99mm



Colour-coded to help you to select routes that are safest and most suited to your cycling ability.



# CYCLING MAP BISHOP'S CLEEVE CHELTENHAM &



#### CHELTENHAM & TEWKESBURY CYCLING CAMPAIGN

The Cheltenham & Tewkesbury Cycling Campaig exists to promote the interests of town cyclists.

In common with other cycle campaign groups in Britain and across Europe, the CTCC recognises four crucial factors in the development of cycling: Encouragement, Education, Engineering and Enforcement.

County and Borough Councils, as well as other agencies in Cloucestershire, in an effort to improve conditions for cyclists and to encourage others to use cycles more widely as part of their daily life.

We welcome comments from users of this map to help us update and improve future editions.

secretary@cyclecheltenham.org.uk cyclecheltenham.org.uk

#### OTHER CYCLING ORGANISATIONS IN CHELTENHAM:

Cycling UK cyclinguk.org/local-groups/cheltenham Cheltenham and County Cycling Club cc-cc.co.uk

### Cheltenham & Tewkesbury 🞯 🔊 Cycling Campaign

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#### **BENEFITS OF CYCLING**

Getting regular exercise is a crucial part of a healthy lifestyle, and cycling is one of the easiest ways to incorporate fitness into your daily routine, as it doubles up as a handy form of transport. There are numerous reasons, backed up by research and statistics, why getting on your bike is a great idea.

Cycling is proven to:

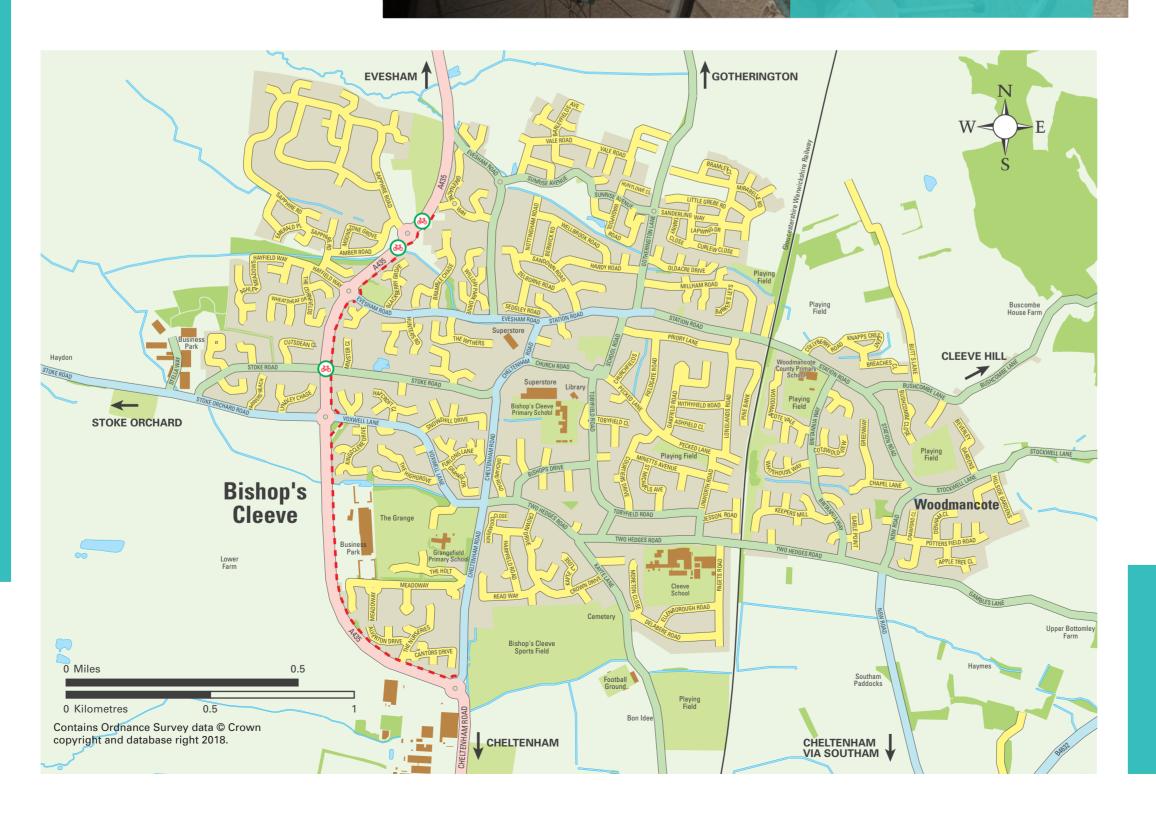
- Promote weight loss and muscle growth;
- Reduce the risk of cancer, heart disease and other illnesses;
- Improve the health of your lungs;
- Encourage better sleep;
- Heighten your immune sys
- Improve brain function.

