

Active travel: Good for your health, your pocket and the environment

Active travel is fun travel! Most people find that they enjoy walking and cycling so put some pleasure back into your travelling!

People who walk or cycle regularly live longer, on average, than those who travel frequently by car and they suffer less ill-health too. Cycling for as little as 15 minutes a day will significantly reduce your risk of heart disease, many cancers, obesity, stroke and other common disorders.

Walking or cycling as many of your everyday journeys as possible can save you a great deal of money over time and will reduce your CO2 emissions. Children who regularly walk or cycle to school do better in their studies and are much less likely to need time off school or become obese.

Walk locally

Try to walk trips within Cirencester if you can. Journeys on foot are often more direct than in a vehicle and you can ignore the one-way signs! There are also many footpaths and routes through parks that provide short-cuts and more pleasant routes for you to enjoy.



Cirencester Ramblers

Cirencester Ramblers organise weekly walks, monitor paths and work to enable access for all. For more information visit www.cirencesterramblers.btck.co.uk.

To report a problem with a Public Right of Way footpath go to www.ramblers.org.uk.

Go further by bike

Cycling is a speedy way of getting about and for journeys up to about 5 miles it's often quicker than by car and journey times are more reliable. It's also much less difficult to find somewhere to park a bike, at no cost.

It takes just 10 minutes to cycle a mile at a leisurely pace, 5 minutes at a moderate pace and only 3 minutes at speed. The captions on the map give the range of typical journeys times (using both the fastest and the most pleasant routes) - you may be surprised how short they can be!



Out and about in Cirencester

Stuck for ideas about what to see and do in Cirencester?

Pop in to the Local Information Centre, Dyer Street or to Visitor Information, Park Street.

Websites for more information

Cirencester Town Council: www.cirencester.gov.uk
Official Cotswolds website: www.cotswolds.com
Cotswold Water Park Trust: www.waterpark.org



Some advice about cycling

Which routes should I use?

The maps show the whole road network around Cirencester graded according to the degree of skill and experience you need to cycle each route. If you are a beginner or haven't cycled for some time, you should build up your confidence on the yellow roads, where traffic is lighter and speeds lower. As your cycling skills increase, start to explore the green roads. Only when you are able to deal with more traffic should you venture progressively onto the blue and pink routes.

You can use the maps as a do-it-yourself tool to plot your routes according to the kind of roads that you wish to use at any particular time.

Cycle training

The best way to keep yourself safe - as well as to make your cycling more enjoyable - is to learn how to share the roads with other traffic. This will be a benefit to all ages, not just children, and is not as difficult as it might at first seem.

National Standard Cycle Training is delivered through schools to children in Gloucestershire. Adults can book one-to-one sessions with accredited independent instructors which are tailored to individual needs. You will learn how to be comfortable on your bike, how to control it properly, how to anticipate the behaviour of other road users and how to make manoeuvres safely and confidently. Tuition is also available in the more advanced skills needed to share busy roads with fast traffic. To find a trainer near you, visit www.ctc-maps.org.uk/training/

Cycle parking and security

With cycling becoming more popular, bikes are increasingly attractive to thieves. Keep your bike secure by locking the frame to an immovable object such as a cycle stand. For best security use a D-lock. When you leave your bike, take care not to cause an obstruction to pedestrians.

Environmental planning, design and management services for landowners and developers

For more information please visit our website: www.edp-uk.co.uk or call: 01285 740427

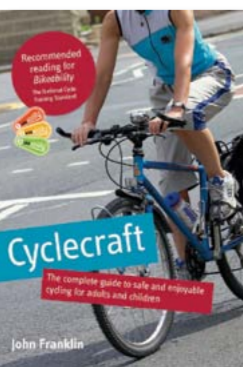


Potholes? Bad surfaces?

Report all defects to Gloucestershire Highways on 08000 514514

Also consider logging faults on the national Fill That Hole! website at www.fillthathole.org.uk.

