5.6 kms	Bow Wharf - beware of traffic on towpath. Towpath crosses A11 roundabout - dismount.
Lea Bridge	Tottenham Lock	3.6 kms	Lea Bridge - blind corner and low headroom - dismount.
Tottenham Lock	Enfield Lock	9.6 kms	Angel Road industrial estate - beware of traffic on path.
Enfield Lock	Waltham Town Lock	2.5 kms	Hazelmere Bridge - steep bridge, no visibility - dismount. Old English Gentleman - low headroom and blind corner – dismount.
Waltham Town Lock	Carthagen Lock	7.3 kms	Crown pub - towpath busy - dismount.
Carthagen Lock	Feildes Weir Lock	2.8 kms	Dobbs Weir Road - towpath crosses road - dismount.
Feildes Weir Lock	Ware Town	6.5 kms	Towpath can be muddy or narrow - take care. Dismount past anglers and pedestrians.
Ware Town	Ware Lock	1 km	Take extra care – popular with all users.
Ware Lock	Hertford	3.3 kms	Take extra care – popular with all users.
Dicker Mill bridge, Hertford	Barge pub, Hertford	0.5km	<b>No cycling permitted.</b>
<b>Stort Navigation</b>			<b>The towpath can be very muddy and rough. Be prepared to climb over stiles and gates</b>
Feildes Weir	Roydon Lock	2.6 kms	Take care if muddy. Risk of pot holes and narrow sections.
Roydon Lock	Burnt Mill Lock	4.3 kms	<b>No cycling permitted.</b>
Burnt Mill Lock	Latton Lock	1.6 kms	Beware of pot holes and narrow towpath below Latton Lock.
Latton Lock	Harlow Lock	1.8 kms	<b>No cycling permitted.</b>
Harlow Lock	Sawbridgeworth Lock	4.1 kms	Take care where towpath is narrow.
Sawbridgeworth Lock	Hallingbury Marina	2.3 kms	Towpath narrows at Kecksey's railway bridge - dismount.
Hallingbury Marina	Bishop's Stortford	5.5 kms	Dismount when towpath crosses roads.

# SOUTHERN REGION



British Waterways  
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## Towpaths open to cyclists

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### Grand Union Canal (South) (Cowley Peachey to Stowe Hill)

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a British Waterways permit on your cycle at all times

From	To	Approx distance	Comments
<b>Grand Union Canal (South)</b>			<b>Visibility is restricted at all low bridges – dismount.</b>
Weedon (Br 22)	Blisworth Village	10.0 kms	Natural grass towpath, uneven in places – may be slippery if wet.
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<b>Northampton Arm</b>			
Gayton Junction	Cotton End (Northampton)	7.5 kms	Take extra care – narrow grass towpath, slippery when wet. <b>No cycling</b> between the A43 road bridge and the end of the arm (0.5 kms)
Blisworth Village (Br 51)	Blisworth Tunnel	0.4 kms	Take extra care – towpath may be muddy.
Blisworth Tunnel		2.8 kms	Take the road over Blisworth Hill, beware of road traffic.
Blisworth Tunnel	Stoke Bruerne (Lock 20)	2.2 kms	Extra caution required – very popular with pedestrians – dismount when busy.
Stoke Bruerne (Lock 20)	Cosgrove (Lock 21)	9.4 kms	Take extra care – grass towpath may be uneven in places and slippery in wet weather.
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<b>Buckingham Arm</b>			
Cosgrove	A5	1.5 kms	Take extra care – grass towpath may be uneven in places and slippery in wet weather.
Cosgrove (Iron Trunk Aqueduct)	Willowbridge (Bridge 99)	20.6 kms	<b>No cycling permitted in Milton Keynes</b> – alternative routes via the broadwalk and leisure routes along the canal.
Willowbridge (Bridge 99)	Leighton Buzzard (Bridge 144)	12.5 kms	Uneven, grass towpath requires extra care in wet weather. Dismount when busy at Soulbury locks – beware of potholes between Br 108 and 109.
Leighton Buzzard (Bridge 114)	Marsworth	12.7 kms	Take extra care – grassy towpath – popular with anglers.

From	To	Approx distance	Comments
<b>Aylesbury Arm</b>			
Marsworth Junction	Aylesbury Basin	9.7 kms	Take extra care – muddy in wet weather, usually busy with anglers and walkers. Dismount between Locks 13 and 14.
Marsworth (Bridge 131)	Lock 45	1.6 kms	Take extra care – very busy – popular with walkers and cyclists.
<b>Wendover Arm</b>			
Bulbourne	Tringford	1.9 kms	Take extra care crossing Turnover Bridge at New Mill.
Tringford (dry)	Buckland Wharf	3.5 kms	<b>No cycling permitted</b> – take alternative route.
Buckland Wharf	Wendover	5.5 kms	Towpath available for cycling.
Bulbourne	Cowroast Lock	4.4 kms	Take extra care – narrow towpath can be muddy in wet weather.
Berkhamsted Lock 50	Lock 56	4.4 kms	Take extra care – busy stretch, popular with all users.
Cassiobury Park Lock 75	Lock 76	2.0 kms	Take extra care – very busy – do not speed.
Lot Mead Lock 80	Springwell Lock 83	3.5 kms	Take extra care – popular with all users.
Uxbridge Lock 88	Cowley Lock 89	2.7 kms	Take extra care – popular with all users.

