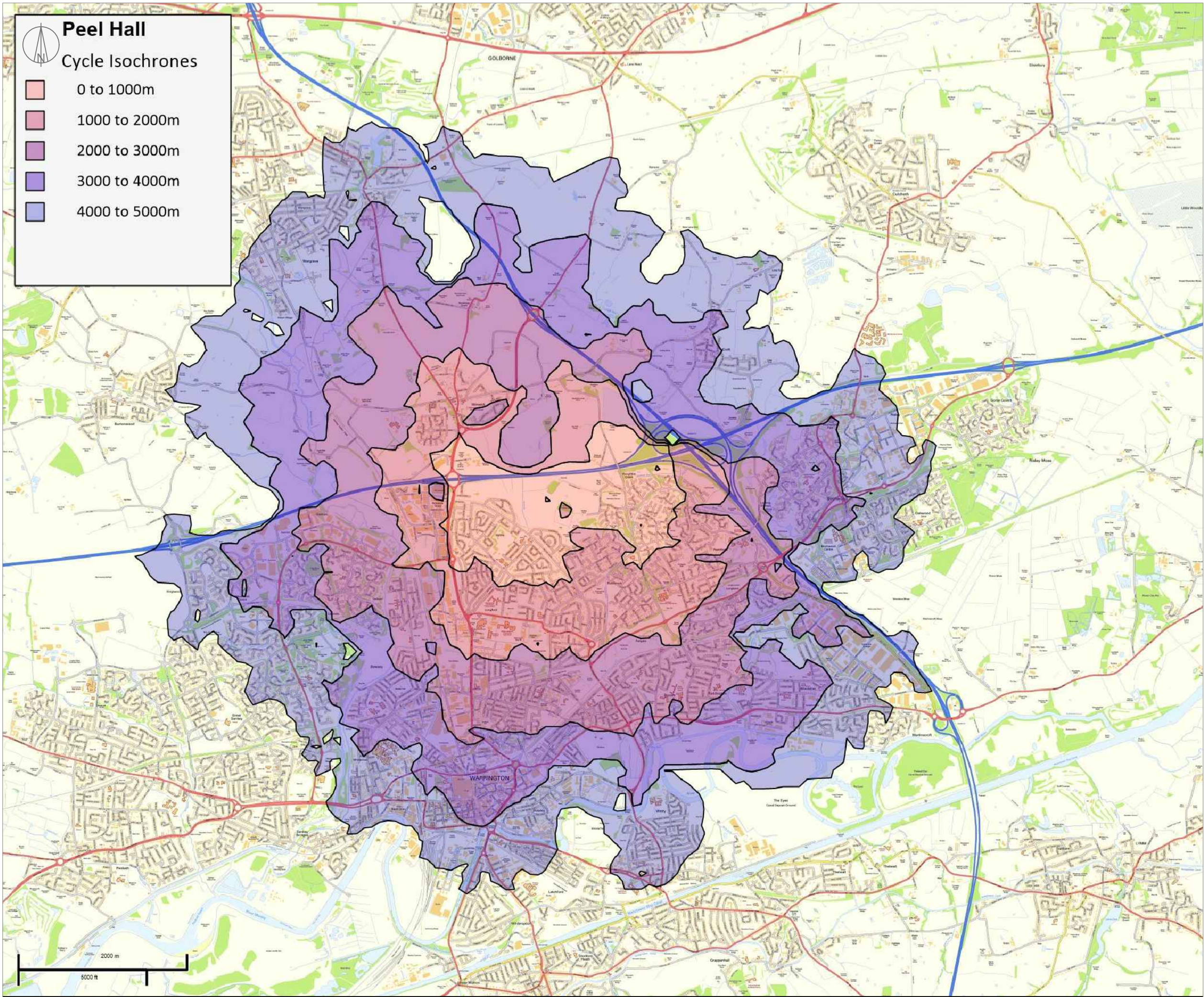


Appendix 14

Cycle Isochrones Plan and WBC Cycle Route Plan



NOTES:

