

Health Walks



Available at different locations throughout Warrington, there is no better way to get some fresh air in your lungs.

Contact our lifestyles team on **0300 003 0818**



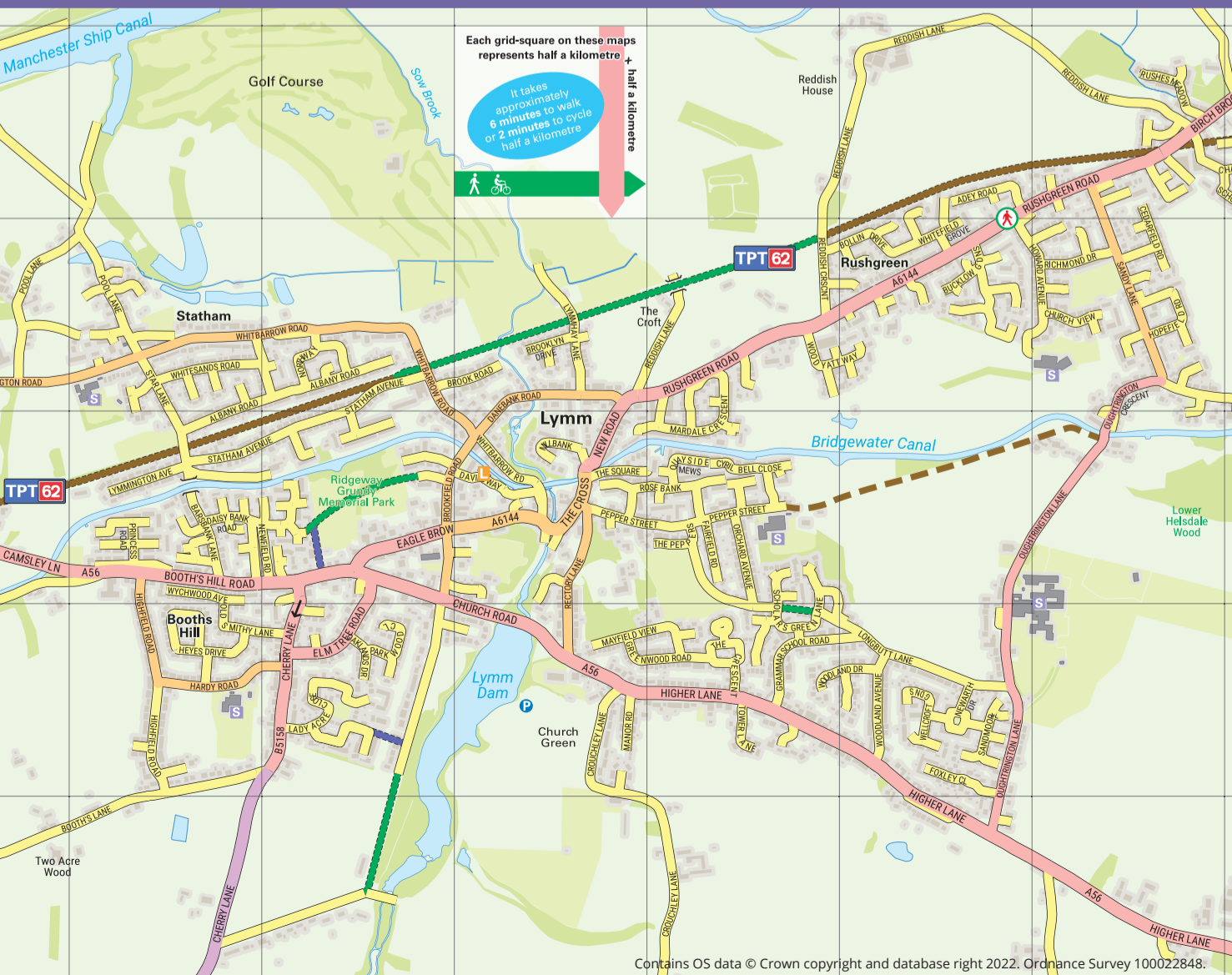
Cycle shops

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

- GO Outdoors**
Wilson Patten Street WA1 1PS
- Cyclehouse**
Buckley Street WA2 7NS
- D & M Cycles**
Hood Lane, Sankey Bridges WA5 1EJ
- Halfords**
Riverside Retail Park, Wharf Street WA1 2GZ
- Cheshire Cycles**
Burley Lane, Appleton Thorn, Warrington WA4 4RP
- Decathlon**
Jubilee Way/Winlock Road WA2 8HE
- Ron Spencer Cycles**
Crossley Street WA1 2PF
- Culcheth Cycles**
455 Warrington Rd, Culcheth WA3 5SJ



Lymm



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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 high quality Bikeability cycle training in schools.

