

Cycle Merseyside

If you feel your journey to work is too far to cycle why not combine it with the train or ferry. Bicycles are welcome on both with many stations having cycle parking, check www.northernrail.org/travel/stations for details on storage facilities.

Bikes go free on Merseyside's trains and ferries although it's sensible to remember trains can be busy in peaks times. For details of services call Traveline on.

0871 200 2233

or visit www.merseytravel.gov.uk

Cycle maps

Cycle maps are available for all areas in Merseyside. To order free copies call 0151 330 1253 or visit

www.LetsTravelWise.org where you can also find information on led cycle rides, cycling to work and school and cycle training.



Contact Details

For cycling issues in Knowsley contact The Sustainable Travel Team
T: 0151 443 2230
E: cycling@knowsley.gov.uk

For reporting road defects please contact Knowsley MBC
T: 0151 443 2400
E: potholes@knowsley.gov.uk

Cycle Networks

CTC is the country's largest cycling organisation, campaigning on behalf of all cyclists. Members receive free third-party insurance, a magazine, technical advice and cycling related legal aid.

T: 0870 873 0060
E: cycling@ctc.org.uk
www.ctc.org.uk

Sustrans is the UK's leading sustainable transport charity behind the National Cycle Network and Connect2.

T: 0845 113 0065
E: info@sustrans.org.uk
www.sustrans.org.uk

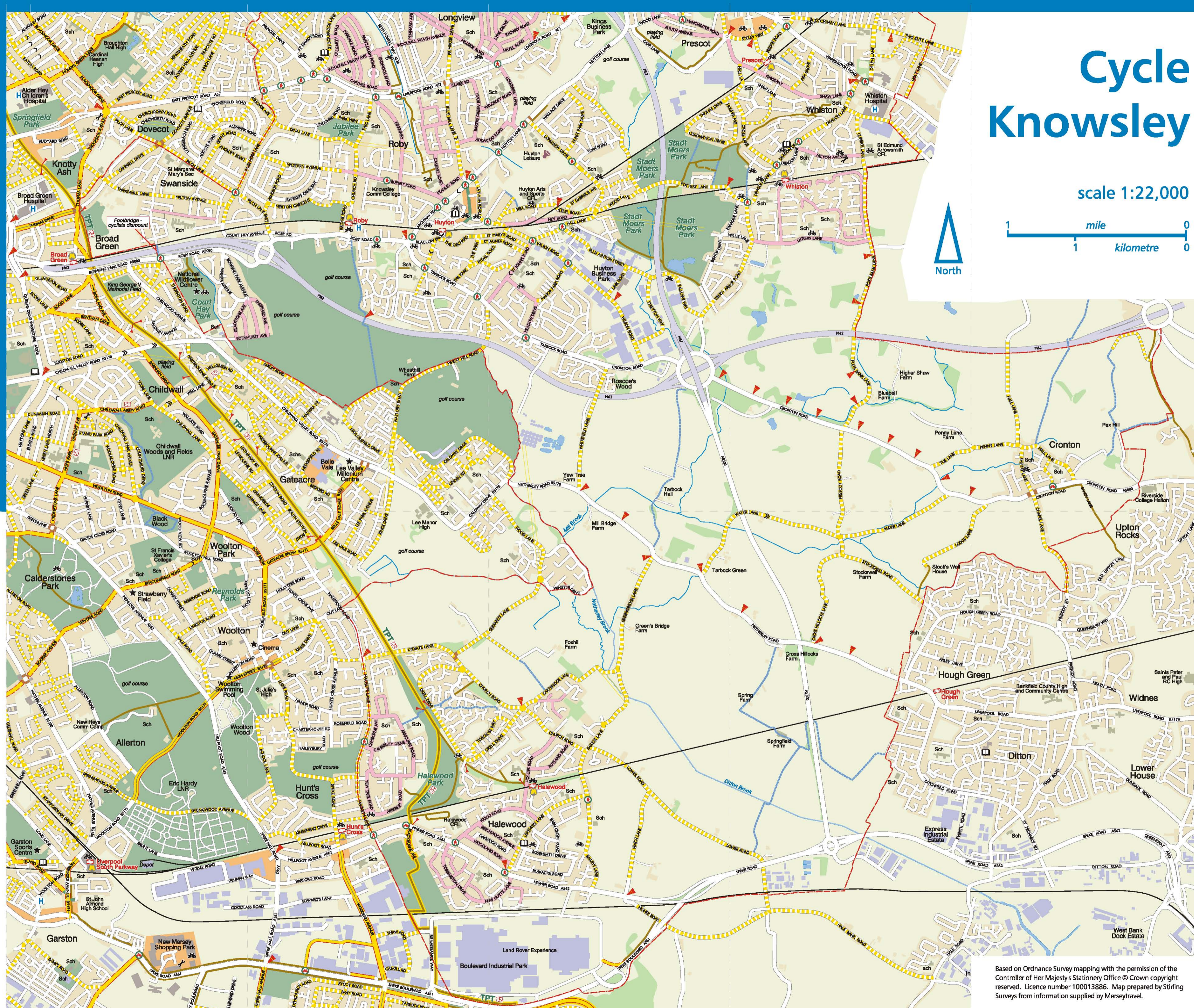
Local Groups

The following groups meet regularly and welcome new members:

Merseyside Cycle Campaign
E: merseysidecyclingcampaign@hotmail.co.uk
www.merseyworld.com/mcc/

Merseyside CTC District Association (run regular cycle rides)
www.merseysidectc.com

Knowsley Cycle Forum
E: cycling@knowsley.gov.uk



Cycle Knowsley

scale 1:22,000



