

Cycle Merseyside

If you feel your journey to work is too far to cycle why not combine it with the train or ferry. Bicycles are welcome on both and with many stations having cycle parking, you don't have to take your bike with you.

Bikes go free on Merseyside's trains and ferries although it's sensible to remember trains can be busy in peak times. For details of services call Traveline on:

0871 200 2233

or visit www.merseytravel.gov.uk

Cycle maps

Cycle maps are available for all areas in Merseyside. To order free copies call 0151 330 1235 or visit

www.LetsTravelWise.org where you can also find information on led cycle rides, cycling to work and school and cycle training.



Contact Details

For cycling issues in Knowsley contact Steve Carson at Knowsley MBC
T: 0151 443 2230
E: steve.carson@knowsley.gov.uk

For reporting road defects please contact Knowsley MBC
T: 0151 443 2400
E: potholes@knowsley.gov.uk

Cycle Networks

CTC is the country's largest cycling organisation, campaigning on behalf of all cyclists. Members receive free third-party insurance, a magazine, technical advice and cycling related legal aid.
T: 0870 873 0060
E: cycling@ctc.org.uk

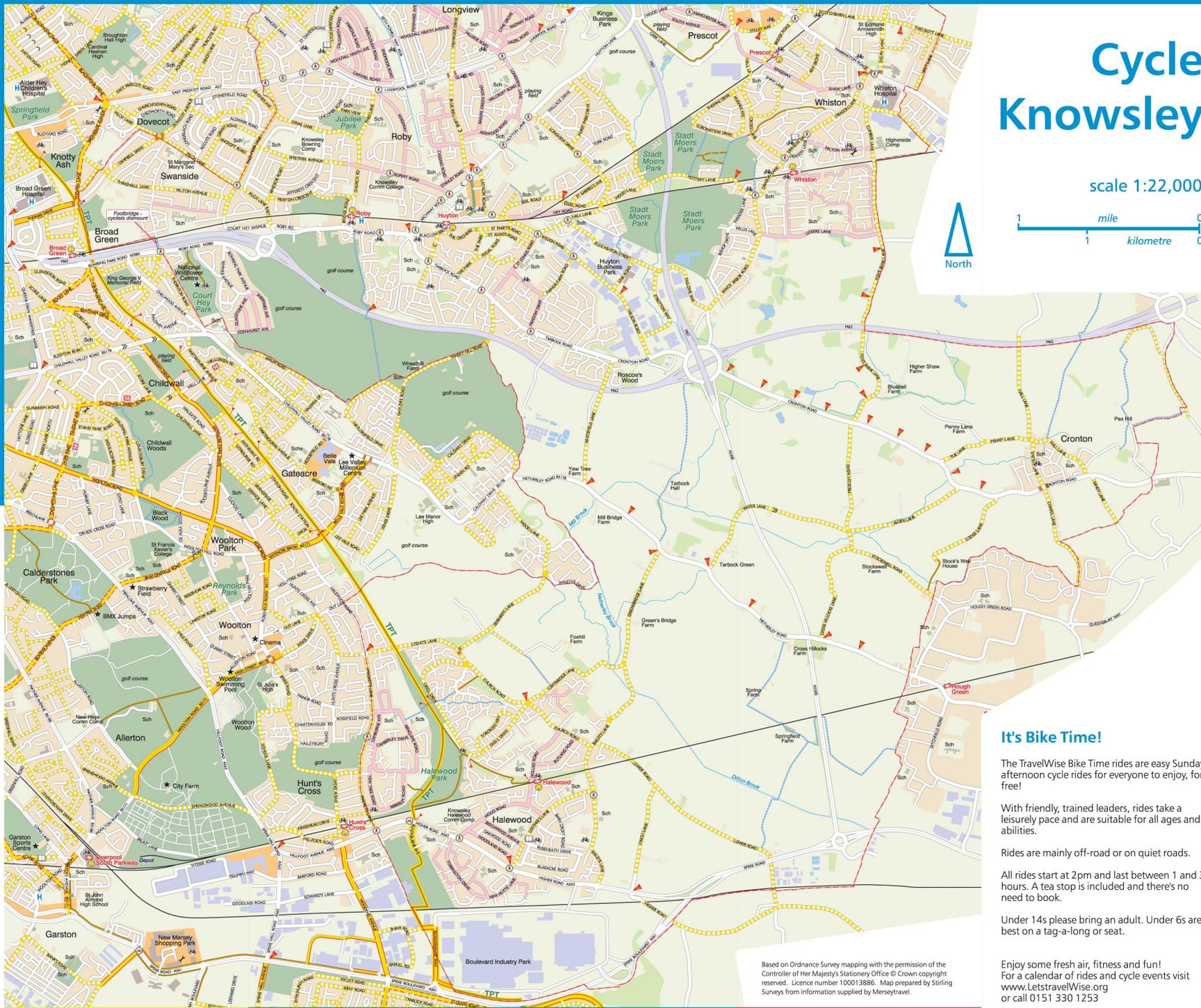


Sustrans is the UK's leading sustainable transport charity behind the National Cycle Network and Connect2.
T: 0845 113 0065
E: info@sustrans.org.uk
www.sustrans.org.uk



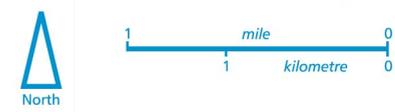
Local Groups

The following groups meet regularly and welcome new members:
Merseyside Cycle Campaign
E: merseysidecyclingcampaign@hotmail.co.uk
Merseyside CTC District Association (run regular cycle rides)
www.merseysidectc.com
Knowsley Cycle Forum
E: cycling@knowsley.gov.uk



Cycle Knowsley

scale 1:22,000



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It's Bike Time!

The TravelWise Bike Time rides are easy Sunday afternoon cycle rides for everyone to enjoy, for free!