# Towpaths open to cyclists

## Grand Union Canal

(Stowe Hill to Braunston and *Norton to Foxton*)

## Oxford Canal

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx distance	Comments
<b>Grand Union Canal</b>			
Braunston Turn	Top Lock (Br 5)	1.4 kms	Take extra care - popular with walkers. No cycling by lock chambers
Top Lock (Br 5)	Norton Junction	5.2 kms	<b>No cycling permitted</b> - alternative route via lanes
Norton Junction	Stowe Hill (Br 26)	9.1 kms	Take extra care - towpath is narrow in places. No cycling by lock chambers..
<b>Grand Union Leicester Arm</b>			
Norton Junction	Foxton (Br 61)	37.2 kms	Take extra care - towpath is narrow and uneven in places. Cycling is not permitted alongside Watford and Foxton lock flights
<b>Oxford Canal</b>			
Ansty (Br 13)	Brinklow (BR 24)	7.9 kms	Take extra care - towpath surface is uneven near bridge 26.
Brinklow (Br 34)	Cathiron (Br 41)	2.6 kms	<b>No cycling permitted</b> -alternative routes via lanes
Cathiron (Br 41)	Boughton Road (Br 59)	5.5 kms	Take extra care - narrow towpath. Dismount at Newbold Tunnel..
Boughton Road (Br 59)	Clifton (Br 69)	2.9 km	<b>No cycling permitted</b> - alternative routes via local roads.
Clifton (Br 69)	Hillmorton (Br 74)	3.1 kms	Take extra care - towpath is uneven
Hillmorton (Br 74)	Braunston (Br 90)		<b>No cycling permitted</b> - alternative routes via lanes.
Braunston (Br 90)	Ivy (Br 98)	1.5 kms	Beware of moored boats
Ivy Br 98)	Napton Junction	6.0 kms	<b>No cycling permitted</b> - alternatie route via lanes
Napton Junction	Top Lock (Br 119)	6.8 kms	Take extra care alongside lock flight, do not speed.
Top Lock (Br 119)	Fenny Compton (Br 136)		<b>No cycling permitted</b> - alternative route via lanes.
Fenny Compton (Br 136)	Oxford	61.9 kms	Take extra care - towpath is uneven in places and may be muddy or even flooded in winter.



**British  
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## Towpaths open to cyclists

### Kennet & Avon Canal

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx distance	Comments
<b>Kennet and Avon Canal</b>			
Rose Kiln Lane - Reading	Burghfield Bridge	4.2 kms	Take extra care - towpath is uneven in places.
Tyle Mill	Froudes Bridge	4.9 kms	Take extra care - towpath is both narrow and uneven in places.
Woolhampton	Midgham	2.3 kms	Take extra care - towpath is both narrow and uneven in places.
Thatcham	Kintbury	15 kms	Take extra care - towpath is uneven in places
Kintbury	Station Road - Hungerford	4.9 kms	Take extra care - towpath is both narrow and uneven, dismount for stiles.
Froxfield Bridge	Prison Bridge - Devizes	39 kms	Take extra care - towpath may be narrow, muddy and uneven in places. Dismount for steps at Savernake Tunnel.
Prison Bridge - Devizes	Marsh Lane Bridge - Devizes	1.7 kms	Take extra care down Caen Hill - do not speed.
Marsh Lane - Devizes	Darlington Wharf - Bath	30.4 kms	Take extra care - towpath narrow in places.
Darlington Wharf - Bath	Thimble Mill - Bath	1.5 kms	Proceed through lock flight with extreme care. Dismount through Sydney Gardens.
Thimble Mill - Bath	Dolphin Inn- Bath	3.2 kms	Take extra care - Low bridges and the towpath may be narrow in places.

# Towpaths open to cyclists

## Grand Union Canal London to Birmingham

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx distance	Comments
Paddington	Great West Rd	2 kms	No cycling permitted.
Ladbroke Grove Sainsbury's	Alperton	9 kms	Surface suitable for cycling. Popular with anglers - dismount during matches.
Alperton	Bulls Bridge	10 kms	Surface is poor in places and can get muddy. Access restricted at and under bridges, so dismount.
Brentford High Street	Norwood Top Lock	6 kms	Dismount alongside lock chambers at Hanwell Locks.
Norwood Top Lk	Bull's Bridge	3 kms	Towpath is narrow and restricted - use adjacent road where possible.
Bull's Bridge	Cowley Locks	7.2 kms	Cowley lock is popular at weekends - dismount at lock & alongside boats.
Cowley Lock	Berkhamsted Cowroast Lock	42.9 kms	Popular with all users, take care - do not speed.
Berkhamsted Cowroast Lock	Tring/Bulbourne	3.4 kms	Take extra care - narrow towpath, muddy in wet weather
Marsworth Jnc	L'Buzzard (Br 115)	10.3 kms	Grass towpath - take extra care in wet weather. Popular with anglers.
L'Buzzard	Willowbridge (Bridge 99)	12.5 kms	Uneven towpath, risk of potholes & overhanging trees. The grassy towpath requires extra care in wet weather.
Willowbridge (Bridge 99)	Cosgrove (Iron Trunk Aqueduct)	20.6 kms	<b>No cycling permitted in Milton Keynes</b> – alternative routes via the broadwalk and leisure routes along the canal.
Cosgrove (Iron Trunk Aqueduct)	A508 (Lock 20)	10.4 kms	Grass towpath may be uneven in places - risk of potholes.
A508 (Lock 21)	Stoke Bruerne	0.9 kms	Extra caution required - popular with walkers. No cycling by Canal Museum and up to Tunnel entrance.
Blisworth Tunnel		2.0 kms	Take the road over Blisworth Hill, beware of traffic.
Blisworth	Norton Junction	32.7 kms	Take extra care - towpath narrow in places and can be muddy.
Norton Jnc	Top Lock (Br 5)	5.2 kms	No cycling permitted - alternative via lanes.
To Lock (Br 5)	Braunston Turn	1.4 kms	Take extra care - popular with walkers.
Braunston Turn	Ivy Bridge	1.5 kms	Beware of moored boats.
Ivy Bridge	Napton Junction	6.0 kms	No cycling permitted - alternative via lanes.
Napton	Birmingham	61.6 kms	No cycling permitted.