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ISSUE	REASON FOR REVISION	DATE
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PROJECT:

**PEEL HALL,
WARRINGTON**

CLIENT:

**SATNAM MILLENNIUM
LTD**

PROJECT REFERENCE:	DRAWING NUMBER:	SCALE:
1107	36	SCALE SHOWN

Highgate*Transportation*

www.highgatetransportation.co.uk

Box 13, 42 Triangle West
Park Street, Bristol BS8 1ES
07973 375 937 / 07595 892 217
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TITLE:

CYCLING ISOCHRONES

DATE:	DRAWN BY:	CHECKED:
30/06/16	FB	DT

WARRINGTON
Borough Council

Journal Pre-proof

The Warrington Cycle Map has been created to assist all cyclists with planning the best route for your journey.

The road network shown on the map is coded according to

route. If you are a beginner or haven't cycled for some time, you should build up your confidence and basic skills on the

As your cycling skills increase, so you can explore the green roads. When you are able to deal with heavier and faster

Pavement cycle paths, in particular, **still** require caution and low speed, especially at junctions. Wherever paths

as much room as possible. In all cases of shared and

Key

Gender	18-24	25-34	35-44	45-54
Male	25%	25%	25%	25%
Female	25%	25%	25%	25%
Both	25%	25%	25%	25%

Unsurfaced cycle paths

Shared-use cycle path

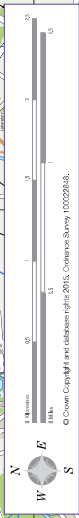
→ One way
↔ One way with contra flow

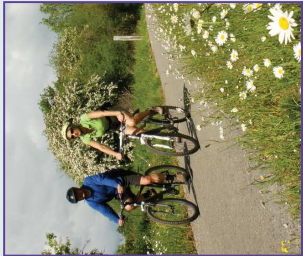
11th 32 62 National Cycle Network route number & Trans-Pennine Trail

S Schools

H Hospital **P** Cycle parking

Supermarket
Pedestrian crossing





Bike shops

There are various cycle shops across the town, most offer at least a partial maintenance service. They are:

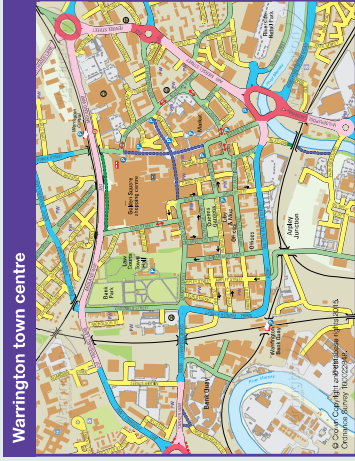
- 1 **Warrington Cycle Centre**
100 Eccles Road, Warrington, Warrington WA13 9PR
- 2 **Cyclehouse**
100 Eccles Road, Warrington, Warrington WA13 9PR
- 3 **Warrington Cycles**
100 Eccles Road, Warrington, Warrington WA13 9PR
- 4 **Warrington Cycles**
100 Eccles Road, Warrington, Warrington WA13 9PR
- 5 **Warrington Cycles**
100 Eccles Road, Warrington, Warrington WA13 9PR
- 6 **Warrington Cycles**
100 Eccles Road, Warrington, Warrington WA13 9PR
- 7 **Warrington Cycles**
100 Eccles Road, Warrington, Warrington WA13 9PR
- 8 **Warrington Cycles**
100 Eccles Road, Warrington, Warrington WA13 9PR
- 9 **Warrington Cycles**
100 Eccles Road, Warrington, Warrington WA13 9PR
- 10 **Warrington Cycles**
100 Eccles Road, Warrington, Warrington WA13 9PR