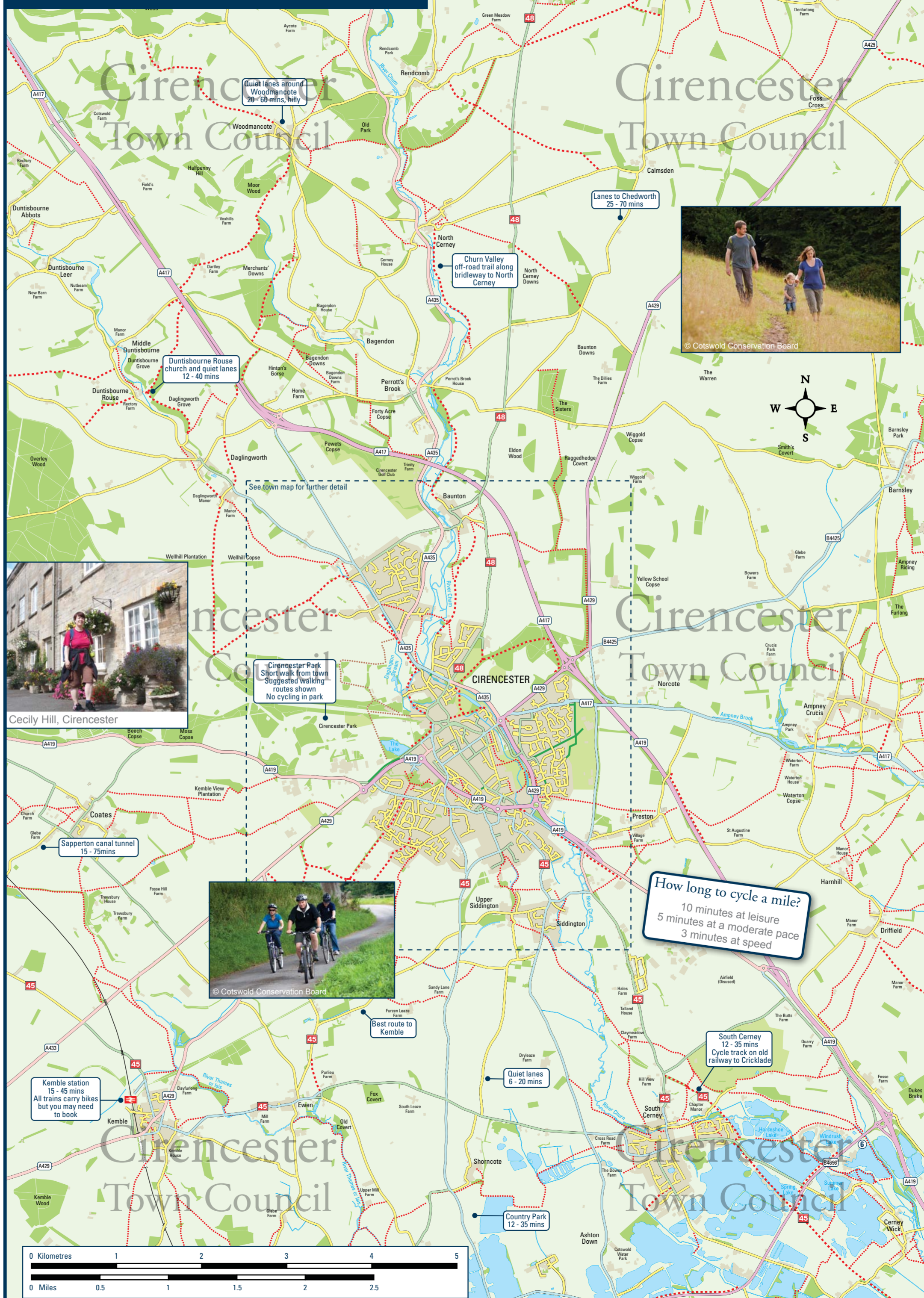
Reports can provide a valuable record to assist claims for compensation.



