

WHY CYCLE?

- Cycling can save you money.
- Cycling improves your strength, stamina and aerobic fitness with little risk of over-exertion.
- At 10-20mph door to door, it is the fastest travel mode in urban peak hours.
- According to the British Medical Association (BMA), cycling five miles four times a week can cut risks of coronary heart disease by up to half. Regular activity also reduces chances of strokes, colon cancers and osteoporosis.
- Riding your bike to work is a great way to make two aerobic workouts part of your daily routine.
- Cycling produces no atmospheric pollution and virtually no noise.
- Cycle instead of going by car and you'll help cut congestion.
- Around three quarters of all journeys made in the UK are less than 5 miles. Many of these journeys could be made by bicycle.

The legal stuff
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The representation of a track or path is no evidence of a public right of way. Users of all routes shown on this map do so entirely at their own risk. We cannot guarantee that all routes and bridleways will always be passable by bike, particularly in wet weather.

General advice

Before setting off
Check your bike, especially if you have not ridden in a while. Your bike will need to be suitable for the terrain on which you will be cycling. Plan for emergencies – take a pump, puncture kit and some form of ID. Make sure that your brakes work, your chain is not too loose or tight, and your tyres are pumped up. If it has been a long time since your bike has been out you could get a reputable dealer to service it.

Cycle Helmets
Cycle Helmets are not a legal requirement but they will help to reduce the severity of a head injury in the event of an accident. They do not stop incidents happening so care should still be taken whilst riding. Ensure that your helmet is fitted correctly and comfortably before setting off.

Clothing
A cyclist can cycle in the majority of weather conditions; the key is to wear appropriate clothing to protect you against the elements. However, please consider how visible you are; when it is dull and dark you need to be certain that motorists can see you! Wear bright or fluorescent colours so others can see you during the day. At night some reflective material is required that will be picked up by car headlights to highlight your presence.

Lights
Check your lights are working; it is a legal requirement to have a steady light on your bike at night and on dull days. You can also increase your visibility by wearing a red flashing LED light attached to the back of your clothing or on your bike.

Cycling with children
Children love riding their bikes, but due to the environments outside our homes today few get the chance to practise their skills. Taking them on a family bicycle ride is a great experience. To include the whole family you can purchase or hire a variety of child bike seats and trailers for young children. You could initially choose a route that is totally off road to improve the confidence of younger children or new cyclists. This will give them a sense of achievement and independence. Once you are happy with their abilities you could include routes with on-road sections, to help to broaden their experience whilst under supervision.

Advice for riding on-road

- You must follow the Highway Code.
- Be aware of what is happening all around you at all times.
- If riding with children, ride behind them and slightly further out away from the kerb – this will ensure that cars overtaking will not drive too close to them.
- Use clear signals so other road users know exactly what you are doing.
- On dull days or at night ensure you can be seen – use your lights and dress appropriately.
- Consider the weather conditions; just like driving different riding skills will be needed.
- Avoid cycling down the leaf of HGVs – blind spot.

Advice for riding off-road
There are many off-road areas classified for use by cyclists. Some of these areas may also be designated for use by pedestrians and horse riders.

- If there is a marked path for cyclists keep to that path.
- Be prepared to give way or slow down for others particularly near bends, gateways etc.
- Be aware of the needs of others.

Cannock Chase Bike Trails

- EASY** Suitable for beginners. Most types of bikes.
- MODERATE** Suitable for riders in good health with basic off-road skills. Basic mountain bikes.
- DIFFICULT** Suitable for experienced mountain bikers with good off-road skills. Good mountain bikes.















Useful Contacts

Staffordshire County Council
0117 774 2000
British Cycling
0161 274 2000
National Cycle Network
0117 929 0888; info@sustrans.org.uk
www.sustrans.org.uk
Cyclists' Touring Club
www.ccc.org.uk
Tourist Information
08705 00 44 44
www.enjoystaffordshire.com
Journey Planner
www.transportsdirect.info
Sustainable Travel Advice
www.staffordshire.gov.uk/info/stafford
Cycle Journey Planner
www.cyclists.net
Walking Route Planner
www.walkic.com
Use Staffordshire Share-A-Lift to find potential travel companions. Visit www.share-a-lift.com for more information.

If you need a copy of this information in large print, Braille, another language or on cassette, please call 01785 (27) 6615.

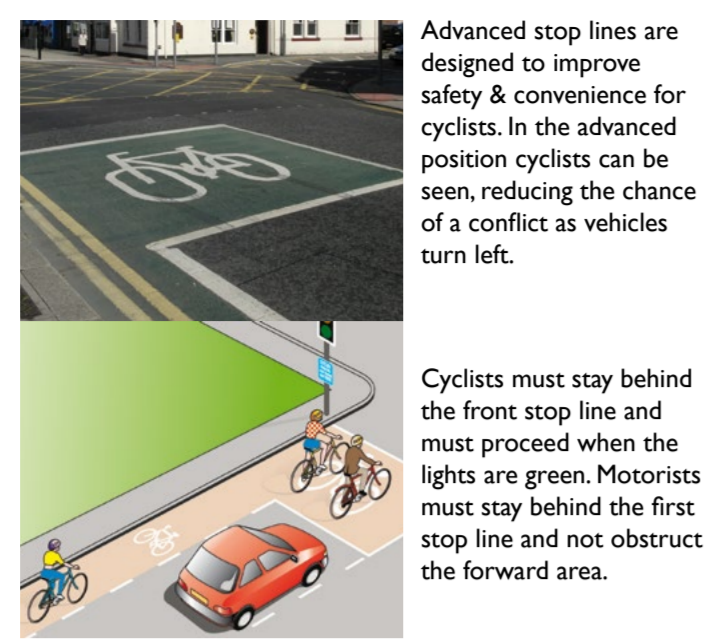
Common signs

Common road signs and markings that you may come across when cycling through the borough.