TRAVELWISE

Knowsley Cycle Map

Cycle Knowsley!



Knowsley Cycle Map

Cycling is great because it's...

- 🚲 Fun and relaxing
- 🚲 Door to door
- 🚲 When you want it
- 🚲 Easy exercise
- 🚲 For the whole family
- 🚲 Cheap travel
- 🚲 Pollution free

This map shows the suggested cycle routes around Knowsley.

It's easy to get around on your bike, for work, shopping, leisure, visiting local tourist attractions or just for fun. You can also venture further afield by taking your bike on the train, free on local services.

More cycling will help make you healthier and happier, and make our communities safer and less polluted for all residents and visitors.

www.LetsTravelWise.org

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Although every effort has been made to ensure the accuracy of this map, Knowsley Council cannot be held responsible for any errors or omissions.

www.knowsley.gov.uk

www.visitknowsley.com

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Cycle Safely

Toucan Crossings

A Toucan Crossing is simply a modified Pelican Crossing which allows both pedestrians and cyclists to cross the road safely. In addition to the 'red' and 'green' man display, there is also a 'red' and 'green' cycle display to tell cyclists when it is safe to cross the road. As a shared facility, cyclists should always show consideration for pedestrians, particularly the elderly and the young.

Advanced Stop Lines

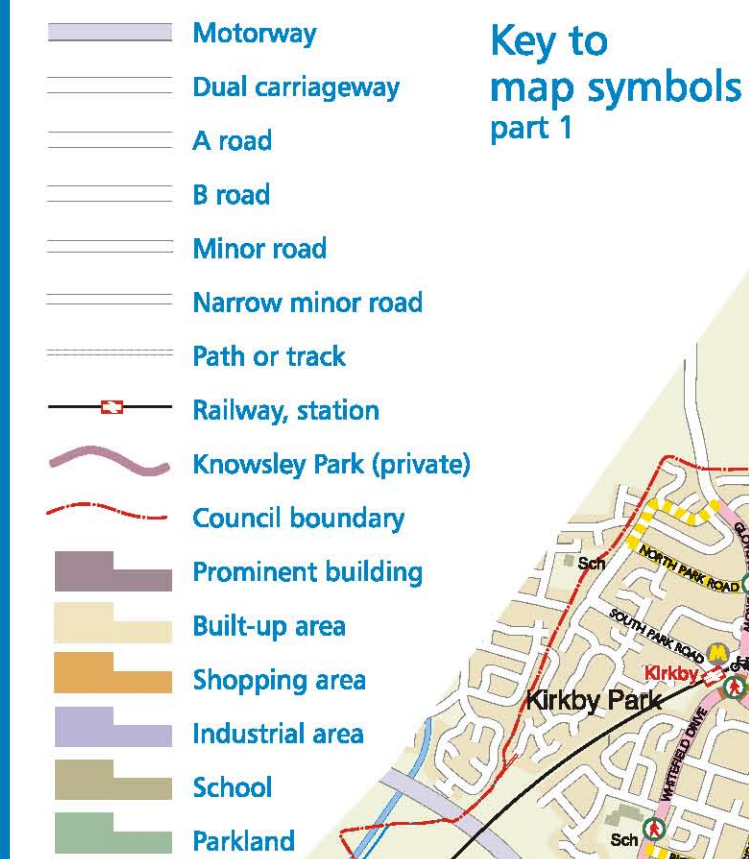
Advanced Stop Lines have been introduced to make junctions safer for cyclists. Cyclists position themselves past the first stop line in front of the waiting traffic and wait behind the advanced stop line in the reservoir area when the lights are red - allowing them a head start when the lights turn green.