Level 2 is offered to all 10 year olds and takes place on quiet roads around their primary schools.

Level 3 is offered to all teenagers 16 and under, and includes more advanced skills for busier roads.

Adult cycle training is also available to anyone over 16 who lives, works or studies in Warrington. These

Freewheeling courses are for absolute beginners through to more experienced riders, providing the skills and confidence to ride safely in traffic. This training is delivered by fully accredited instructors and can be arranged during daytime, evenings or weekends. Apply at www.bikeright.co.uk or call 0161 230 7007.

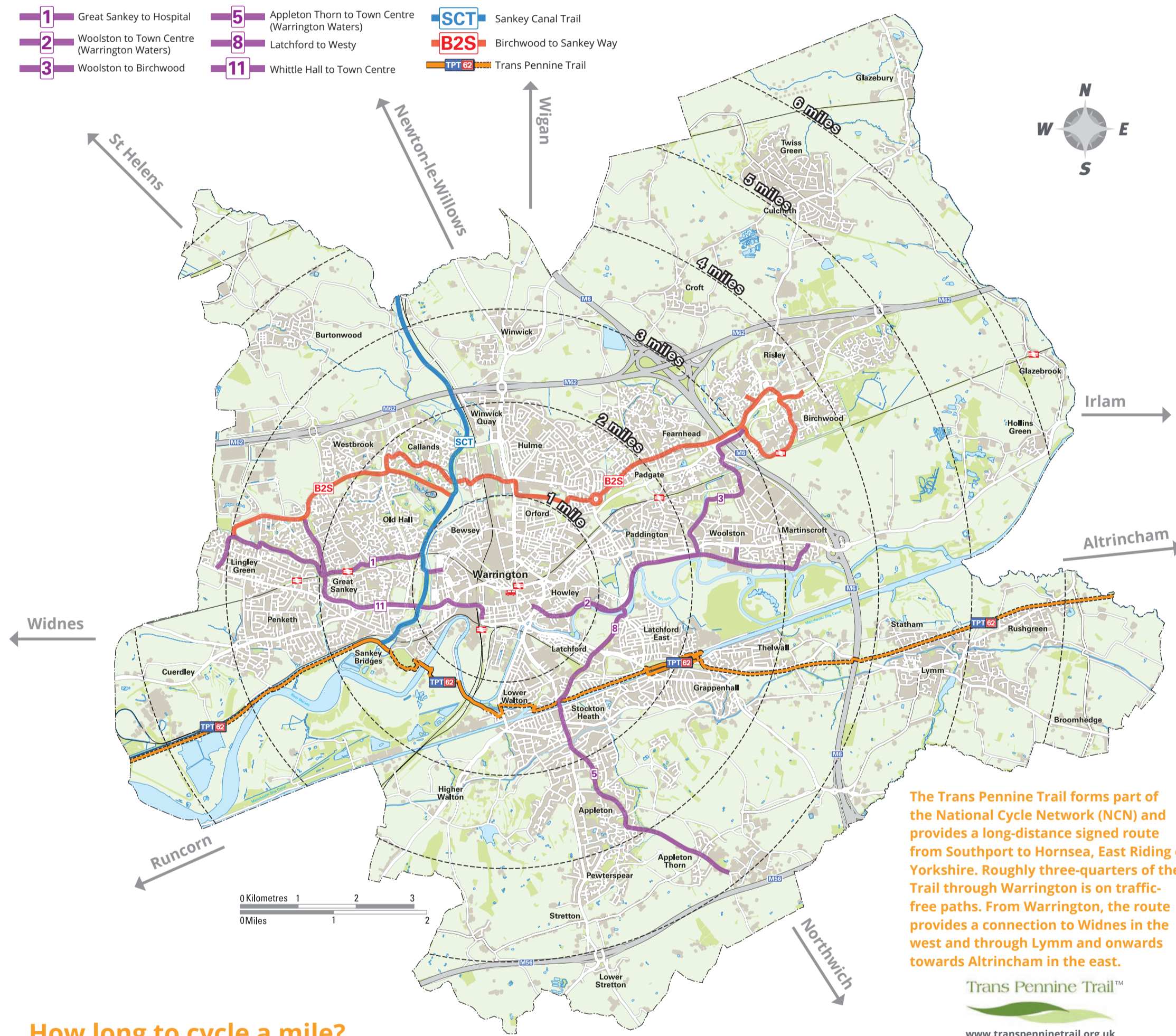
Cycle parking

Cycle parking can be found across Warrington, with at least 200 spaces around the town centre. These are shown on the map by a