With friendly, trained leaders, rides take a leisurely pace and are suitable for all ages and abilities.

Rides are mainly off-road or on quiet roads.

All rides start at 2pm and last between 1 and 3 hours. A tea stop is included and there's no need to book.

Under 14s please bring an adult. Under 6s are best on a tag-a-long or seat.

Enjoy some fresh air, fitness and fun! For a calendar of rides and cycle events visit www.LetstravelWise.org or call 0151 330 1253



Knowsley Cycle Map

- Cycling is great because it's...
- Fun and relaxing
 - Door to door
 - When you want it
 - Easy exercise
 - For the whole family
 - Cheap travel
 - Pollution free

This map shows the suggested cycle routes around Knowsley.

It's easy to get around on your bike, for work, shopping or for fun. You can also venture further afield by taking your bike on the train, free on local services.

More cycling will help make you healthier and happier, make our communities safer and less polluted.

www.LetsTravelWise.org

Published 2008
Although every effort has been made to ensure the accuracy of this map, Knowsley Council cannot be held responsible for any errors or omissions.

www.knowsley.gov.uk

www.visitknowsley.com

Cycle Safely

Toucan Crossings

A Toucan Crossing is simply a modified Pelican Crossing which allows both pedestrians and cyclists to cross the road safely. In addition to the 'red' and 'green' man display, there is also a 'red' and 'green' cycle display to tell cyclists when it is safe to cross the road. As a shared facility, cyclists should always show consideration for pedestrians, particularly the elderly and the young.

Advanced Stop Lines

Advanced Stop Lines have been introduced to make junctions safer for cyclists. The idea is simple. Cyclists position themselves past the first stop line in front of the waiting traffic and wait behind the advanced stop line in the reservoir area when the lights are red - allowing them a head start when the lights turn green.