Regular cyclists not only enjoy significantly improved fitness levels, but cycling has also been linked to longevity in numerous studies In addition, cycling helps the environment and is a low-impact form of exercise, unlike running, for example.

And of course, cycling is fun! It's guaranteed to add enjoyment to your everyday life.

### TOP TIPS WHEN CYCLING

- Plan every movement, based on what you both can and can't see. Look and think ahead.
- Position prominently, in the centre of the lane if you can keep up with traffic; and especially when it would not be safe for you to be passed, such as by a traffic island.
- Change your position on the road gradually, ensuring that you will not conflict with anyone else.
- Look behind and signal before moving across traffic. Be cautious signalling left turns in case it encourages someone to overtake and cut in.
- Never ride up the inside of a long vehicle, especially near a road junction.
- Keep off pavements (footways): they are a common location for cyclist injuries. Care needs to be taken when using footways signed for cycling, especially at road junctions and private drives where it may be difficult for drivers to notice you.
- On country lanes, use your ears as well as your eyes to detect traffic.



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#### BIKE SECURITY AND THE ETIQUETTE OF PARKING

In the UK, on average, a bicycle is stolen every minute. Bike theft is easily avoided however, by following a few simple rules.

Whenever you leave your bike in a public place, be sure to remember the following points:

- Always secure the bike frame to a permanent, immoveable fixture in a designated area, such as a solid cycle stand.
- It is best to use a sturdy D-Lock, although even these can vary in quality so choose carefully.
- Read any signs in the area to ensure you are not parking illegally.
- Make sure your bike is not fastened to private property, e.g. someone's fence.

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Take care to ensure that your bike is not causing an obstruction to pedestrians when parked.

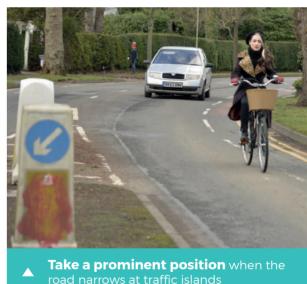
Make sure your bike is insured and remember to always secure it with a lock when at home too.



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#### **POTHOLES? BAD SURFACES?**

Report all defects to Cloucestershire Highways on **08000 514514**. Also consider logging faults at **fillthathole.org.uk** Reports can be valuable in assisting claims for compensation.



#### **BEST ROUTES TO**

**Cheltenham/Bishop's Cleeve:** via Southam or across racecourse when open. (An off-road route parallel to the A435 is proposed but awaits funding)

**Tewkesbury:** via Gotherington, Gotherington Fields, Tredington, then A38 (cycle lanes).

**Winchcombe:** up the B4632 if you fancy a stiff climb. Otherwise it's easier and quieter via Gotherington and Gretton.



#### CYCLECRAFT BY JOHN FRANKLIN

TSO, ISBN 978-0-11-708243-4 The definitive guide to safe and enjoyable cycling. It is closely associated with the National Cycle Training Standard. For local cycle training options, see **cyclecheltenham.org.uk** 

### 4th edition 2018 Published by Cheltenham &

Tewkesbury Cycling Campaign cyclecheltenham.org.uk

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Gloucestershire



## thinktrave





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Cheltenham is a great town for

fast roads to be aware of.

suited to your personal cycling ability.

confidence and basic skills.

and faster traffic.

you and passing slowly.

• Yellow roads: Lighter traffic and lower

**CYCLING IN CHELTENHAM** 

cyclists. Distances are very manageable

steep hills are rare and there only a few

The detailed road network on these maps is graded

required to cycle each route. Using these maps will

speeds. You should use these routes to build

Green roads: Start to explore these routes as

Blue & pink roads: Heavier traffic and higher

speeds. Only venture onto these routes once

Cheltenham has many excellent routes for cyclists,

however caution and awareness is still required at

all times, particularly on pavement cycle paths and

at junctions. Please be considerate wherever paths

are shared with pedestrians, leaving as much room

as possible, making sure that others are aware of

Learning how to share the road with other traffic

and to make cycling as enjoyable as possible.

is crucial in order to keep yourself and others safe,

This is not as challenging as it may first seem, and

Campaign can advise you who best to contact.

cycling tuition is available for adults, teenagers and

younger children. Cheltenham & Tewkesbury Cycle

you are confident and able to deal with heavier

your skill, experience and confidence increase.

help you to select routes that are safest and most

according to the degree of skill and experience

