

Ride the routes!



Cycle track

- Always keep to the left side of the track.
- Ring your bell when you approach pedestrians.
- Give way at side roads.



Cycle lane

- Watch out for vehicles turning into and out of side roads.
- THINK! about moving out of the cycle lane to get into a better position at junctions.

Advanced stop line for cyclists

- Wait behind the advanced stop line in the red cycle reservoir when signals are red.



Advisory cycle route

- Watch out for parked cars.

Did you know that cycling is...

... good for health?

Regular cycling can improve fitness. Cycling 20 miles per week reduces the risk of coronary heart disease. Regular cycling also improves lung capacity and helps protect against strokes, osteoporosis and cancer of the colon. It can also help with weight control. If you're considering doing more exercise, think bike!

... good for the environment?

Higher levels of cycling can help to reduce air and noise pollution and thereby improve your local environment. In fact, car occupants breathe in up to 3 times as much toxic pollution as cyclists on the same road. More cyclists means less congestion, so why not give the car a break and try cycling to work or school at least once a week?

... great fun?

Travel by bicycle in Shrewsbury can be quicker than by car. It's also a great way to get some fresh air, to explore the town, to enjoy the countryside and to meet people. Why not take friends and family on a cycle ride?

Information correct at time of going to print (November 2003).
This leaflet is supported by:

SHREWSBURY Cycle Route and Parking Guide



BE SAFE, BE SEEN!
PLEASE DON'T CYCLE ON THE PAVEMENT



Shrewsbury & Atcham
Borough Council



Shropshire
COUNTY COUNCIL

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Discover Shrewsbury by bike!

There are over 20 miles of cycle routes shown on the map inside and they're expanding every year!

Why not check out how to get to school or work by bike, or try doing a daily ride as part of your exercise routine.

Over 200 public spaces are provided for parking your bike in Shrewsbury, so that you can conveniently visit shops and leisure attractions.





This leaflet gives tips on how to cycle safely and how to use the different types of cycle route in Shrewsbury.

There's also a list of cycle shops.
(It's a good idea to get your bike checked on a regular basis).







Get into gear!






Before you start, THINK BIKE!

-  **Tyres** – are they pumped up?
-  **Chain** – is it well-oiled?
-  **Brakes** – are they working?
-  **Saddle height** – is it comfortable?

Don't forget...BE SAFE, BE SEEN!

-  Fluorescent/ reflective gear
-  Lights and reflectors
-  Helmet
-  Strong bike lock

Setting off... THINK! LOOK! IS IT SAFE?

-  **Moving vehicles** – look out for turning vehicles, particularly near driveways and side roads.
-  **Parked cars** – give them a wide berth. Watch out for doors opening.
-  **Pedestrians** – look out for people crossing the road or cycle track, ring your bell to warn them of your approach.
-  **Position on the road** – if possible, cycle approximately 1.0m away from the kerb.
-  **Highway Code** – always follow the highway code.

Who to contact...

Shropshire County Council

www.ShropshireOnline.gov.uk/travelwise.nsf

e-mail: transport@shropshire-cc.gov.uk

Cycling Development (01743) 253035

Road Safety (01743) 232475

Cycle route maintenance (01743) 253200

Cycle shops

see map

Cycling organisations

British Cycling Federation 0870 871 2000
www.bcf.uk.com

Cyclists' Touring Club (also local groups) 0870 8730060
www.ctc.org.uk

Sustrans 0845 113 0065
www.sustrans.org.uk

Public transport

Trains 08457 484950
www.nationalrail.co.uk

Traveline 0870 608 2 608

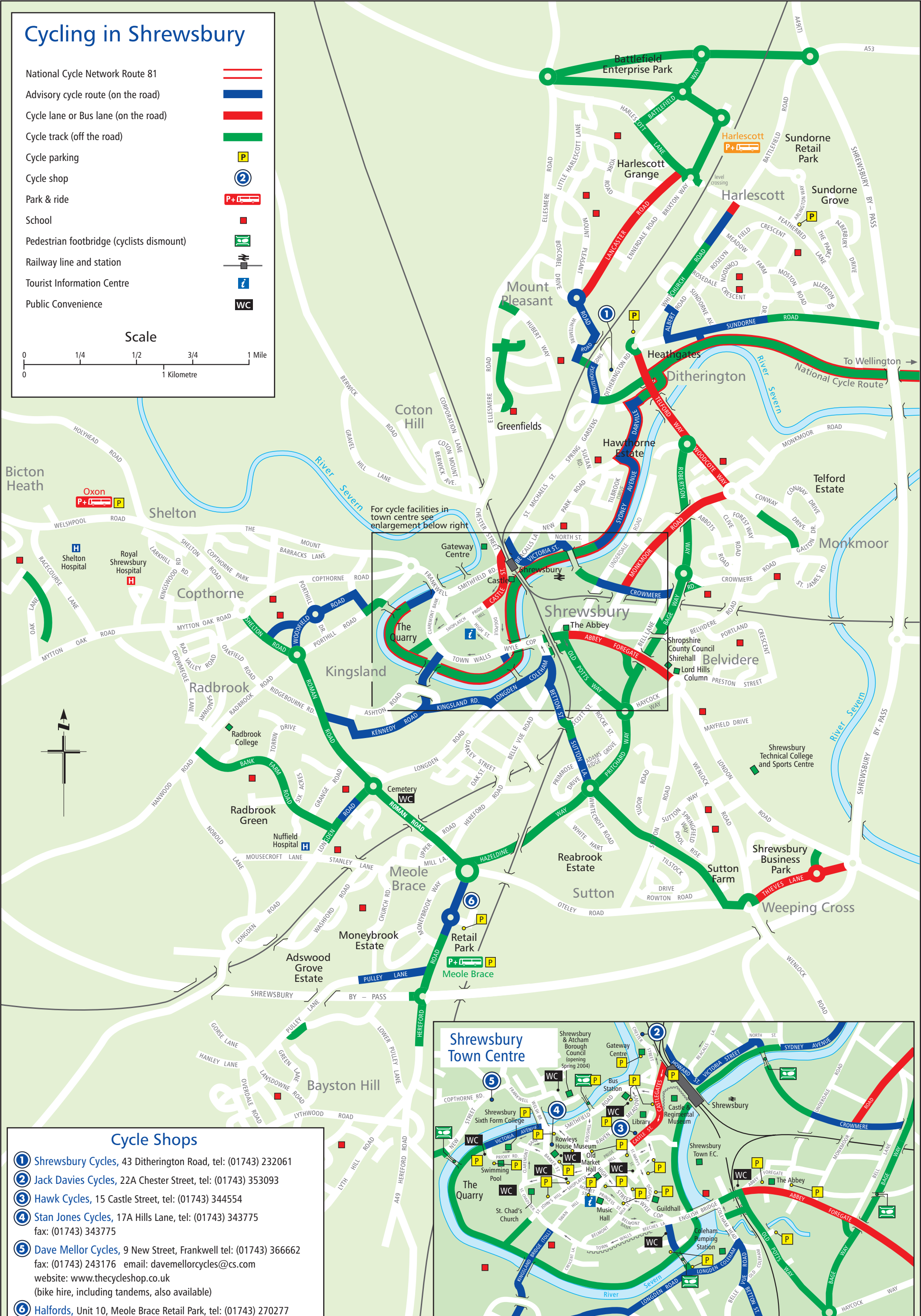
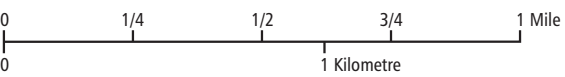
Tourist Information