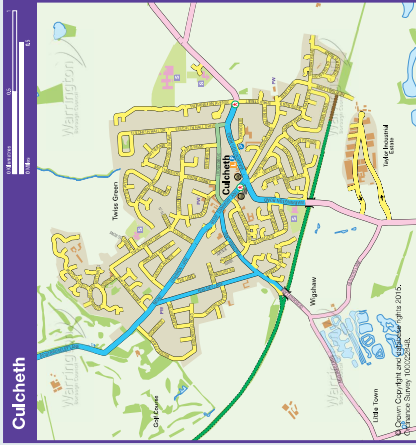
Burtonwood



Winwick



Warrington town centre



Culcheth



Cycling for health

People who cycle regularly not only enjoy the fitness levels of non cyclists ten years their junior but research has shown that they usually live many years longer than those who do not cycle. Cycling is the most effective way to increase longevity. Here are a few reasons why:

- 1 **Cycling is good for your heart**
Cycling is good for the type of exercise known as aerobic, meaning that it uses large muscles in a continuous and rhythmic manner producing beneficial effects on the heart and lungs. Cycling is a low impact exercise which is gentle on the joints. Regular cycling at a comfortable pace will make your heart stronger and your lungs more efficient.

Cycling is enjoyable
Remember as a child how long you would spend on your bike? Why? It's because it was great fun. Warrington has many cycle routes and paths. Cycling is a great way to enjoy the town and its surroundings in a safe environment and get some great exercise as well.

Weight control
Cycling on a regular basis will help to turn your body into a fat burning machine. The more often the body gets a cardiovascular workout, the more fat it burns. A 10-minute cycle to and from work five times a week will burn the equivalent of 1% stone in the above over the course of one year.

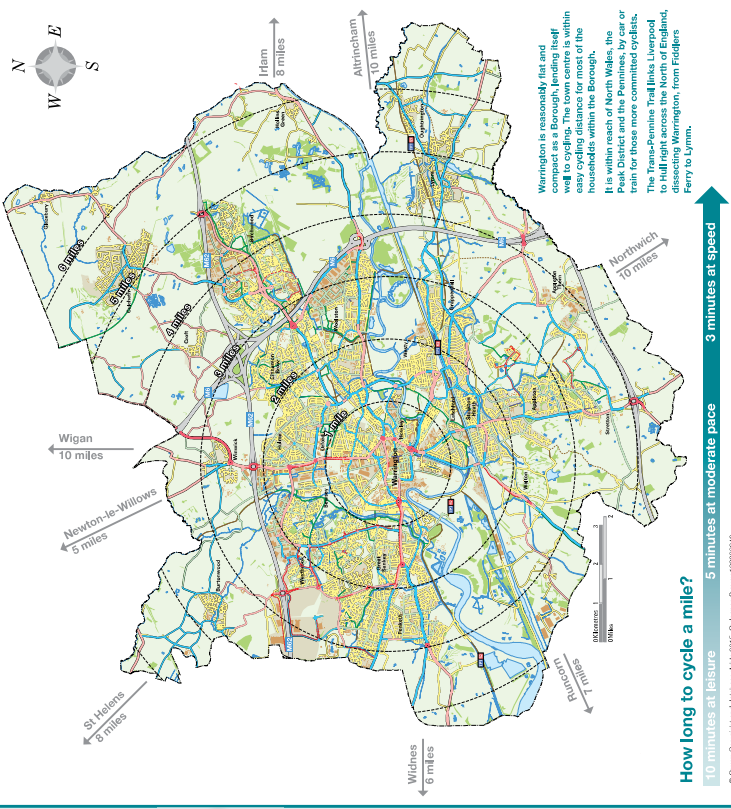


Cycling is no sweat
Ever been to a gym and sat on the bike pedalling away sweating in sweat? It isn't like that. When cycling, you can enjoy the scenery and the fresh air. This keeps you cooler. Ensure you choose an area that has few or no hills to keep the exertion at a comfortable pace for you and you will still be rewarded with all the benefits for your body.

Cycling will make you green
Cycling is a green mode of transport. If you can be cycling regularly, especially for those short journeys when you don't really need to take the car. Think about going to work on your bike a few times per week saving you money and the environment. Your wallet and the planet could be a thing of the past for you.

With all these things and more in mind now is the time to get on your bike!

Warrington overview map



How long to cycle a mile?

© Crown Copyright and database rights 2015, Ordnance Survey 100023945.

