

Want to find out more about **ORGANISED CYCLE RIDES AND GROUPS** in Warrington?

CONTACT THE ACTIVE LIVEWIRE TEAM ON **01925 624996**

1 yourLiveWire WARRINGTON
2 yourLiveWire

LiveWire
liverewarrington.co.uk

Cycle shops

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

- Raleigh Cyclelife**
1 Birchbrook Road, Heatley, Lymm WA13 9RR
- Cyclehouse**
Buckley Street WA2 7NS
- D & M Cycles**
Hood Lane, Sankey Bridges WA5 1EJ
- Halfords**
Alban Retail Park WA2 8TW
- Cheshire Cycles**
Burley Lane, Apollon Thorn, Warrington WA4 4RP
- Decathlon**
Jubilee Way/Winwick Road WA2 8HE
- Ron Spencer Cycles**
186 Orford Lane WA2 7BE
- S.R Electrical & Cycles**
53 Norris Street, Orford WA2 7RL



Lymm

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Burtonwood

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Winwick

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Warrington town centre

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Culcheth

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Cycle safety

Lights for night riding must be used - dynamos are greener and cheaper than batteries in the long term (some flashing LED lights are now allowed but check to make sure yours are acceptable). It is also a legal requirement to have front and rear reflectors on your bike.

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.

Another way to help improve your cycling skills and safety is through cycle training.

Cycle training

Warrington has a full programme of free cycle training in schools. The scheme delivers high quality Bikeability training to all 10 year olds in the Borough.

Free adult cycle training is also available to anyone over 16 who lives, works or studies in Warrington. The **FREEWHEELING** courses are for absolute beginners through to experienced riders and give you the skills and confidence to cycle safely in traffic.

Training is delivered informally by friendly but fully accredited instructors and courses are available during daytime, evenings and weekends.

Apply at www.bikeright.co.uk/freewheeling or call 0161 230 7007.

Cycle parking

Cycle parking can be found across Warrington, with at least 9 locations around the town centre. These are shown on the map by a . Whenever you leave your bike in a public place, always lock it by securing the frame to a permanent fixture. It is best to use a D lock, though even these can vary in quality, so choose a sturdy one. Crime Prevention Officers say that if all cyclists used high quality D locks, theft could fall by up to 90%! Remember to remove any quick release parts such as lights. It's a good idea to note your bike's make, colour and frame number and make sure that you add it to your household insurance policy. It's also worth post-coding or tagging your bike.

Warrington overview map showing strategic routes

Key:

- 1 Great Sankey to Hospital (Warrington Waters)
- 2 Woolston to Town Centre (Warrington Waters)
- 3 Woolston to Birchwood
- 5 Appleton Thorn to Town Centre (Warrington Waters)
- 8 Latchford to Westy
- 11 White Hall to Town Centre
- B2S Birchwood to Sankey Way
- SW Sankey Way
- TPT 62 Trans Pennine Trail

How long to cycle a mile?

10 minutes at leisure 5 minutes at moderate pace 3 minutes at speed

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Birchwood

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Key

Cycleability gradations, in increasing experience

1	2	3	4	5
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Tarmac surfaced cycle paths
 Unsurfaced cycle paths
 Bridleway
 Pedestrian links
 Shared-use cycle path
 Motorway
 One way
 One way with contra flow cycling permitted

National Cycle Network route number & Trans-Pennine Trail
 Railway station
 Bus interchange
 Schools
 Colleges
 Hospital
 Place of worship
 Library
 Supermarket
 Post office
 Cycle parking
 Bridge
 Pedestrian crossing
 Toucan crossing

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 more too. In fact research has shown cycling to be the most effective way to increase longevity!

Here are a few reasons why:

Cycling is good for your heart

Cycling belongs to the type of exercise known as aerobic, meaning that it uses large muscles in a continuous and rhythmic manner producing beneficial changes in the respiratory and circulatory systems. In other words it's fantastic for your heart and lungs. Regular cycling at a comfortable exertion 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 parks and open spaces where you too can relive those fun times 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 exercise the more fat burning enzymes it produces and burns greater amount of calories even when you are resting. A 15-minute cycle to and from work five times a week will burn the equivalent of 3/4 stone in fat alone over the course of one year.



Cycling is no sweat

Ever been to a gym and sat on the bike pedalling away drenched in sweat? It isn't nice. But when cycling outside you get air movement around your body and 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 still be rewarded with all the benefits for your body.

Cycling will make you green

Do your bit for the environment if you can by 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 pounds over the year and help to cut down on damaging emissions. Hours wasted sat in traffic jams could be a thing of the past for you.

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

Highways maintenance

To report a fault or pothole complete the web form on www.warrington.gov.uk

Warrington Borough Council maintains approximately 1144km of roads and 1068km of footways making this our largest valued asset. The council is investing £40 million between 2015 and 2020 to provide essential maintenance to the highway and footway/cycleway network, which will provide a smoother ride for cyclists.

Streetlighting

To report a fault complete the web form on www.warrington.gov.uk

The council maintains the majority of the 26,000 streetlights and 4,000 lit signs and bollards across the road network. Between 2015 and 2017 the council is investing £35 million to replace 18,000 street lights, columns and lanterns, which is essential to maintaining lighting across the authority for all users.

Advice to motorists & cyclists

Motorists should..

- Be aware of cyclists and take extra care at junctions, traffic lights and roundabouts.
- Give cycles 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 signals designed to give cyclists a head start).
- Not park in or obstruct cycle lanes.
- Expect cyclists to leave cycle lanes at certain times for manoeuvres such as right turns.

Cyclists should..

- Ensure the cycle is in good working order and appropriately lit at night.
- Not cycle on the footway unless it is signed as a shared access route.
- Be considerate and give priority when sharing with pedestrians, especially alongside canals and waterways.
- Never cycle through red lights.
- On road, cycle at least 1m from the kerb where cars can see you and away from grids and gullies.
- Take care passing alongside slow 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
- Route for use by pedal cycles only
- With flow cycle lane ahead
- Cycle route
- Motor vehicles prohibited (cycles permitted)
- Be aware of cyclists
- Segregated route
- Shared route for cyclists and pedestrians
- Cycle lane
- 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 of a "reservoir" area to position themselves safely ahead of motorists.

Brompton bike hire

You can hire a Brompton folding bike from any of the three docks located at Warrington Bank Quay, Warrington Central and Birchwood railway stations. The bikes are a great way to get around town, or if you're going further afield you can pop the folded bike in your car boot, or take it on trains or buses.

Hiring a bike is simple, once you've registered online, bikes can be reserved online or by text message. You can keep the bike for as long as you like, from hours to weeks at a time, and return it to any of the docks.

Register today at www.bromptonbikehire.co.uk