Keep your bike safe and secure

- Sign up to BikeRegister (www.bikeregister.com) and get your bike security-marked
- In public, lock your bike at dedicated cycle parking sites
- Use a strong 'D' lock and attach the frame of your bike close to the stand
- Remove any parts which could be stolen like your lights
- Lock up your bike at home too. Don't leave it in communal hallways, gardens or sheds
- Know your bike's make, colour and frame number, and keep a picture of it.

Warrington Overview Map



How long to cycle a mile?

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

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Highways maintenance & streetlighting

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



Advice to motorists & cyclists

Motorists should..

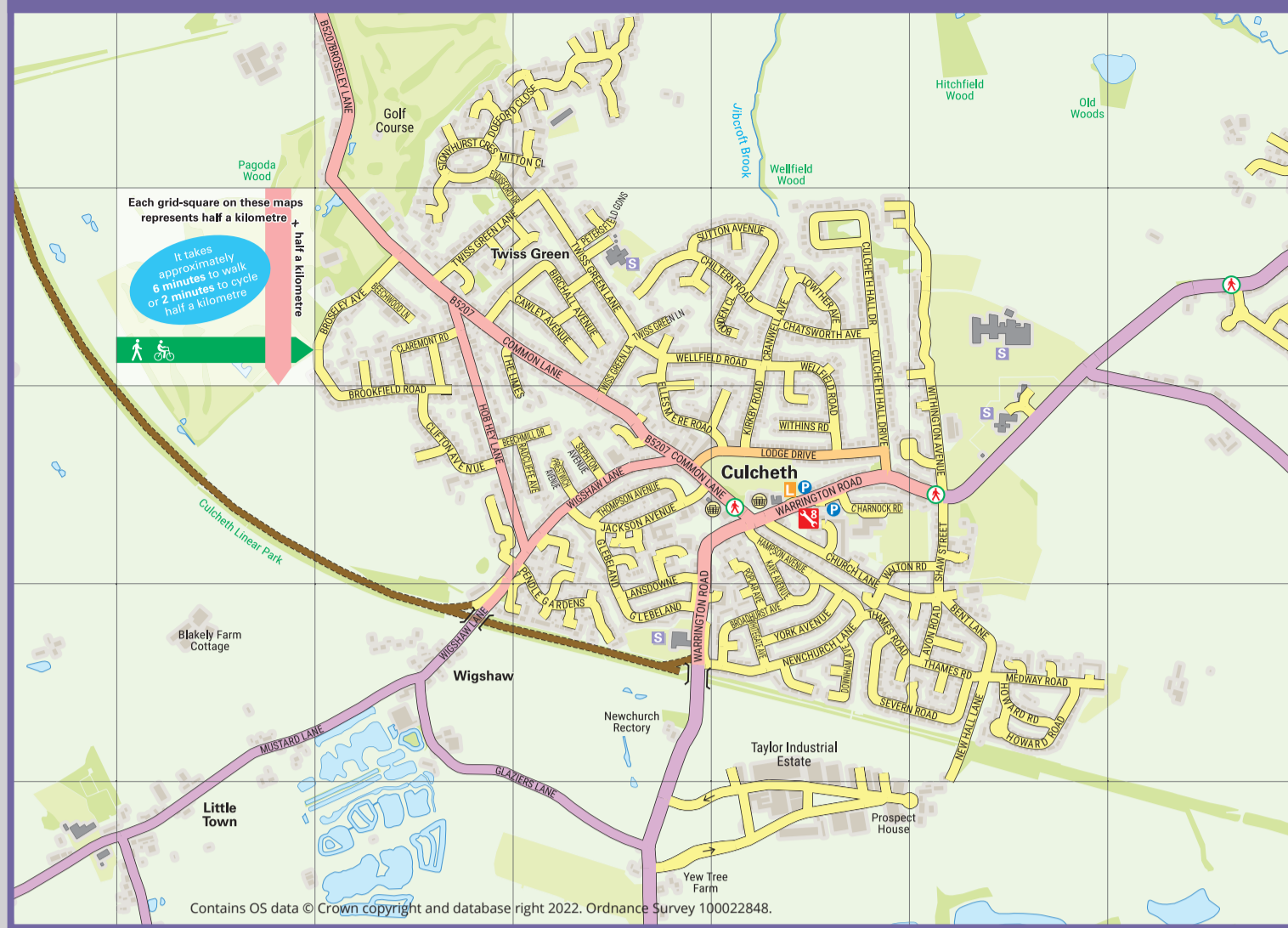
- Be aware of cyclists and take extra care at junctions, traffic lights and roundabouts.
- Give cycles plenty of room when overtaking, usually 2m (6 feet) - if there isn't room to overtake, be patient.
- Obey speed limits.
- Obey Advanced Stop Lines (green boxes at traffic signals designed to give cyclists 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.