# MIDLANDS & SOUTH WEST



**British  
Waterways**

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## Towpaths open to cyclists

**Grand Union  
Canal**  
*(Camp Hill to Napton)*  
**Worcester  
& Birmingham  
Canal**

**Gloucester  
and  
Sharpness  
Canal**

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

FROM	TO	APPROX DIS TANCE	COMMENTS
<b>Grand Union Canal</b>			
Birmingham	Camp Hill Lock	5 kms	No cycling permitted
Camp Hill Locks (Lock 52)	Lode Lane (Br. 81)	8.9 kms	Take extra care towpath may be uneven, do not speed
Lode Lane (Br 81)	Barston Lane (Br 76)	5.3 kms	No cycling permitted
Barston Lane (Br. 76)	Waterfield (Br. 73)	1.6 kms	Take extra care towpath may be uneven, do not speed
Waterfield (Br. 73)	Europa Way (Br. 43)	23.0 kms	No cycling permitted
Europa Way (Br. 43)	Sydenham (Br. 37)	2.4kms	Take extra care towpath may be uneven, do not speed
Sydenham (Br. 37)	Napton Junction	14.9 kms	No cycling permitted
<b>Stratford-on-Avon Canal</b>			
Stratford	Timothy's (Br 64)	3.5kms	No cycling permitted
Timothys (Br. 64)	Featherbed Lane (Br59)	3.6 kms	Take extra care towpath may be uneven, do not speed.
Featherbed Lane (Br 59)	Kings Norton	33.7kms	No cycling permitted
<b>Worcester &amp; Birmingham</b>			
The Commandery, Worcester	Bilford Road	3.2 kms	Take extra care towpath may be uneven, do not speed.
Bilford Road	Kings Norton (Br. 72)	35.6 kms	No cycling permitted
Kings Norton (Br. 72)	Birmingham (Br. 87)	8 kms	Take extra care towpath may be uneven, do not speed.
Birmingham (Br. 87)	Granville Street	1km	No cycling permitted
<b>Gloucester and Sharpness Canal</b>			
Sharpness Docks	Hempsted Bridge	23.5kms	Extra care required on narrow section between Sellars Bridge and Parkend Bridge which is also popular with anglers. The bank is eroded for about 100 metres between Patch Bridge and Purton Bridge.



# Towpaths open to cyclists

## Birmingham & Black Country Canals

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx distance	Comments
<b>Birmingham Main Line Canal</b>			
Granville St Birmingham	Factory Junction	14.5 kms	Slow down and dismount in busy periods in the Brindley Place/Gas Street areas. On the cycleway from St Vincent Street to Factory Junction take care on the unimproved sections as there may be potholes and uneven surfaces.
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Soho Loop		3.2 kms	Take care - do not speed. Heavily used by anglers.
Dudley Port Junction	Windmill End	2.7 kms	Dismount through Netherton Tunnel.
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<b>Birmingham &amp; Fazeley Canal</b>			
Farmers Bridge Junction	Minworth bottom lock	13.7kms	Take care, there are many blind corners and bridges with low headroom. Take special care and ride slowly on lock flights especially Farmers Bridge, which is heavily used by pedestrians, joggers In busy periods dismount at lock flights.
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Digbeth Branch (Ashted Locks)		3.2 kms	Take care on lock flight, several bridges have low headroom. Dismount through Ashted and Curzon on street tunnels
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<b>Grand Union Canal</b>			
Camp Hill Bordesley Junction		1.6 kms.	Take care and slow down on lock flights, some bridges have low headroom.
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Saltley			Take care & slow down on lock flights, some bridges have Low headroom.
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<b>Birmingham &amp; Warwick Junction Canal</b>			
		2.2 kms	Take care down lock flight uneven towpath in some places.
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<b>Dudley Canals</b>			
Windmill End Junction	Delph	10.6 kms	Do not speed as path steepens down lockflight. Extra care must be taken as the stretch is very popular with joggers and walkers.
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Windmill End Junction	Hawne Basin	5.0 kms	Take extra care, uneven towpath surface.
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<b>Stourbridge Canal</b>			
Stourbridge Junction	Wordsley Junction	2.2 kms	Do not speed down lock flight. Waterway wall in poor condition in places
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Stourbridge Arm		2.8 kms	Extra care required as grass towpath may be rutted.
Delph	Leys Junction	3.2 kms	Extra care required as grass towpath may be rutted.
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<b>Tame Valley Canal</b>			
Salford Junction	Rushall Junction	7.8 kms	Take care on lock flight, it can be busy with anglers & dog walkers. Much towpath has not been improved so can be narrow & rutted in places. Take care in wet weather.
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Rushall Junction	Doe Bank	6.2 kms	
Rushall	Ocker Hill		Much of the towpath is uneven and unimproved, take Care in wet weather, beware of anglers and narrow sections Of towpath.

