

CYCLING checklist

- Get hold of a copy of the Highway Code and make sure you're familiar with it.
- Make sure your bike is fit for the road, with working lights for use after dark.
- Be considerate to other road users, and ride with awareness – alert to possible hazards.
- Don't cycle on footways. On shared use paths, give way to pedestrians.
- Always check behind before giving clear and deliberate arm signals. If in doubt about any manoeuvre – don't do it. Get off and walk.
- Wear light coloured clothing and something reflective. Be seen!
- Consider wearing a helmet. The wearing of helmets is advisable, especially for children.
- Don't sling bags over the handlebars or ride with a heavy rucksack. Only carry luggage on a proper rack or in panniers.
- Take extra special care in wet or icy conditions. Don't get caught out.
- Lock your bike to something immovable when you leave it unattended.

Photo to come

Cycling Map NORWICH

CYCLING useful contacts

To report problems such as potholes, overgrown paths and missing signs, please contact:
 Norwich City Council Residents' Service Team
 Tel: 01603 212212

The Cycling Officer, Norwich City Council
 Development Directorate, City Hall,
 Norwich NR2 1NH
 Tel: 01603 212237
 Map available at: www.norwich.gov.uk

The Cycling & Walking Officer, Norfolk County Council
 Planning & Transportation,
 Martineau Lane, Norwich NR1 2SG
 Tel: 01603 638063

Broadland Council
 Policy Planning Manager,
 Tel: 01603 450558

South Norfolk Council
 Tourism Officer,
 Tel: 01508 533816

Norfolk County Council Road Safety Team
 Tel: 01603 223348

Norwich Cycling Campaign
 42-46 Bethel Street, Norwich NR2 1NR
 Tel: 07812 904652
www.norwichcyclingcampaign.org

Cyclists Tourist Club
www.ctc.org.uk

CATI (Come and try it) bike rides
 Tel: 01603 435547

Sustrans Regional Office (Peterborough)
 Tel: 01733 319981
www.sustrans.org.uk

One Railway
 Tel: 0845 6007245
www.onerailway.com

National Rail Enquiries
 Tel: 0845 7484950
www.nationalrail.co.uk



PLEASE REMEMBER!

This map is not a legal document and the routes shown do not necessarily show uninterrupted rights of way. You will on occasion have to dismount and wheel your bike, particularly at pedestrian only crossing points and pedestrian only streets and paths. Watch out too for one-way streets in the city which may mean you have to dismount or plan a different route from that used on the outbound journey.

