

PMBA Routes Starting from Futures Park

Please note the GPS plot through Lee & Cragg Quarries is a very rough estimation.

Name	Length		Ascent		Time	
	miles	Km	Ft	m	Low	High
1 Rossendale NE Loop	17.6	28.3	2366	721	02:00	02:45
Black						
Lee & Cragg to MTL, cross Deerplay Moor to Sharney Ford, back to Bacup.						
2 Rossendale NW Loop	18.2	29.3	1941	592	02:00	02:45
Brown						
MTL North to Crown Point, across Crown Point to Hambledon Hill. Return down Kingshighway, past the panopticon and behind Ski slope.						
3 Rossendale NE Loop 2	34.1	54.9	4903	1494	04:00	05:30
Pink						
Rooley Moor Road, MTL, down to Tod, up past Tod golf course, Long Causeway MTL home.						
4 Rossendale SW Loop	22.9	36.9	3013	918	02:30	03:30
Orange						
Rooley Moor Road, across Greenbooth Res, Bamford Road to Edebfield, along Holcombe Moor to Helmshore, above Ski slope back to Bacup.						
5 Rossendale N Loop	25.1	40.4	3171	967	02:45	04:00
Blue						
Lee & Cragg to Rawtenstall, above ski slope to Kings Highway, across Hambledon Hill to Crown Point, over Deerplay Moor to Sharneyford and back to Bacup.						
6 Rossendale N Loop 2	22.6	36.4	3465	1056	02:45	03:45
Plum						
Up to Sharneyford, down to Portsmouth, up to the Long Causeway and back via the MTL to Cragg & Lee Quarries.						
7 MTL NW	32.5	52.3	4342	1323	03:45	05:15
Red						
Up to Sharneyford, down Flower Scar Road, down Tower Causeway then above Todmorden to Long Causeway. Dukes Cut to MTL and back to Bacup.						
8 Rossendale SE Loop	16.4	26.4	2115	645	02:00	02:30
Green						
Up to Sharneyford, across to Limers Gate, below Hades & Brown Wardle to MTL @ Lobden golf club. MTL via Rooley Moor Road home.						
9 MTL S	23.2	37.3	3651	1113	02:45	03:45
Yellow						
Up to Sharneyford, across to Limers Gate, to trig point and down to Walsden. Pick up MTL back to Lee Quarry.						