From	To	Approx distance	Comments
<b>Rushall Canal</b>			
Longwood Junction	Rushall Junction	8.7 kms	Take extra care - path narrows in places. Dismount on approaches to locks and under arch bridges. Slow down/ dismount by Anglers.
<b>Walsall Canal</b>			
Ryders Green Junction	Birchills Junction	17.2 kms	Do not speed - grass path surface may be rutted. Take care down lock flights.
Ryders Green Locks	Pudding Lane		Towpath can be very uneven so take down on care. Slow lock flight and beware of low headroom.
Ridgacre Branch		2.1 kms	Poor surface, unfit for cycling.
<b>Wyrley &amp; Essington Canal</b>			
Horseley Fields Junction	Catshill Junction	25.6 kms	Extra care required as the grass towpath may be both slippery if wet and rutted in places. Very popular with anglers and pedestrians. Do not speed.
Cannock Extension		2.4 kms	Take extra care, some narrow areas, also popular with walkers.
Anglesey Branch		2.5 kms	Take extra care - some narrow areas. Also popular with walkers.
<b>Daw End Branch</b>			
Catshill Junction	Longwood Junction	5.0 kms	Take extra care - path narrow in places. Dismount on approaches and under arch bridges. Slown down/dismount by anglers.
<b>Birmingham Main Line (Wolverhampton level)</b>			
Aldersley Junction Lock	Wolverhampton Top		Take care down lock flight. Do not speed.
Factory Junction	Smethwick Junction		Take care on lock flights, path can be uneven and rutted. Take extra care in wet weather.
Bradley Arm			Extra care necessary as grass path may be rutted.
<b>Titford Canal</b>			
			Take care on lock flight. Take extra care as the grass towpath may be rutted, uneven and slippery on lock flight and around pools. Do not speed.
<b>Gower Branch</b>			
			Very slow down lock flight, very low headroom. Recommend dismounting on bridge flight. Grass towpath may be rutted and uneven.

# Towpaths open to cyclists

## Ashby Canal

**Birmingham & Fazeley** (*Minworth to Fazeley*)

**Coventry Canal**

**Oxford Canal** (*Hawkesbury to Bridge 9*)

**Trent & Mersey** (*Colwich to Derwent Mouth*)

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx distance	Comments
<b>Ashby Canal</b>			
Marston Junction	Bridge 5	3.8 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 5	Bridge 6	1.63 kms	Unsuitable - no towpath
Bridge 6	Bridge 15	3.8 kms	
Hinckley (Bridge 15)	Bridge 18	2.3 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 18	Bridge 19	0.3 kms	
Bridge 19	Bridge 22	2 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 22	Bridge 23	0.6 kms	
Bridge 23	Bridge 24	0.3 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 24	Stoke Golding (Bridge 26)	0.5 kms	
Bridge 26	Shenton (Bridge 35)	7.4 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 35	Bridge 46	6.7 kms	
Bridge 46	Congerstone (Bridge 49)	1.3 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 49	Bridge 50	0.4 kms	
Bridge 50	Bridge 52	0.4 kms	Narrow and uneven - take extra care. If in doubt, dismount
Shackerstone (Bridge 52)	Terminus	6.4 kms	
<b>Birmingham &amp; Fazeley Canal</b>			
Caters Bridge	Cottage Lane Bridge	0.8 kms	Narrow and uneven - take extra care. If in doubt, dismount
Cottage Lane Bridge	Wigginshill Road Bridge	1.2 kms	
Wigginshill Road Bridge	Baylis Road	1.7 kms	Narrow and uneven - take extra care. If in doubt, dismount
Baylis Road	Drayton Swing Bridge	8.5 kms	
Drayton Swing Bridge	Tolsons Footbridge	1 km	Narrow and uneven - take extra care. If in doubt, dismount
Tolsons Footbridge	Fazeley Junction	0.5 kms	
<b>Coventry Canal</b>			
Drapers Field Bridge (Br 1)	Bridge 5	3.7 kms	
Bridge 5	Bridge 6	1 km	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 6	Bedworth (Bridge 13)	6.5 kms	
Bridge 13	Bridge 14	1.1 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 14	Marston Bridge (Bridge 15)	1.6 kms	
Marston Bridge	Bridge 39	13.4 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 39	Bridge 41	0.3 kms	

From	To	Approx distance	Comments
Bridge 41	Polesworth (Bridge 52)	4.2 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 52	Alvecote Bridge (Br 59)	3.3 kms	
Bridge 59	Fazeley (Bridge 76)	5.6 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 76	Sutton Road Bridge	1.7 kms	
Sutton Road Bridge	Dixons Bridge	1.7 kms	Narrow and uneven - take extra care. If in doubt, dismount
Dixons Bridge	Hopwas Wood Bridge	1.3 kms	
Hopwas Wood Bridge	Hademore House Bridge	2.9 kms	Narrow and uneven - take extra care. If in doubt, dismount
Hademore House Bridge	Whittington Brook	1.2 kms	
Whittington Brook	Bowmans Bridge (Br 82)	2.1 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 82	Bridge 83	0.4 kms	
Bridge 83	Bearshay Bridge (Br 87)	2.4 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 87	Fradley Junction	4.2 kms	

