

**Map 8 : Manchester**

- Traffic Free Route - good surface
- Traffic Free Route - rough surface
- Traffic Free Route - canal towpath
- On Road Route - with cycling facilities
- On Road Route - signed but with no cycling facilities
- 20 mph speed limit
- On Road Route - advisory route
- Footpath - please walk your bike
- Pedestrian Crossing
- Toucan Crossing
- Bicycle Lockers - BLUC (Bicycle Locker User Club)
- Bicycle Lockers - Non-BLUC
- Cycle Parking
- Cycle Shop

- NCN National Route
- NCN Regional Route
- Library
- Museum
- School
- College
- University
- Letsure Centre / Sports
- Theatre
- Hospital
- Health Centre
- Tourist Information Centre
- Rail Station
- Metrolink Station

Digital Cartography by Pindar www.pindar.com 01296 390100

**Road Signs**

- Route for Cycles Only
- Route shared with pedestrians (no separation)
- Route shared with pedestrians (cycle track & footpath are separate)
- Mandatory Cycle Lane (motor vehicles must not enter the lane during hours of operation)
- Advisory Cycle Lane (motor vehicles should not enter the lane unless it is unavoidable)
- Bus and cycle lane
- Directions on recommended route

**62** National Cycle Network (NCN) Route number

**85** National Cycle Network Regional Route number

**P** Cycle parking

No motor vehicles (cycling permitted)

No cycling

Advanced stop lines

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The information shown on this map has been collated from a number of different sources by Greater Manchester Transportation Unit and cannot be guaranteed to be fully correct.

**Manchester Velodrome**

The Manchester Velodrome is the National Cycling Centre, Britain's primary indoor Olympic cycle track. The Velodrome is the home to the Great Britain Cycling Team but is also open to everyone regardless of their level of ability.

For a completely unique and exhilarating activity to enjoy in your leisure time, the Manchester Velodrome is the place to be. For beginners there are 1 hour track "taster" sessions with bikes and helmets provided. For further details contact the Velodrome on 0161 223 2244.



Walking time 0 1 2 3 4 5 6 7 8 9 10 minutes  
50 calories  
Cycling time 0 1 2 3 4 5 6 7 8 9 10 minutes  
30 calories  
Scale 0 200m 400m 600m 800m 1000m  
1:10,000  
1 mile  
10 miles

Every care has been taken to ensure that the information given on these maps is correct as at January 2011. Contains Ordnance Survey data © Crown copyright and database right 2011.



Using the Map

Traffic-Free Routes

- Traffic-free routes with a good surface. Suitable for utility cycling and commuting.
- Traffic-free routes, which have a rougher surface and may become muddy in bad weather.
- Routes along canal towpaths, where you will need a permit to cycle. Permits can be obtained free of charge from [www.waterscape.com](http://www.waterscape.com), or by telephoning British Waterways on 01942 405700.

On-Road Routes

- On-road routes with facilities to help cyclists, such as cycle lanes, bus lanes and advanced stop-lines at traffic signals. These facilities may appear on one or both sides of the roads shown.
- Recommended signed routes on quieter roads, avoiding busy main roads.
- Suggested unsigned quieter routes avoiding busy main roads.

The cycle network in Greater Manchester also includes sections of the Sustrans National and Regional Cycle Network routes ([www.sustrans.org.uk](http://www.sustrans.org.uk)). Where these are shown, they are labelled with the appropriate route number.

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- 20 mph speed limit
- On Road Route - advisory/quiet route
- Footpath - please walk your bike
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- Tourist Crossing
- Bicycle Lockers - BULC (Bicycle Locker User Club)
- Bicycle Lockers - Non-BULC
- Cycle Parking
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Why Cycle?

- For your health:**
- Cycling is an effective and low impact form of exercise.
  - It improves your strength, stamina and aerobic fitness and reduces the risk of coronary heart disease.
  - Regular exercise reduces stress and helps you to feel well.
  - It's also cheaper than getting your exercise in a gym!
- For the environment:**
- Cycling is good for the environment as it produces virtually no atmospheric pollution or noise.
  - 50% of all journeys in the UK are less than 2 miles - many of these could be made by bicycle or on foot.
- To save time:**
- Beat the queues - cycling is often quicker than other types of transport.

Cycle with Confidence!