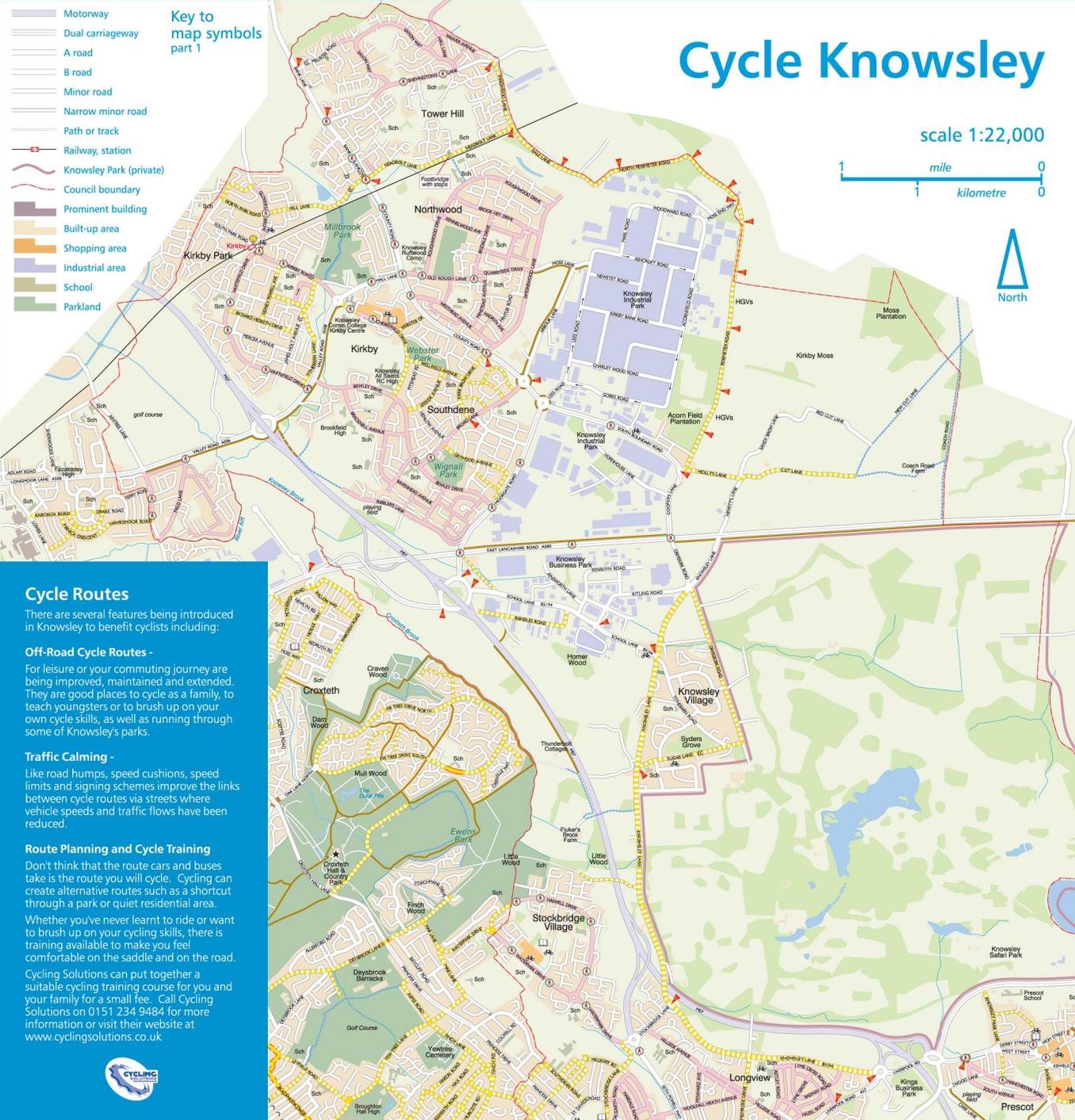


Key to map symbols part 1

- Motorway
- Dual carriageway
- A road
- B road
- Minor road
- Narrow minor road
- Path or track
- Railway station
- Knowsley Park (private)
- Council boundary
- Prominent building
- Built-up area
- Shopping area
- Industrial area
- School
- Parkland

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Cycle Tips

- Before each journey spend a few minutes ensuring that your bike is in good working order, paying particular attention to brakes, tyres and the steering.
- Wear bright clothing and a cycle helmet. At night front and rear lights and a rear reflector are legally required and get you seen.
- When riding on roads always follow the Highway Code
- Be confident and brave in your cycling. Stay out from the kerb and parked vehicles. Cycling fast in the traffic flow is safer than being trapped against the kerb.
- Be alert when cycling and, where necessary, be prepared to take evasive action.
- Invest in a rucksack or panniers to carry shopping or work clothes. Panniers will mean the bike takes the weight and not you!
- When leaving your bike, choose a well-lit spot, not blocking the pavement and use a good lock. For further details of the cycle parking facilities available in Knowsley please visit www.knowsley.gov.uk



Cycle Knowsley

This map is for everyone, from those who cycle regularly to those who are just thinking about riding a bike. It aims to help you find your way around Knowsley.