### North Oxford Canal

Hawkesbury Junction	Bridge 9	3 kms	
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### Trent & Mersey Canal

Derwent Mouth	Weston upon Trent (Br 11)	8.3kms	
Bridge 11	Bridge 13	2.2 kms	<b>No cycling permitted</b> - towpath unsuitable
Cuttle Bridge (Bridge 13)	Swarkestone (Bridge 14)	0.2 kms	Part of Derby to Melbourne cycle route
Bridge 14	Bridge 16	2 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 16	Egginton (Bridge 26)	9.9 kms	
Bridge 26	Bridge 30	2.3 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 30	Barton-under-Needwood (Bridge 38)	10 kms	
Bridge 38	Alrewas (Bridge 46)	4.5 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 46	Handsacre (Bridge 59)	11.2 kms	
Bridge 59	Armitage (Bridge 60)	0.8 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 60	Rugeley (Bridge 65)	3.7 kms	
Bridge 65	Bridge 66	0.7 kms	Narrow and uneven - take extra care. If in doubt, dismount
Bridge 66	Colwich Lock	5.9 kms	



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# Towpaths open to cyclists

## Shropshire Union Canal *(Audlem to Atherley)*

### Staffs & Worcs Canal

## Trent & Mersey Canal *(Trentham to Colwich)*

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx distance	Comments
<b>Shropshire Union Canal</b>			
Atherley B1	Audlem B79	54.0 kms	Generally good quality towpath, but take extra care through Turley cutting.
<b>Staffordshire &amp; Worcestershire Canal</b>			
Gt Haywood	Gailey	20.5 kms	Good quality towpath but narrow in places
Gailey	Atherley Junction	11.8kms	Good quality towpath with natural surface
Atherley Junction	Dimmingsdale (Br 53)	9.0 kms	Good quality path, popular with pedestrians - do not speed.
Dimmingsdale (Br 53)	Greensforge (Br 37)	8.9 kms	Good quality towpath
Greensforge (Br 37)	Stewponney (Br 32)	5.0 kms	Take extra care - popular with other users
Stewponney (Br 32)	Stourport York St (Br 4)	19.4 kms	Towpath narrow and poor in places
<b>Trent &amp; Mersey Canal</b>			
Trentham Lock	Colwich Lock	25.0 kms	Extra care necessary, towpath is very narrow.



**British  
Waterways**

British Waterways  
The Wharf  
Govilon  
Abergavenny  
Gwent  
NP7 9NY  
Tel: 01873 830328

## Towpaths open to cyclists

### **Bridgwater & Taunton Canal Monmouthshire & Brecon Canal Swansea Canal**

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

<b>From</b>	<b>To</b>	<b>Approx distance</b>	<b>Comments</b>
<b>Bridgwater &amp; Taunton</b>			
Bridgwater	Taunton	26.4kms	Generally good path throughout. Be prepared to lift bike through gaps in gates. Particularly popular with walkers and anglers - remember to give way at all times.
<b>Monmouthshire &amp; Brecon Canal</b>			
Brecon	Brynich Lock	4kms	Cycling is permitted on the towpath
<b>Swansea Canal</b>			
Cyldach	Ynysmeadwy	11.3kms	Cycling permitted, but popular with walkers, so take extra care

# NORTH WEST



Red Bull Wharf  
Congleton Road South  
Church Lawton  
Stoke on Trent  
ST7 3AP  
Tel: 01782 785703

## Towpaths open to cyclists

[enquiries.p&p@britishwaterways.co.uk](mailto:enquiries.p&p@britishwaterways.co.uk)

### Peak & Potteries Waterway

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx. distance	Comments
<b>Macclesfield Canal</b>			
Bosley Flight	Bosley Flight	1.7 kms	Take extra care alongside lock flight. Do not speed.
<b>Peak Forest Canal</b>			
Marple Flight	Marple Flight	1.7 kms	Take extra care - this section is popular with walkers. Dismount along narrow stretches.
<b>Trent &amp; Mersey Canal</b>			
Trentham Lock	Harecastle Tunnel South	12 kms	Take extra care - this section is popular with walkers. Do not speed. Dismount along narrow stretches.
Harecastle Tunnel North	Preston Brook Tunnel	49 kms	Take extra care - towpath is narrow. Do not speed. Dismount when encountering other users.



British Waterways  
Border Counties Waterway Office  
Wharfside  
Tower Wharf  
Chester  
CH1 4EZ  
Tel: 01244 390372

## Towpaths open to cyclists

### Border Counties Waterways

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx. distance	Comments
<b>Llangollen</b>			
Ellesmere (Br 58)	Platt Lane (Br 44)	12 kms	
Tilstock Park (Br 42)	Wrenbury (Br 20)	13 kms	
Hurleston (Br 1)	Swanley (Br 8)	5 kms	
Irish Bridge (Br 27)	Llangollen (Br 45)	9 kms	No cycling permitted on the Pontcysyllte Aqueduct
<b>Montgomery</b>			
Lockgate (Br 70)	Queens Head (Br 76)	6 kms	
<b>Shropshire Union</b>			
Chester (Br 115)	Chester Zoo (Br 131)	14 kms	
Stoak (Br 136)	Ellesmere Port	5 kms	
<b>Weaver Navigation</b>			
Acton Bridge	Dutton Locks	2 kms	