Traffic Calming

Road humps, speed cushions, speed limits and signing all improve the links between cycle routes by reducing vehicle speed and traffic flows for cyclists.

Off-Road Cycle Routes

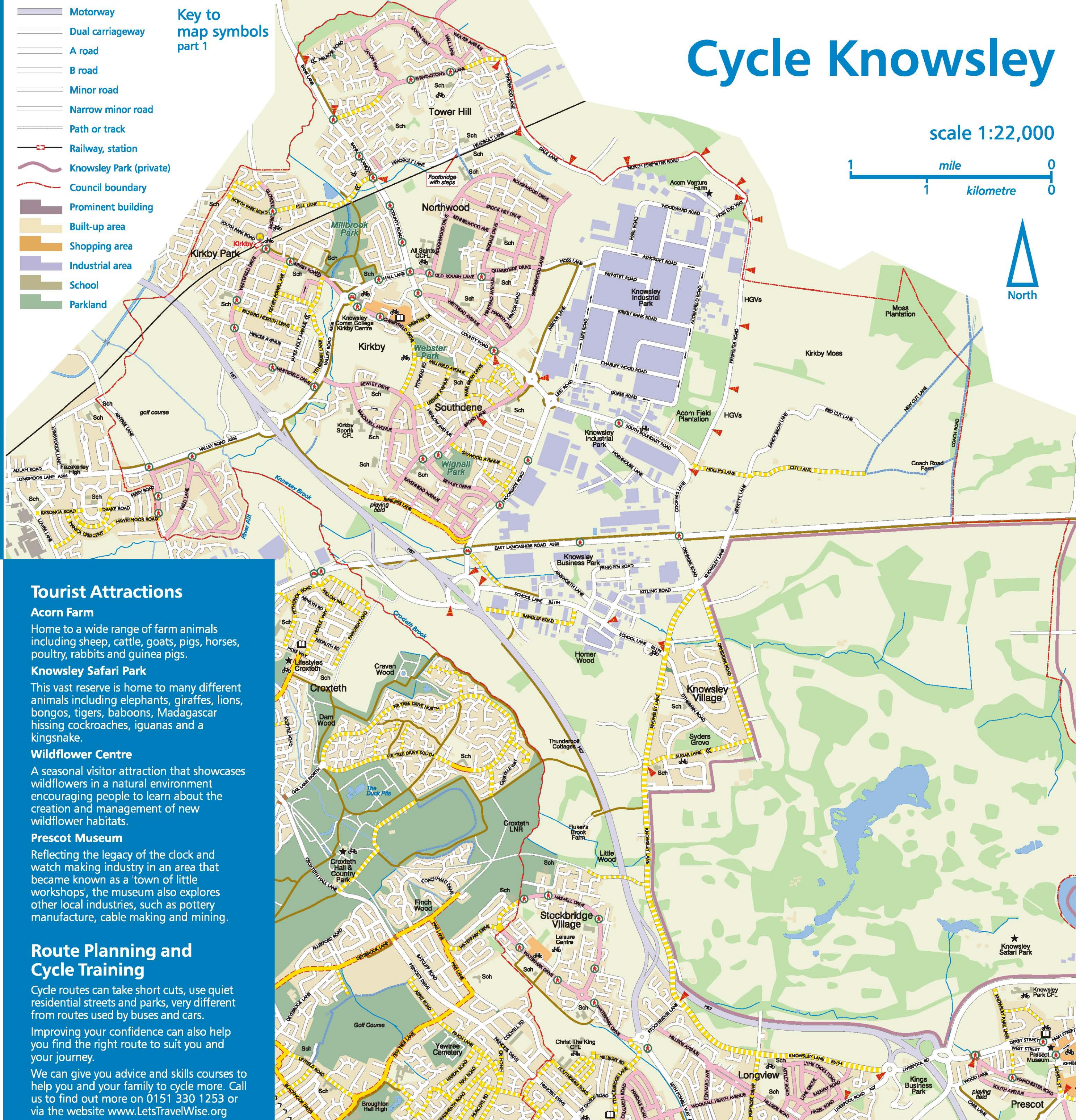
For leisure or your commuting journey. These are good places to cycle as a family, to teach youngsters or to brush up on your own cycle skills, as well as running through some of Knowsley's parks.