Culcheth



Each grid-square on these maps represents half a kilometre.

Blue circles indicate cycle routes that are suitable for all ages.

Red circles indicate cycle routes that are suitable for experienced cyclists.

Green circles indicate cycle routes that are suitable for children.

Yellow circles indicate cycle routes that are suitable for all ages.

Orange circles indicate cycle routes that are suitable for all ages.

Purple circles indicate cycle routes that are suitable for all ages.

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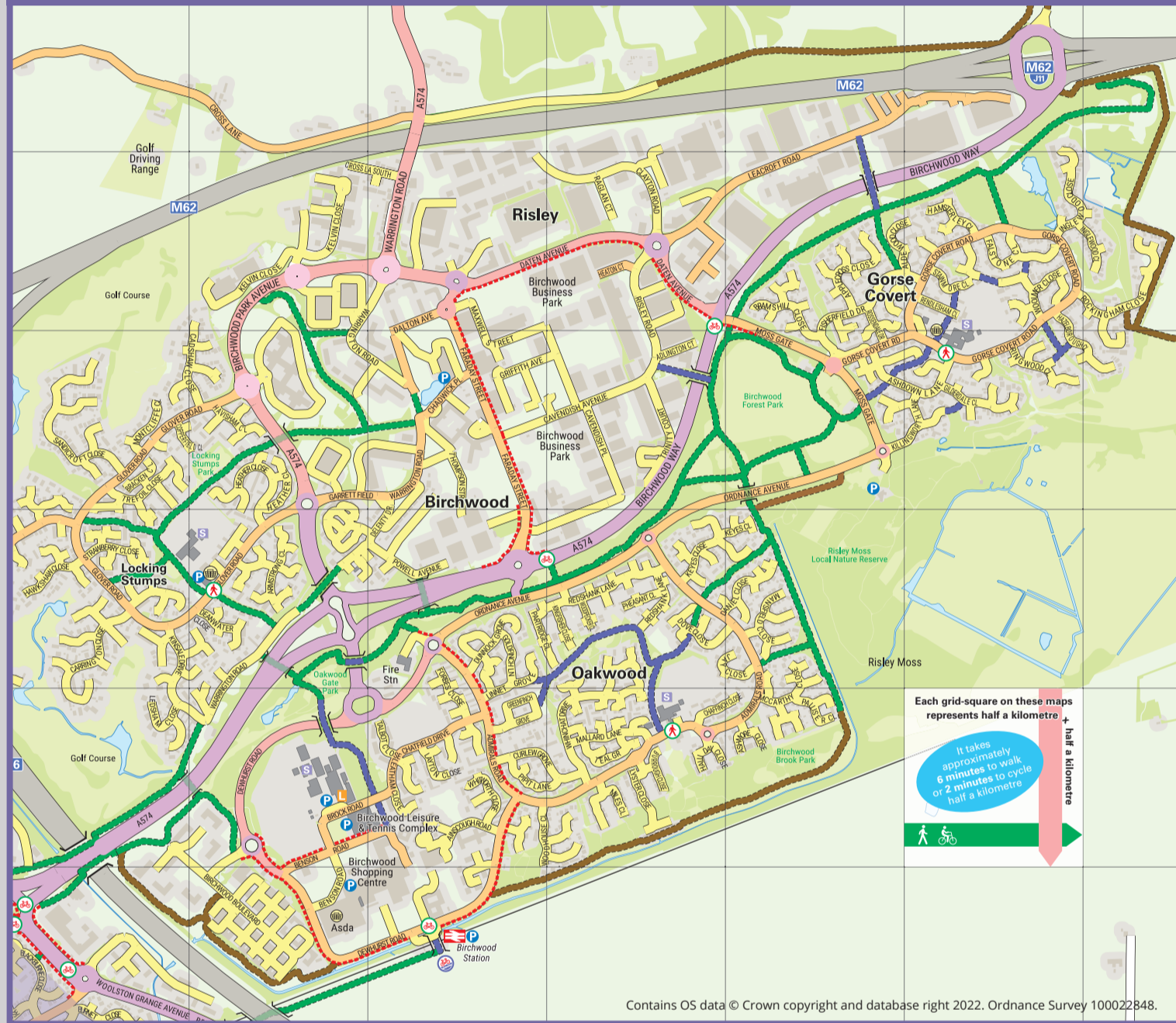
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Birchwood