# Towpaths open to cyclists

British Waterways  
Middle Warehouse  
Castle quay  
Manchester  
M15 4NJ  
Tel 0161 819 5847  
Fax 0161 819 5852

## South Pennine Ring

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx distance	Comments
<b>Ashton Canal</b>			
Ducie Street Basin	Portland Basin	11.1 kms	Take extra care - this stretch is popular with other users
<hr/>			
<b>Rochdale Canal</b>			Please refer to local office
<hr/>			
<b>Huddersfield Narrow Canal</b>			<b>No cycling allowed</b>
<hr/>			
<b>Manchester, Bolton and Bury Canal</b>			Please refer to local office
<hr/>			



(Liverpool to Leeds)

British Waterways

Lowerhouse Lane

Rosegrove

Burnley

Lancs

BB12 6HU

Tel: 01282 456978

# Towpaths Open to cyclists

## Leeds & Liverpool Canal

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx distance	Comments
<b>Leeds &amp; Liverpool Canal</b>			
Eldonian Village	Stanley Road (Br 2A)	4.4 kms	From the Eldonian Village the path runs around the lock flight (Take extra care around lock flight). At Stanley Road, stop and dismount as towpath crosses over canal.
Stanley Road (Br 2A)	Litherland Road (Br 2J)	2.4 kms	The path runs up to Litherland. Dismount and leave towpath left of road over bridge coming from Liverpool. Take care when leaving towpath.
Maghull Hall Lane (Br 12)	Methodist Swing (Br 15)	1.7 kms	A largely residential area, popular with locals – do not speed and dismount at all bridges.
Burscough (Br 32A)	Springs (Br 59A)	21.8 kms	From Springs Bridge (B5238) the path goes down the Wigan flight, through the Douglas valley, exiting at Burscough. Take care during City Challenge works which is ongoing until 2002.
Springs (Br 59a)	Red Rock (Br 63)	3.5 kms	Rural area passing through Haigh Country park and a towpath side mooring at Red Rock. Dismount when approaching stone arch bridges.
Barracks (Br 75)	Botany (Br 78A)	2.8 kms	This length skirts around the edge of Chorley. Dismount when approaching stone arched bridges.
Hollin Bank (Br 98)	Whitebirk Bridge (Br104B)	4.7 kms	Well-used towpath through Blackburn. Be aware of other users. Dismount at bridges and through Blackburn locks.
Side Beet (Br 106)	New Barn (Br 109)	3 kms	Semi-rural length passing through Rishton. Dismount at bridges and be aware of other users.
Clough Bank (Br 117)	Altham (Br 118)	0.75 kms	Rural stretch with wide bank. Dismount at bridges.
Gannow Tunnel–East Portal kms	Godley (Br 103H)	4.5	Passes through Burnley town centre, which is a busy stretch of towpath. Dismount at bridges and be aware of other users.
Lodge (Br 134)	Hawks House (Br 136)	1 kms	Semi-rural area, on outskirts of Burnley. Wide bank.

From	To	Approx distance	Comments
Swinden Changeline (Br 142)	Blakey (Br 144)	1.2 kms	Starts and finishes either side of Barrowford locks – a popular stretch of canal. Some of this length is used by vehicles and extra care should be taken. Be aware of other users and dismount at bridges.
Bank Newton (Br 165)	Gargrave (Br 172A)	4.3 kms	Take extra care along lock flight - be aware of lock users. Dismount when approaching all stone arch bridges. Do not speed.
Riddlesden (Br 196)	Bingley (Br 200)	4.9 kms	A largely residential area popular amongst local people - do not speed - dismount under all stone arch bridges.
Bingley (Br 203)	Saltaire (Br 207A)	3.0 kms	Take extra care - a stretch regularly used by many walkers. Dismount under all stone arch bridges.
ShIPLEY (Br 210)	Apperley Bridge (Br 214)	5.1 kms	Take extra care - dismount under all stone arch bridges.
Newlay Bridge (Br 221)	Office Lock	7.3 kms	Take extra care - dismount under all stone arch bridges - do not speed.

Barriers exist across the towpath at various locations to prevent use by motorcycles and cars. Cyclists sometimes have to lift their cycles over these barriers.



British Waterways  
Aldcliffe Road  
Lancaster  
LA1 1SU  
Tel: 01524 32712

## Towpaths open to cyclists

The following schedule shows which lengths of towpath are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

### Lancaster Canal

From	To	Approx distance	Comments
<b>Lancaster Canal</b>			
Preston Terminus	Cottam Hall (Br 17)	3.1 kms	You can join the path at Ashton Basin Terminus, Tulketh Brow or the access ramp in Haslam Park. Exit at Cottam Hall Bridge
Haverbreaks, Lancaster (Br 95)	Beaumont Turnpike (Br 110)	4.8 kms	Join the path from the A6 Beaumont Bridge right through the City Centre. Exit below Haverbreaks Bridge.
Nu-Way Acorn Carnforth	Hodgson's (Br 129)	.9 kms	From Nu-Way Acorn Marina, A6 Carnforth go north to Hodgesons Bridge avoiding the town centre.

