

Be safe be seen

Safety

Wear reflective clothing and ensure you have a front light and rear reflector. Always use lights when cycling at night

Saddle

Correct height improves comfort and avoids knee strain. When pedal at bottom of crank with ball of foot on pedal, leg should be very slightly bent. Too straight will hurt knees and too bent will make pedalling hard work.

Helmet

Should be worn with the peak just above the eyebrows. The strap should sit in a 'V' under the ears and should be tight enough not to move around.

Wheels

Check tyres regularly, well inflated tyres make cycling easier. A correctly inflated tyre should not compress when a thumb is pressed against it.



Check the following regularly:

- Brakes and cables
- Tyre pressure and condition
- Are handle bars, seat and other fixings tight?
- Be secure, always ensure you use a good lock when parking your bike

Local bike shops will help you find the right bike or adjust yours properly so it's safe and comfortable to ride.

Shared routes

There are a number of shared cycling and walking routes in Carlisle.

On a bike

- Cycle at a relaxed pace
- Slow down and let walkers know when approaching them
- Take care at crossing points

On foot

- Keep to your side of any dividing line or to the right where no line
- Do not take up the whole path if walking in a group
- Keep your dog under control

Front

Image courtesy of the Cumberland News



Be healthy

Even new cyclists travelling short distances can reduce the risk of dying from heart attack or stroke by up to 22%.

Car drivers suffer four times higher levels of air pollution than walking.

Walk off a full day's worth of food
30 mins walking x 5 days a week = 2000 calories

Save money

Save over £300 a year just on car parks and petrol

Swap your car for a bike one day a week to get to work in the city centre from two miles away.

Back

The 3 River Corridors

Why walk?

- Builds up fitness gradually and acts as a stepping stone to other activities
- It can be easily incorporated into everyday life
- Provides time to clear your head and leave stresses behind
- Anyone can do it regardless of age, ability, location or income
- It's free!

The rivers Caldew, Eden and Petteril each offer attractive off-road family friendly riverside routes for walking, cycling and mobility scooters.

The rivers form part of a Special Area of Conservation and the wildlife you may catch sight of include lamprey, salmon, crayfish, otters and kingfishers.



For further details on health walks please contact Carlisle City Council on 01228 817370 or visit carlisle.gov.uk to download a walking brochure.



Bike Shops

Halfords

London Road
St Nicholas Gate
01228 514045
halfords.com

Holly Mill Cycles

140 Botchergate
01228 513909
hollymillcycles.co.uk

Mystery Cycles

(mobile spares and repairs)
Dalston
01228 711566

Palace Cycles

120-124 Botchergate
01228 625600
palacecycles.co.uk

Scotby Cycles

Church Street
Caldewgate
01228 546931
bikebike.co.uk

Whitehead Cycle Centre

120-124 Botchergate
01228 526890

Contacts

Cumbria County Council
01228 226735
cumbriacc.gov.uk/cycling
cyclingcumbria.co.uk

Highways Hotline
To report pot holes etc.
0845 609 6609
cumbriahighways.org.uk

Carlisle City Council
01228 618580
carlisle.gov.uk

Carlisle Cycle Campaign Group
01228 711832

Border City Wheelers
Local cycle racing club
bordercitywheelers.co.uk

Sustrans
Information on National Cycle Network
sustrans.co.uk

Hadrians Wall Bus (AD122)
Carries two bikes per bus
01434 32022

Traveline
Public transport information
0871 200 2233

National Rail
Train times
0845 748 4950

Carlisle Tourist Information Centre
Local cycling and walking publications
01228 625600