Key to map symbols part 1

Cycle Knowsley

scale 1:22,000



Cycle Tips

Before each journey spend a few minutes ensuring that your bike is in good working order, paying particular attention to brakes, tyres and the steering.

Wear bright clothing and a cycle helmet. At night front and rear lights and a rear reflector are legally required and get you seen.

When riding on roads always follow the Highway Code

Be confident and brave in your cycling. Stay out from the kerb and parked vehicles. Cycling fast in the traffic flow is safer than being trapped against the kerb.

Be alert when cycling and, where necessary, be prepared to take evasive action.

Invest in a rucksack or panniers to carry shopping or work clothes. Panniers will mean the bike takes the weight and not you!

When leaving your bike, choose a well-lit spot, not blocking the pavement and use a good lock. For further details of the cycle parking facilities available in Knowsley please visit www.knowsley.gov.uk



Cycle Knowsley

This map is for everyone, from those who cycle regularly to those who are just thinking about riding a bike. It aims to help you find your way around Knowsley.

The suggested cycle routes provide enjoyable cycling for work, study, shopping or leisure journeys to many of the area's parklands and tourist attractions.

The great thing about cycling is that it doesn't have to involve strenuous physical activity. You can get fitter, going where you want, at your own pace, in your own time. Riding a bike is quick, cheap and it provides door to door travel. The regular physical activity can make you feel less stressed, give you more zest for life and even make you more efficient at work. And above all, it's fun!

Making just small changes in the way we travel can make a big difference to traffic congestion and pollution - and that's good news for everyone.

Discover Knowsley

You can travel by bike to our parks and visitor attractions shown on the map.

Parks and Green Spaces:

Halewood Park

Halewood Park or the 'Triangle' as it is known locally is an oasis of naturally regenerating oak birch woodland and includes:

- A network of paths suitable for cyclists
- Pond habitats
- Environment Centre
- Trans Pennine Trail

The Trans Pennine Trail is a 350 mile national route for recreation and transport. It provides a coast to coast facility linking Southport to Hull. The whole of the trail is for walkers and cyclists with many sections having easy access for people with disabilities and is it is also particularly suitable for families.

Stadt Moers Park

Stadt Moers Park is the largest area of public open space within the Borough and lies between Whiston and Huyton, and includes:

- Meadow woodland
- Pond habitats
- A network of paths suitable for cyclists
- Environment Centre

Tourist Attractions

Acorn Farm

Home to a wide range of farm animals including sheep, cattle, goats, pigs, horses, poultry, rabbits and guinea pigs.

Knowsley Safari Park

This vast reserve is home to many different animals including elephants, giraffes, lions, bongos, tigers, baboons, Madagascar hissing cockroaches, iguanas and a kingsnake.

Wildflower Centre

A seasonal visitor attraction that showcases wildflowers in a natural environment encouraging people to learn about the creation and management of new wildflower habitats.