Cyclecraft
by John Franklin
(Publisher: The Stationery Office ISBN 978-0-11-703740-3)

The definitive guide to safe and enjoyable cycling for adults and children. It is closely associated with Bikeability and the National Cycle Training Standard

Round and About Cirencester



Cirencester Active Travel Map



Cycling and Walking in Cirencester and Beyond

Your guide to walking and cycling in and around Cirencester, with useful information and detailed maps

There is a great deal of evidence that the sedentary lifestyles that many people lead are a key factor in the increase in overweight and obesity related health problems. A principal reason why so many people take too little exercise is that they are inclined to use a car for short journeys that could easily be walked or cycled.

When you're thinking about travelling by car, especially for local trips, consider whether you could make the journey by walking or cycling instead. Most people who make the change don't look back; travel by the active modes is frequently more satisfying as well as being better for both physical and mental health.

The maps in this guide grade the road network according to how easy it is for cycling and show places of interest suitable for day trips on foot or by bike. Use this map to see whether walking or cycling could be a practical alternative for your journey.





Abbey Grounds



River Walk near Barton Mill



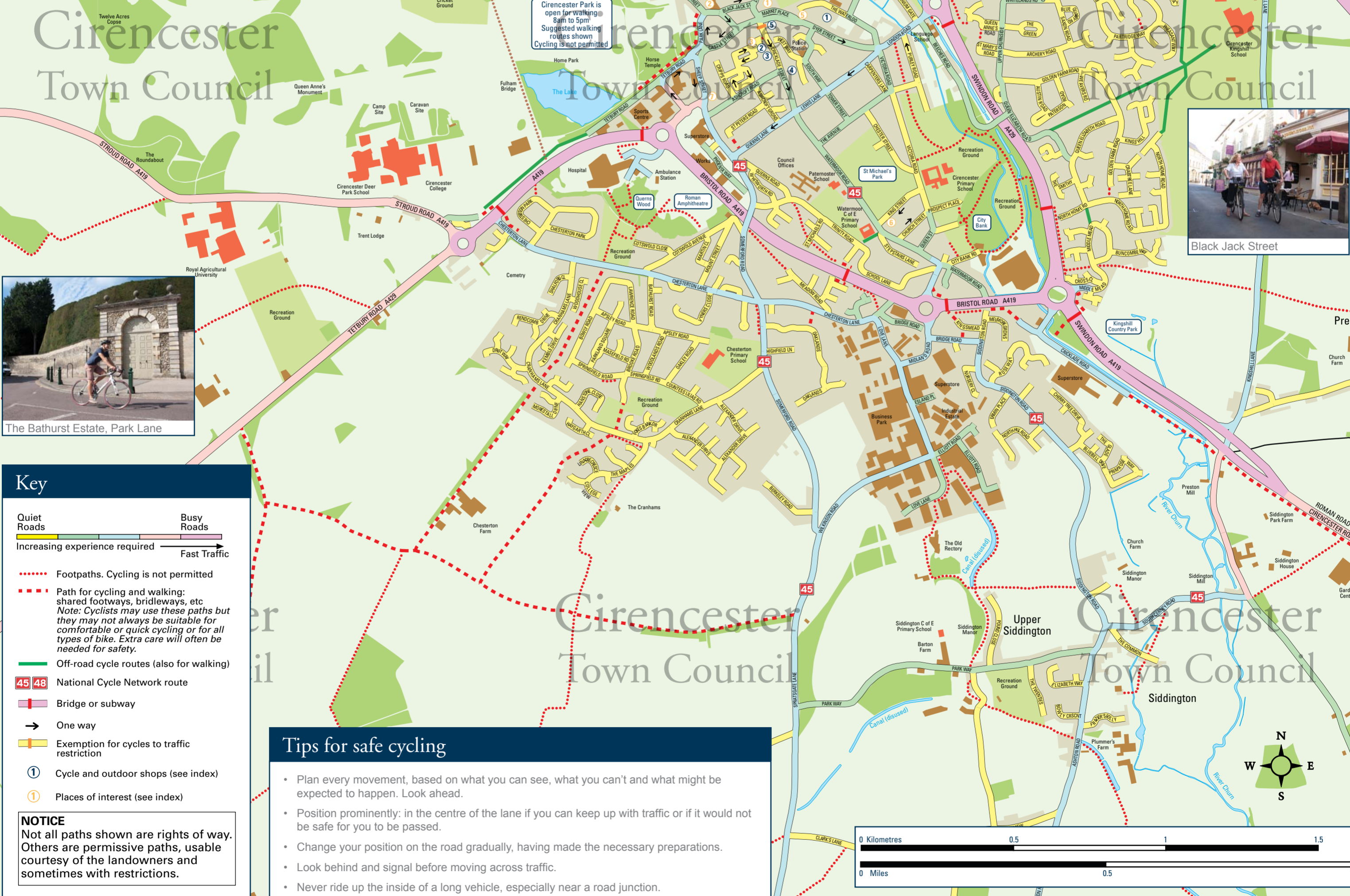
The Bathurst Estate, Park Lane

Cycle and outdoor shops

- ① Ride 247, 6 The Wool Market
- ② Independent Bikeworks, Unit 3, The Exchange, Brewery Court
- ③ Halfords, 28a Cricklade Street
- ④ D&J Sports, 75 Cricklade Street
- ⑤ Mountain Warehouse, 11 Cricklade Street
- ⑥ Cotswold Outdoor, Spine Road East, South Cerney