# NORTH EAST



British Waterways  
Sawley Marina  
Sawley  
Nottinghamshire  
NG10 2AE  
Tel: 0115 973 4278

## Towpaths open to cyclists

### Grand Union Canal (North) River Soar, Grantham Canal, Nottingham & Beeston Canal, Erewash Canal

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx distance	Comments
<b>Grand Union Canal (Leicester Section)</b>			
Foxton (Br 63)	Debdale Wharf (Br 65)	1.7 kms	Take extra care - towpath is well surfaced but narrow.
Blue Banks (Br 102)	West Bridge, Leicester	8.3 kms	Take extra care - do not speed.
<b>Market Harborough Arm</b>			
Market Harborough	Foxton Basin (Br	6.8 kms	Dismount when going under bridges.
<b>River Soar</b>			
West Bridge, Leicester	Hope & Anchor Bridge	9.9 kms	Take extra care - uneven grass towpath.
Mill Lane Bridge	Barrow Deep Lock	0.6 kms	Well surfaced towpath.
Miller's Bridge, Zouch	Zouch Road Bridge	4.5 kms	Take extra care - subject to flooding in winter.
Zouch Road Bridge	Redhill Lock	10.3 kms	Be prepared to lift bikes over fences. Path subject to flooding in winter.
<b>Grantham Canal</b>			
A52 West Bridgford	Harby	25.36 kms	Well surfaced – local council maintained
Harby	Woolsthorpe Top Lock	16.58 kms	Rough grass to tow-path, suitable in summer only
Woolsthorpe Top Lock	A1 Grantham	16.58 kms	Well surfaced – local council maintained
<b>Nottingham &amp; Beeston Canal</b>			
Shardlow	Sawley Flood Lock	3.3 kms	Take extra care - the grass towpath may be uneven.
Beeston Turnover Bridge	Thane Road Bridge	1 km	Take extra care - towpath varies in width and surface quality.
<b>Erewash Canal</b>			
Hallam Fields Lock	Dock Holme Lock	4.9 kms	
Dockholme Lock	Derby Road Bridge	1.6 kms	Well surfaced - local Council maintained
Derby Road Bridge	Sheet Stores Flood Gates	2.1 kms	



**British  
Waterways**

British Waterways  
The Kiln  
Mather Lane  
Newark  
Notts  
NG24 1FB  
Tel: 01636 704481

# Towpaths open to cyclists

## East Midlands Navigations

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx distance	Comments
<b>Chesterfield Canal</b>			
Shireoaks	Bracebridge	4.6 kms	Please note that there are plans to create towpath conditions suitable for cycling between Kiverton and Retford, though some parts of the route may be off the towpath.



British Waterways  
Doncaster Wharf  
Greyfriars Road  
Doncaster  
South Yorkshire  
DN1 1QN  
Tel: 01302 340610

# Towpaths open to cyclists

## Sheffield & South Yorkshire Navigation

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx distance	Comments
<b>Sheffield &amp; South Yorkshire Navigation</b>			
Sheffield Basin	Rotherham Lock	13 kms	Take extra care - popular with other users - do not speed
Mexborough	Sprotborough	7 kms	
Kirk Sandall, Doncaster	Bramwith	3.5 kms	Take extra care - popular with anglers, narrow in places
<b>New Junction Canal</b>			
Bramwith	Went End	8.5 kms	
<b>Stainforth &amp; Keadby</b>			
Keadby	Bramwith	24.5 kms	Take extra care - do not speed.



# Towpaths open to cyclists

## Aire & Calder and North Yorkshire Navigations

### Aire and Calder

British Waterways  
Lock Lane  
Castleford  
West Yorkshire  
WF10 2LH  
Tel: 01977 554351

### North Yorkshire

British Waterways  
Naburn Lock  
Naburn  
York  
North Yorkshire  
YO1 4RU  
Tel: 01904 728229

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx distance	Comments
<b>North Yorkshire Navigations(Selby Canal)</b>			
Selby Lock	Selby Swing Bridge	0.1 km	Extra care is necessary as motor vehicles also have access to this short stretch of path.
<b>Aire and Calder Navigations</b>			
Bulholme	Castleford	1 km	Extra care required, dismount as towpath narrows under the bridge
Lemonroyd	Leeds	12 kms	Wide towpath suitable for cycling. Dismount under all bridges. Part of Trans-Pennine Trail
Woodnook	Birkwood	2.4 kms	Take extra care - risk of pot holes
Birkwood	Stanley Ferry Road Bridge	1 km	Take extra care - path can be narrow in places. Grass surface is muddy at times and there may be overhanging trees.
Stanley Ferry Road Bridge	Broadreach	2 kms	Take extra care - there may be pot holes in the towpath. Dismount under Harrison's Bridge.
<b>Huddersfield Broad Canal</b>			
Huddersfield Lock 1	Aspley Basin	6.1 kms	Towpath can be muddy, with a risk of pot holes. Dismount under all bridges. and watch out for overhanging trees.
<b>Calder &amp; Hebble Navigation</b>			No stretches open to cyclists on this waterway



# SCOTLAND



British Waterways  
Station Road  
Broxburn  
West Lothian  
EH52 5PG  
Tel: 01506 852578