Shrewsbury TIC (01743) 281200
www.shropshiretourism.info

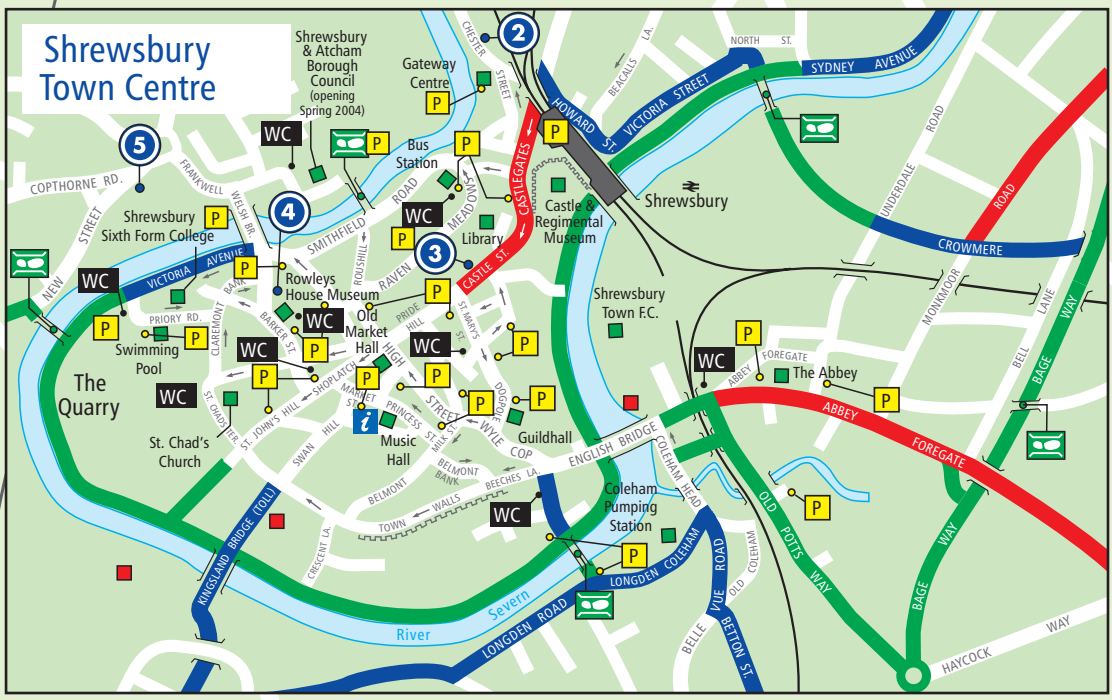
Cycling in Shrewsbury

- National Cycle Network Route 81 ▬▬▬
- Advisory cycle route (on the road) ▬▬▬
- Cycle lane or Bus lane (on the road) ▬▬▬
- Cycle track (off the road) ▬▬▬
- Cycle parking P
- Cycle shop 2
- Park & ride P+
- School ■
- Pedestrian footbridge (cyclists dismount) ■
- Railway line and station
- Tourist Information Centre i
- Public Convenience WC

Scale



For cycle facilities in town centre see enlargement below right



Cycle Shops

- 1 Shrewsbury Cycles, 43 Ditherington Road, tel: (01743) 232061
- 2 Jack Davies Cycles, 22A Chester Street, tel: (01743) 353093
- 3 Hawk Cycles, 15 Castle Street, tel: (01743) 344554
- 4 Stan Jones Cycles, 17A Hills Lane, tel: (01743) 343775
fax: (01743) 343775
- 5 Dave Mellor Cycles, 9 New Street, Frankwell tel: (01743) 366662
fax: (01743) 243176 email: dave mellor cycles@cs.com
website: www.thecycleshop.co.uk
(bike hire, including tandems, also available)
- 6 Halfords, Unit 10, Meole Brace Retail Park, tel: (01743) 270277