Prescot Museum

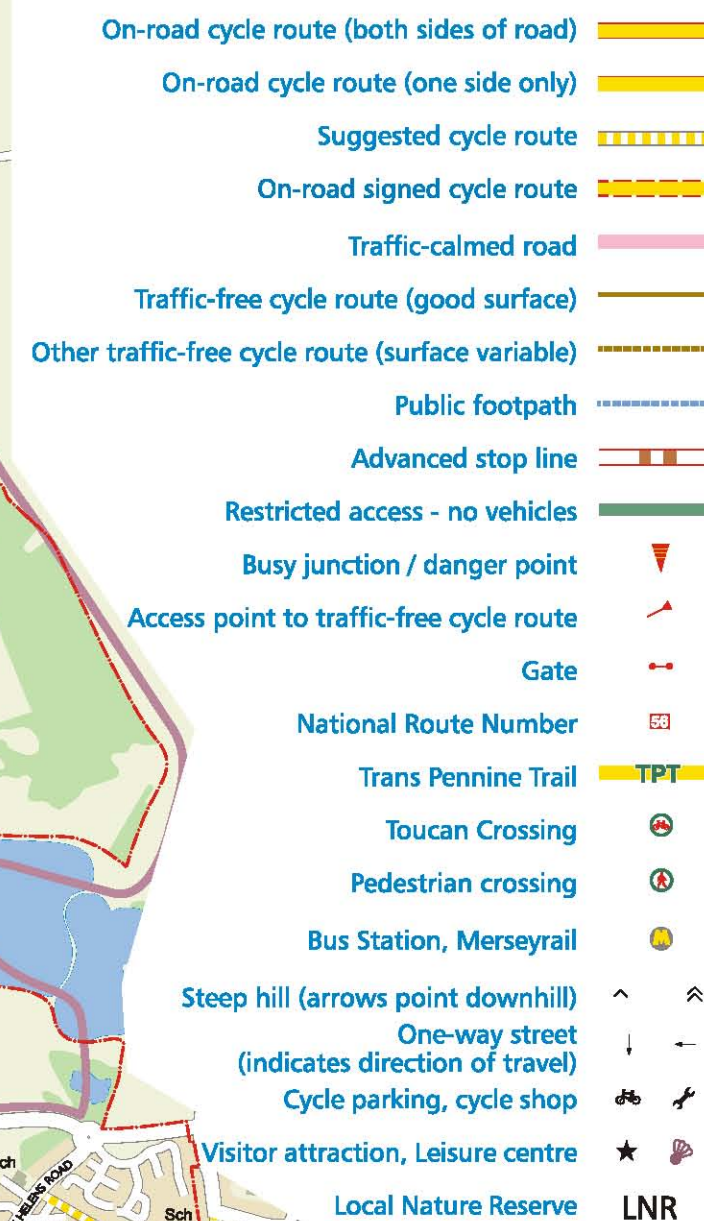
Reflecting the legacy of the clock and watch making industry in an area that became known as a 'town of little workshops', the museum also explores other local industries, such as pottery manufacture, cable making and mining.

Route Planning and Cycle Training

Cycle routes can take short cuts, use quiet residential streets and parks, very different from routes used by buses and cars.

Improving your confidence can also help you find the right route to suit you and your journey.

We can give you advice and skills courses to help you and your family to cycle more. Call us to find out more on 0151 330 1253 or via the website www.LetsTravelWise.org



Key to map symbols part 2

Why Cycle?

Healthy!

Cycling can greatly improve your health, even moderate cycling every week can give you the health and fitness of someone ten years younger.

Regular cycling can:

- Halve the chances of suffering from heart disease.
- Help to prevent strokes, diabetes and some kinds of cancer.
- Lower your blood pressure and resting heart rate.

- Increase the likelihood of you losing weight as you burn calories and raise your metabolic rate.

Cycling can make you feel better too as it reduces stress and makes you feel great!

Cheap!

Bikes are very cheap to run, especially compared to cars. They are much cheaper to buy and maintain, and you don't have the added costs of fuel, Vehicle Excise Duty or parking.

Enjoyment!

Cycling is fun! Regular exercise stimulates the pleasure centres of your brain so the more you cycle, the more you'll want to cycle.

Time!

Cycling is fast. For short journeys, there is nothing to beat a cyclist. In urban areas, for distances under five miles, it's quicker to cycle than to go by car.