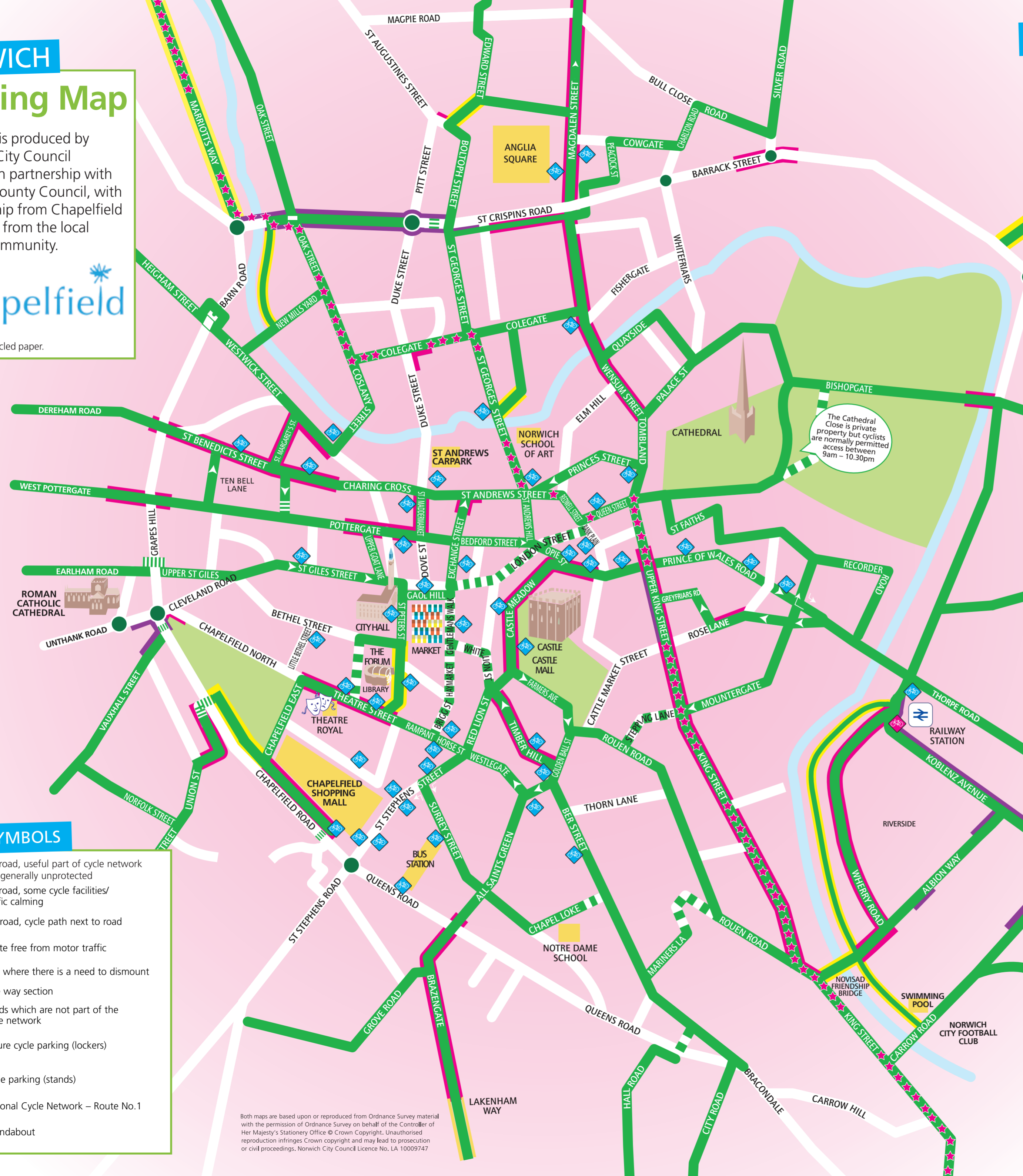
NORWICH

Cycling Map

This map is produced by Norwich City Council working in partnership with Norfolk County Council, with sponsorship from Chapelfield and input from the local cycling community.



Printed on recycled paper.












KEY TO SYMBOLS

- On-road, useful part of cycle network but generally unprotected
- On-road, some cycle facilities/traffic calming
- Off-road, cycle path next to road
- Route free from motor traffic
- Link where there is a need to dismount
- One way section
- Roads which are not part of the cycle network
- Secure cycle parking (lockers)
- Cycle parking (stands)
- National Cycle Network – Route No.1
- Roundabout

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IMPORTANT HEALTH WARNING
 Cycling is addictive! Regular exercise stimulates the pleasure centres of the brain. The more you do it, the more you'll want to do it!

SEE OVERLEAF FOR CITY CENTRE



CYCLING how to use the map

The map shows the cycle network for the city and surrounding area, together with other important roads and landmarks. It incorporates a section of the Sustrans National Cycle Network connecting through the centre of Norwich from Marriott's Way in the north-west to Whittingham Lane in the south-east (look out for the special red 'Route 1' signs).

The map will be particularly useful if you are about to make a trip to somewhere you haven't been before by bike, or want to find a better route than one you've tried.

Use the map in conjunction with a normal street map to look up your destination, then find the closest point on the cycle network and you're away!

You may find you have alternative suggested routes shown, in which case you could try them both (e.g. on the outward and return journeys). You may even discover another route all of your own, in which case you may care to let the cycling officer know about it (see Useful Contacts) so that it can be included on the next edition of this map!