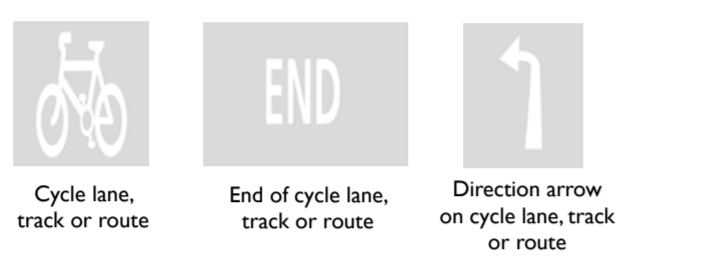
-  **No entry** (for all vehicles including cycles)
-  **Motor vehicles prohibited** (cycles permitted)
-  **No cycling**
-  **Segregated route**
-  **Routes for use by pedal cycles only**
-  **Shared route for cyclists and pedestrians together**
-  **With-flow cycle lane ahead**
-  **Cycle lane**
-  **Cycle route**
-  **End of cycle route**
-  **CYCLISTS DISMOUNT** Cyclists dismount
-  **Town centre** Direction sign showing recommended route
-  **P** Cycle parking
-  **5** Cycle route forming part of the NCN network

Cycling and the law

Advanced stop lines



Common road markings



Public rights of way



The Canal & River Trust (formerly British Waterways) welcomes considerate cyclists to its towpaths and you don't need a permit to use your bike on any of our towpaths. Lots of people visit the waterways for many different reasons and everyone is entitled to feel happy and safe whilst they're visiting.

So the Canal & River Trust asks everyone to follow the **Greenways Code for Towpaths** - 10 points which encourage considerate, safe and courteous use of towpaths:

- **Share the space** Consider other people and the local environment whenever you're on a towpath. Remember some people may move less predictably, for example young children or those with visual or mobility impairments.
- **Drop your pace** Considerate sharing of the limited towpath space is the key. Jogging and cycling are welcome, but drop your pace in good time and let people know you are approaching by ringing a bell or politely calling out before waiting to pass slowly.
- **Pedestrians have priority** Towpaths are 'Greenways' or shared use routes where pedestrians have priority and vehicles are generally excluded.
- **Be courteous to others** A smile can go a long way. Abusive or threatening behaviour is not acceptable and should be reported to the Police.
- **Follow signs** They are there for the safety of everyone. Cyclists should dismount where required and use common sense in busy or restricted areas, recognising that pedestrians have priority.
- **Give way to oncoming people beneath bridges** Whether they are on foot or bike and be extra careful at bends and entrances where visibility is limited.
- **When travelling in large groups** especially if you are running or cycling, please use common sense and give way to others.
- **Try to avoid wearing headphones** as this makes you less aware of your surroundings possible hazards and others sharing the same space.
- **Keep dogs on a short lead** and clean-up after them. Dog fouling is very unpleasant and is a health hazard.
- **Keep children close to you at all times** and encourage them to learn and follow the Greenway Code for Towpaths.

A cyclist must exercise due care and attention at all times, and obey the Highway Code, including all traffic signs and traffic signals.

You CAN cycle ...












- on brideways and byways but you must give way to walkers and horse riders.
- on canal towpaths (see opposite)
- on cycle tracks and bus lanes if the lane signs include a cycle symbol.

You CANNOT cycle ...

- on a pavement or footpath unless there is a right to do so.
- on open land without the permission of the landowner.



Key

	Cycle path		Pelican crossing
	On-carriageway cycle lane		Toucan crossing
	Signed cycle route		Cycle hire
	Advisory cycle route (One-way arrows shown on cycle route only)		Cycle shop
	Bridleways and byways		Cycle parking
	Path or footway where you must walk your bicycle		Car parking
	Canal towpath		Level crossing
	Bus lane		School
	Minor road		College
	B road		Hospital
	A road		Post office
	Steep gradient downhill		Library
	Railway station (with name)		Public house
	Borough boundary		Tourist information centre
	Visitor Attraction		Visitor centre
	National Cycle Network / Regional Cycle Network		Caravan park

Local contacts

Stafford Road Club:
www.staffordrc.org/src

Stone Wheelers:
www.stone-wheelers.co.uk

Cycle Stafford:
www.cyclestafford.org.uk

Back-2-Bikes, Bicycle Recycling Project:
01785 257483
www.back2bikes.org.uk

Cyclist training requests in Stafford:
www.staffordshire.gov.uk/into/cycling

Cyclist training requests outside Stafford:
Email: smarter.travel@staffordshire.gov.uk



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