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Key

Cycleability gradations, in increasing experience

1	2	3	4
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One way / One way with contra flow cycling permitted

National Cycle Network route number & Trans-Pennine Trail

- Hard surface cycle paths
- Unsurfaced cycle paths
- Bridleway
- Pedestrian links
- Shared-use cycle path
- Protected cycle lane
- Pedestrian & Cycle Zone
- Motorway

Other symbols:

- Railway station
- Bus interchange
- Schools
- Colleges
- Hospital
- Library
- Supermarket
- Cycle parking
- Bike shop
- Pedestrian crossing
- Toucan crossing
- Underpass
- Wheeling ramp

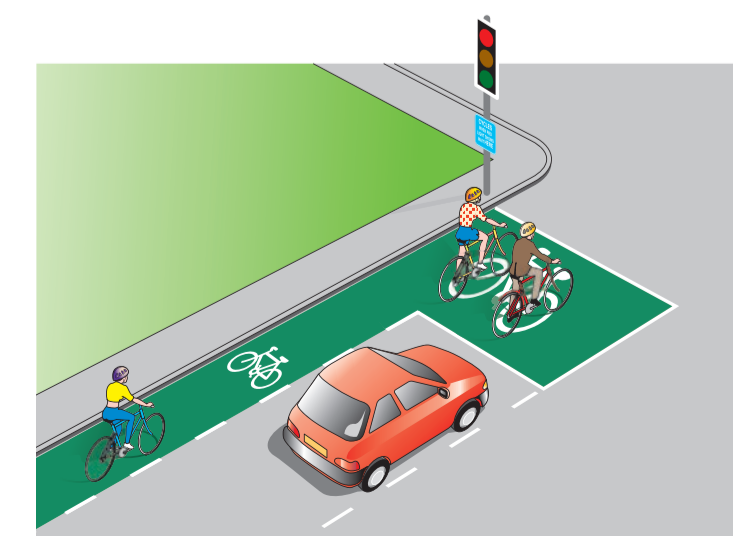
Signs & symbols

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

- No entry (for all vehicles including cyclists)
- Motor vehicles prohibited (cycles permitted)
- No cycling
- Be aware of cyclists
- Route for use by pedal cycles only
- Segregated route
- With flow cycle lane ahead
- Shared route for cyclists and pedestrians
- Cycle route
- 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 to a 'reservoir' area to position themselves safely ahead of motorists.



Why you should give cycling a go

- It's good for your heart**
You could enjoy better fitness levels, a stronger heart and lungs, and you could live longer.
- It helps you control your weight**
Exercise produces fat burning enzymes, which then burn calories even when you're resting.
- It helps the environment**
Do your bit and get on your bike, especially for those short journeys when you don't really need to take the car.



It's fun
Remember all those hours playing on your bike when you were a child. Warrington has many parks and open spaces where you can relive those fun times in a safe environment and get some great exercise as well.

It saves you money
Cut down your spending on parking and petrol.

It's for everyone
Cycling for those with disabilities is becoming increasingly popular. Tricycles that offer more stable support and hand cycles for wheelchair users or those with severe weakness are available. Warrington based 'Cycling Projects' (www.cycling.org.uk) is a national UK cycling charity which promotes inclusive cycling through its 'Wheels for All' programme.

With all these things and more in mind, now is the time to get cycling!



Greenways code of conduct

- Shared Pathway**
Please be considerate and polite to others at all times
- Dispose of litter in bins or take it home**
- Keep left or pass right**
- Slow**
Be prepared to slow down, stop and give way to pedestrians if necessary
- Bell**
Be seen and heard - use your bell but be aware that others may not see or hear you
- Keep dogs under control**

Inclusive Cycling Wheels for All

We are the national charity for inclusive cycling.
Experience the fun and freedom of cycling in a safe, traffic-free setting.
At Victoria Park Athletics Track, Warrington WA4 1DQ On Fridays between 10:00am and 1:00pm.
We offer a friendly welcome, expert guidance and a range of bikes including tricycles, four wheelers, side by side, hand pedals and wheelchair transporters. Helmets also provided.