## Towpaths open to cyclists

### Union Canal

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx distance	Comments
<b>Union Canal</b>			
Lochrin Basin	Dumbryden Pipes	5.2kms	Path only 1.5m wide, uneven and potholed surface. Dismount at all road crossings and bridges. Path crosses Slateford Aqueduct, dismount whilst crossing aqueduct.
Dumbryden Pipes	Sighthill Pipes	1km	Piped section of canal no tow path available for cycling.
Sighthill Pipes	Ratho Bridge No15	5.9kms	Path only 1m wide, uneven and potholed surface, can also be wet and muddy in areas, take extra care. Dismount at all road crossings and bridges.
Ratho Bridge No15	Muirend Bridge No20	4.5kms	Path only 1m wide, uneven and potholed surface, can be wet and muddy in areas, take extra care. Path crosses Almond Aqueduct, dismount. Dismount at all road crossings and bridges. Leave towpath at bridge 20 and rejoin towpath at bridge 23 Drumshoreland. Towpath unpassable between bridges 20 and 23 due to M23 motorway.
Drumshoreland Bridge No23	Philipston Aqueduct Bridge No 12	10.2kms	Path only 1m wide, surface can be uneven and potholed. Dismount at all road crossings and bridges.
Philipston Aqueduct Bridge No12	Preston Road Bridge No 45	5.7kms	Path only 1m wide, surface is uneven and potholed, can also be wet and muddy in areas, take extra care. Dismount at all road crossings and bridges.
Preston Road Bridge No 45	A801 Culverts	5.9kms	Path only 1m wide, can be uneven and potholed. Path crosses Avon Aqueduct, dismount. Dismount at all road crossings and bridges. Do not attempt to cross A801, towpath discontinued.
A801 Culverts	Redding Bridge No56	3.7kms	Path only 1m wide, surface is uneven and potholed, path can also be wet and muddy in areas. Dismount at all road crossings and bridges, Take extra care.
Redding Bridge No 56	Greenbank	5.8kms	Path only 1m wide, surface is uneven and potholed. Path runs through the Falkirk Tunnel length 695m, dismount. Dismount at all road crossings and bridges.

# Towpaths open to cyclists

## Forth & Clyde Canal

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From Approx distance	To		Comments
<b>Forth and Clyde Canal</b>			
Bowling	Dalmuir Culverts	4.7 kms	Dismount at road crossings and blind bends. Path potholed in areas, take extra care.
Dalmuir Culverts	Duntreath Avenue	4.4 kms	Dismount at road crossings and blind bends. Path can be uneven and potholed, take extra care.
Duntreath Avenue	Lock 27	4.5 kms	Dismount at road crossings and blind bends. Crossing of dual carriageway required at Great Western Road, cross road at first available pedestrian crossing and rejoin on other side. Path is uneven and potholed, take extra care.
Lock 27	Lambhill Bridge	6.3 kms	Dismount at road crossings and blind bends. Path can be uneven and potholed. At canal junction leave towpath via access ramp, go under canal aqueduct (take extra care single lane traffic under aqueduct) rejoin towpath on opposite side via access ramp.
Lambhill Bridge	Balmuildy Bridge	3.5 kms	Uneven surface and width, path potholed and muddy in areas. Dismount at road crossings.
Balmuildy Bridge kms	Lock 16	25.2	Path narrow at Twechar, take extra care. Dismount at road crossings and blind bends. Path potholed and has uneven surface.
Lock 16	Lock 4	3.5 kms	This stretch of towpath is unsuitable for cycling.
Port Dundas	Stockingfield Junction	3.9 kms	Dismount at road crossings and blind bends. Path has uneven surface and can be potholed.



**British  
Waterways**

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PA30 8DZ  
Tel: 01546 603210

# Towpaths open to cyclists

## Crinan Canal

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From Approx distance	To		Comments
<b>Crinan Canal</b>			
Loch 4 Ardrishaig (Working side)	Oakfield Bridge	3.0 kms	
Oakfield Br Lochgilphead (towpath)	Lock 5 Cairnbaan	4.2 kms	Take extra care - towpath may be rutted and muddy if wet.
Lock 5 Cairnbaan towpath	Lock 11 Dunardy	1.7 kms	
Lock 11 Dunardy towpath	Crinan Bridge	3.5 kms	Take extra care - towpath may be muddy if wet. Narrow 500 metres east of Bellanoch bridge.
Crinan Bridge	Crinan Sea Locks	1.5 kms	



British Waterways  
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Seaport Marina  
Muirtown Basin  
Inverness  
IV3 5LS  
Tel: 01463 233140

# Towpaths open to cyclists

## Caledonian Canal

The following schedule shows which lengths of towing path are open to cyclists. Please cycle with great care and courtesy to others, observing the Waterways Code for Cyclists. You must display a valid British Waterways permit on your cycle at all times.

From	To	Approx distance	Comments
<b>Caledonian Canal</b>			
Corpach Sea Lock South	Banavie Bottom Lock South	1.8 kms	Take extra care - risk of pot holes.
Banavie Bottom Lock South	Gairlochy Road Bridge	10.1 kms	Take extra care - risk of pot holes,. No cycling alongside lock flights.
Aberchalder Bridge North	Fort Augustus Flight	7.5 kms	Take extra care - risk of pot holes. No cycling alongside lock flights.
Dochgarroch Lock South	Muirtown Flight Bottom South	7.9 kms	Take extra care - risk of pot holes. No cycling alongside lock flights.
Tomnahurich Bridge	Muirtown Flight Bottom North	2.2 kms	Take extra care - risk of pot holes.