Cycle safety

Lights for night riding must be used - orange on the front and red on the back. Some bikes have some flashing LED lights in the front arm (make sure you are not allowed but check to make sure you are not allowed).

It is also a legal requirement to have front and rear reflectors on your bikes.

Consider wearing reflective and bright clothing to make you more visible.

A cycle helmet is optional but can help to protect you against head injury.

And wear your high-visibility vest when you are out on your bike.



Cycle training

Warrington has a programme of free cycle training in schools. The scheme offers high quality, free cycle training to all 10-year-olds in the borough.

Free adult cycle training is also available. The scheme is designed to help people in Warrington. The FREEWHEELING course is for absolute beginners through to experienced riders and gives you the skills and confidence to cycle safely in traffic.

Training is delivered informally so friendly but it is a structured course. It is delivered by experienced instructors, coverings and volunteers.

Apply at www.warrington.co.uk/knowledge or call 0191 237 7007.

Cycle parking

Cycle parking can be found across Warrington, with at least 10 locations around the town centre. These are marked with a blue 'P' and a bicycle symbol. You can also find cycle parking at many of the town's major employers and public places. Always lock your bike to a permanent fixture. It is best to use a D lock, though even these can vary in quality, so choose a sturdy one. Criminals will often try to cut a D lock with a bolt cutters. Choose a D lock that is at least 12mm thick and has a minimum of 10mm of the lock body visible. It is also a good idea to use a padlock to remove any gaps, these pads, colour and frame number and make sure that you add it to your bike's registration details. It is also worth locking or tagging your bike.

Highways Maintenance

To report a fault or problem complete the web form on Warrington Council's website. Warrington Council's Highways Maintenance team are responsible for the maintenance of the town's roads. They are responsible for the maintenance of the town's roads. They are responsible for the maintenance of the town's roads.

Streetlighting

To report a fault complete the web form on Warrington Council's website. Warrington Council's Highways Maintenance team are responsible for the maintenance of the town's roads. They are responsible for the maintenance of the town's roads.

Advice to motorists & cyclists

Motorists should:

- Be aware of cyclists and take extra care at junctions, traffic lights and roundabouts.
- Give cyclists plenty of room when overtaking. Usually 2m (6 feet) - if there isn't room to overtake, be patient.
- Obey speed limits.
- Obey Advanced Stop Lines (green boxes at traffic lights designed to give cyclists a red start).
- Not park in or obstruct cycle lanes.
- Give cyclists priority at certain times for manoeuvres such as right turns.



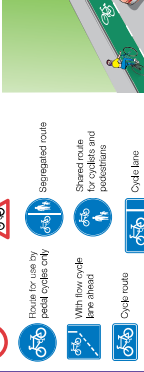
Cyclists should:

- Ensure the cycle is in good working order and that you are wearing your cycle helmet.
- Not cycle at the front of a queue of traffic as it is illegal to do so.
- Be considerate and give priority when sharing shared access routes.
- Wear cycle through lights.
- Give cyclists priority at junctions where cars can see you and new turn gives and traffic.
- Take care passing along side moving traffic.
- Watch out for left turning vehicles as you could be in their blind spot.
- Get and read a copy of "Cyclecraft" - considered the definitive guide to safe and confident cycling.

Signs & symbols

Common road signs and markings that you may come across when cycling through the borough.

- No entry (for all vehicles including cyclists)
- No cycling
- Road for use by pedal cycles only
- With low cycle line ahead
- Cycle route
- Cycle route forming part of the National Cycle Network



Advanced stop lines

Advanced stop lines enable cyclists to negotiate junctions safely. When the traffic signals are red, cyclists move ahead to a 'reserved' area to position themselves safely ahead of motorists.



Brompton Bike Hire

You can hire a Brompton folding bike from any of the Brompton Bike Hire stations across the town. Brompton Central and Brompton railway stations. The bikes are a great way to get around town, or if you're going further afield you can take the folded bike in your car boot, or take it on trains or buses.



Register today at www.bromptonbikeshire.co.uk