The suggested cycle routes provide enjoyable cycling for work, study, shopping or leisure journeys.

The great thing about cycling is that it doesn't have to involve strenuous physical activity. You can get fitter, going where you want, at your own pace, in your own time. Riding a bike is quick, cheap and it provides door to door travel. The regular physical activity can make you feel less stressed, give you more zest for life and even make you more efficient at work. And above all, it's fun!

Making just small changes in the way we travel can make a big difference to traffic congestion and pollution - and that's good news for everyone.

Halewood Park

Halewood Park or the 'Triangle' as it is known locally is an oasis of naturally regenerating oak birch woodland and includes:

- A network of paths suitable for cyclists
- Pond habitats
- Environment Centre
- Trans Pennine Trail

The Trans Pennine Trail is a 350 mile national route for recreation and transport. It provides a coast to coast facility linking Southport to Hull. The whole of the trail is for walkers and cyclists with many sections having easy access for people with disabilities and is it also particularly suitable for families.

Situated on the route of an old railway line, the Trans Pennine Trail within Halewood Park offers users a traffic free route to explore the park and the local wildlife.

Stadt Moers Park

Stadt Moers Park is the largest area of public open space within the Borough and lies between Whiston and Huyton, and includes:

- Meadow woodland
- Pond habitats
- A network of paths suitable for cyclists
- Environment Centre

Cycle Routes

There are several features being introduced in Knowsley to benefit cyclists including:

Off-Road Cycle Routes -

For leisure or your commuting journey are being improved, maintained and extended. They are good places to cycle as a family, to teach youngsters or to brush up on your own cycle skills, as well as running through some of Knowsley's parks.

Traffic Calming -

Like road humps, speed cushions, speed limits and signing schemes improve the links between cycle routes via streets where vehicle speeds and traffic flows have been reduced.

Route Planning and Cycle Training

Don't think that the route cars and buses take is the route you will cycle. Cycling can create alternative routes such as a shortcut through a park or quiet residential area.

Whether you've never learnt to ride or want to brush up on your cycling skills, there is training available to make you feel comfortable on the saddle and on the road.

Cycling Solutions can put together a suitable cycling training course for you and your family for a small fee. Call Cycling Solutions on 0151 234 9484 for more information or visit their website at www.cyclingsolutions.co.uk



Key to map symbols part 2

- On-road cycle route (both sides of road)
- On-road cycle route (one side only)
- Suggested cycle route
- On-road signed cycle route
- Traffic-calmed road
- Traffic-free cycle route (good surface)
- Other traffic-free cycle route (surface variable)
- Public footpath - cyclists dismount
- Advanced stop line
- Restricted access - no vehicles
- Busy junction / danger point
- Access point to traffic-free cycle route
- National Route Number
- Trans Pennine Trail
- Toucan Crossing
- Pedestrian crossing
- Bus Station, Merseyrail
- Steep hill (arrows point downhill)
- One-way street (indicates direction of travel)
- Cycle parking
- Cycle shop
- Library

Why Cycle?

For Your Money

Bikes are very cheap to run, especially compared to cars. They are much cheaper to buy and maintain, and you don't have the added costs of fuel, Vehicle Excise Duty or parking.

For Your Health

Cycling can greatly improve your health, even moderate cycling every week can give you the health and fitness of someone ten years younger.

Regular cycling can:

- Half the chances of suffering from heart disease.
- Help to prevent strokes diabetes and some kinds of cancer.
- Lower your blood pressure and resting heart rate.
- Increase the likelihood of you losing weight as you burn calories and raise your metabolic rate.

Cycling can make you feel better too as it reduces stress and makes you feel great!

For Your Enjoyment

Cycling is fun! Regular exercise stimulates the pleasure centres of your brain so the more you cycle, the more you'll want to cycle.

For Your Time

Cycling is fast. For short journeys, there is nothing to beat a cyclist. In urban areas, for distances under five miles, it's quicker to cycle than to go by car.