

If you are arriving by train, exit the station past the taxi rank, turn right onto Fishergate, and walk into the city past the Fishergate Shopping Centre until you reach Chapel Street on your right. Turn down Chapel Street and walk along the western side of Winckley Square (a lovely Georgian feature of the city) past the Olive Press and Chop House restaurant. The Ribblesdale Place entrance to the park is about 50m further on, and takes you on to Avenham Park.

If you are driving to the parks, follow the signs to the Avenham Car Park ② and from there it's a short walk to the park. Alternatively, follow the signs to Preston Railway Station, continue down Fishergate and turn left onto South Meadow Lane. Follow the road to the end at Riverside. The park entrance is at the end of the road by the railway bridge. Alternative parking is available at the Fishergate Shopping Centre ② and the Bus Station Car Park ③.

Cyclists are well catered for as Sustrans national cycle route 6 and route 55 pass through the Park creating links from Preston to Bamber Bridge, Chorley, Blackburn and up to Lancaster, Morecambe and the Lake District. The Ribble Way national trail also passes along the river through Avenham and Miller Parks.