- Follow these few simple tips to make your cycling safer and more enjoyable:
- Use this map to plan your route.
  - Make sure your bike is in good working order. Check your brakes and tyres before every ride, and make sure reflectors are clean.
  - Obey traffic signs and signals and avoid riding on the footpath.
  - Consider protecting yourself with a well-fitting helmet.
  - Be seen and be safe. Use lights after dark and use fluorescent and reflective accessories.
  - Make sure children are trained to ride safely, and always set them a good example by sticking to the rules.

Useful Contacts

**This Map**  
If you find any mistakes on the map, or if you have any comments on how later editions of the map could be improved, please contact the Greater Manchester Transportation Unit on 0161 455 2119, or e-mail [GMUTU@manchester.gov.uk](mailto:GMUTU@manchester.gov.uk).

**Cycling in Greater Manchester**  
If you wish to know more about cycling in your area, you can contact your District Cycling Officer, or visit our website [www.cyclegm.org](http://www.cyclegm.org).

**Cycling and Public Transport**  
For information on train and bus services, or about taking your bike on a train, contact the GMPTU information line on 0161 234 7811, or visit the website [www.gmpte.gov.uk](http://www.gmpte.gov.uk).

**Bicycle Lockers**  
Bike lockers are available at a number of rail stations throughout Greater Manchester and can be hired from GMPTU. Please call 0161 244 1697.

**Highway Defects**  
To report potholes or any other surface problems that are a hazard to cyclists in the area covered by this map, please contact the local Highway Authority on 0161 954 9000.

**Travel Plans**  
A wide range of information about Workplace and School Travel Plans is available from your district Travel Coordinator on 0161 234 3562.

**Other Useful Contacts:**  
[www.ctc.org.uk](http://www.ctc.org.uk)  
The website of the national cyclists' organisation.  
[www.britishecycling.org.uk](http://www.britishecycling.org.uk)  
The national website for sport cycling, including information for everyday cycling.  
[www.gmcc.org.uk](http://www.gmcc.org.uk)  
Greater Manchester's Cycle Campaign website.  
[www.loveyourbike.org](http://www.loveyourbike.org)  
Manchester Friends of the Earth and Manchester City Council's campaign to encourage people to cycle, and cycle to work in the city centre in particular.

One of a series of 10 maps covering the whole of Greater Manchester, aimed at encouraging people of all ages and abilities to cycle.



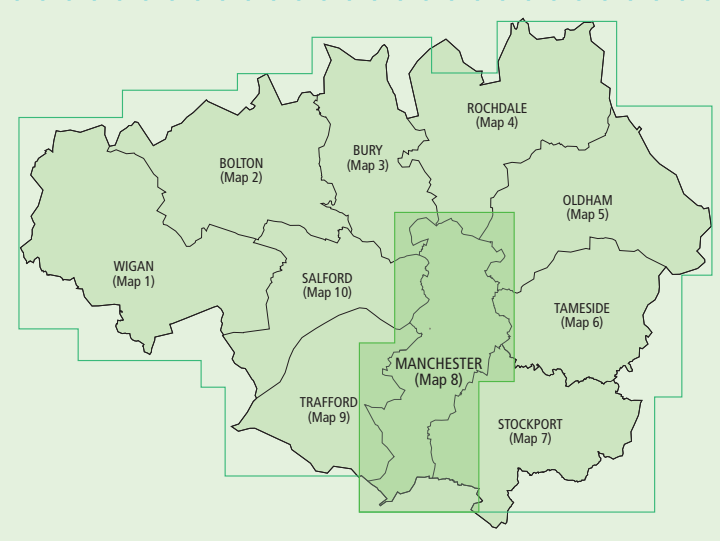
2011/12 Edition

Map 8 - Manchester

FREE

cycle gm GREATER MANCHESTER

Further cycle maps are available for the following areas:



You can get a copy of other maps in the Greater Manchester series by contacting the District Cycling Officer for the area on the telephone numbers shown below.

Bolton (Map 2)	01204 336677
Bury (Map 3)	0161 253 5825
Manchester (Map 8)	0161 954 9000
Oldham (Map 5)	0161 770 4360
Rochdale (Map 4)	01706 924608
Salford (Map 10)	0161 793 3801
Stockport (Map 7)	0161 474 4593
Tameside (Map 6)	0161 342 3906
Trafford (Map 9)	0161 912 4312
Wigan (Map 1)	01942 404 317

Other suggested route maps can be viewed on our website [www.cyclegm.org](http://www.cyclegm.org) where you will also find a lot of other useful information about cycling in Greater Manchester.