Places of interest

- ① Parish Church of St. John Baptist
- ② Corinium Museum & Visitor Information
- ③ New Brewery Arts
- ④ Open Air Swimming Pool
- ⑤ Bingham Gallery & Local Information
- ⑥ Bingham Hall
- ⑦ WWII Home Front Exhibition



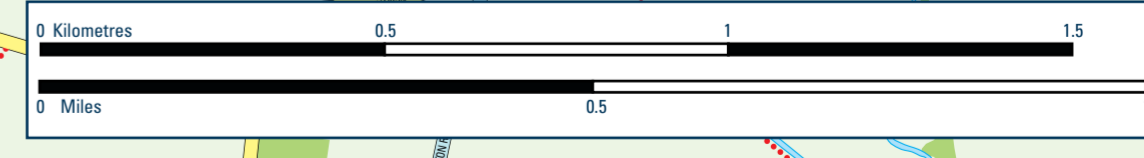
Key

	Quiet Roads		Busy Roads
	Increasing experience required		Fast Traffic
	Footpaths. Cycling is not permitted		
	Path for cycling and walking: shared footways, bridleways, etc <i>Note: Cyclists may use these paths but they may not always be suitable for comfortable or quick cycling or for all types of bike. Extra care will often be needed for safety.</i>		
	Off-road cycle routes (also for walking)		
	National Cycle Network route		
	Bridge or subway		
	One way		
	Exemption for cycles to traffic restriction		
	Cycle and outdoor shops (see index)		
	Places of interest (see index)		

NOTICE
Not all paths shown are rights of way. Others are permissive paths, usable courtesy of the landowners and sometimes with restrictions.

Tips for safe cycling

- Plan every movement, based on what you can see, what you can't and what might be expected to happen. Look ahead.
- Position prominently: in the centre of the lane if you can keep up with traffic or if it would not be safe for you to be passed.
- Change your position on the road gradually, having made the necessary preparations.
- Look behind and signal before moving across traffic.
- Never ride up the inside of a long vehicle, especially near a road junction.
- It is usually safer to pass stationary traffic on the right, but watch out for oncoming vehicles.
- On country lanes, use your ears as well as your eyes to detect traffic.



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