Get Cycling!

45% of all car journeys are less than 2 miles which is the equivalent of a ten minute bike ride. Two trips of 15 minutes by bike a day are enough to give you a healthy heart.

National Cycle Route 56 is part of the network of cycle routes throughout the UK. It provides a connecting route from National Cycle Route 62 (the loop line) to the city centre taking advantage of pleasant parks, traffic calmed roads, cycle lanes and a traffic free path along the river.

Adult Cycle Training

Do you remember being nervous learning to drive a car? The same can be said of a riding a bike in traffic. If you would like further information on training and building confidence call: Cycling Solutions: 0151 234 9484.

Biketime Rides

If you would like to get out and enjoy some fresh air, gentle exercise and meet new friends, why not come along to the TravelWise Biketime Rides. These take place across Merseyside. For more information on the rides or other Merseyside cycle routes call TravelWise on 0151 330 1253 or visit www.LetsTravelWise.org

Why Cycle?

- It's free
- It's healthy
- It's reliable
- It's quick

- It's fun
- It reduces pollution
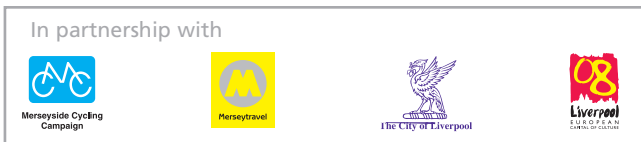- It eases congestion
- It lowers stress

Tips for Cycling

- Think Ahead! Anticipate drivers and pedestrians actions, catch their eye.
- Ride positively and decisively, it helps motorists understand what you plan to do.
- Ensure your bike is in roadworthy condition and...... follow the Highway Code!

Tips for Motorists

- Always check for cyclists before opening your door.
- Cyclists have a right to be able to use the road safely, keep a special lookout for them.
- Give cyclists space and signal when you overtake them.
- Slow down and drive smoothly. Keep within speed limits and... follow the highway code!

www.LetsTravelWise.org

Liverpool Cycle Routes

2: National Cycle Network Route 56

Let's TravelWise!

National Cycle Network Route 56

56 **NCN ROUTE 56**

If you would like information on other cycle routes in Liverpool call 233 3007. The maps suggest the best routes around the city on quiet roads and car free tracks.
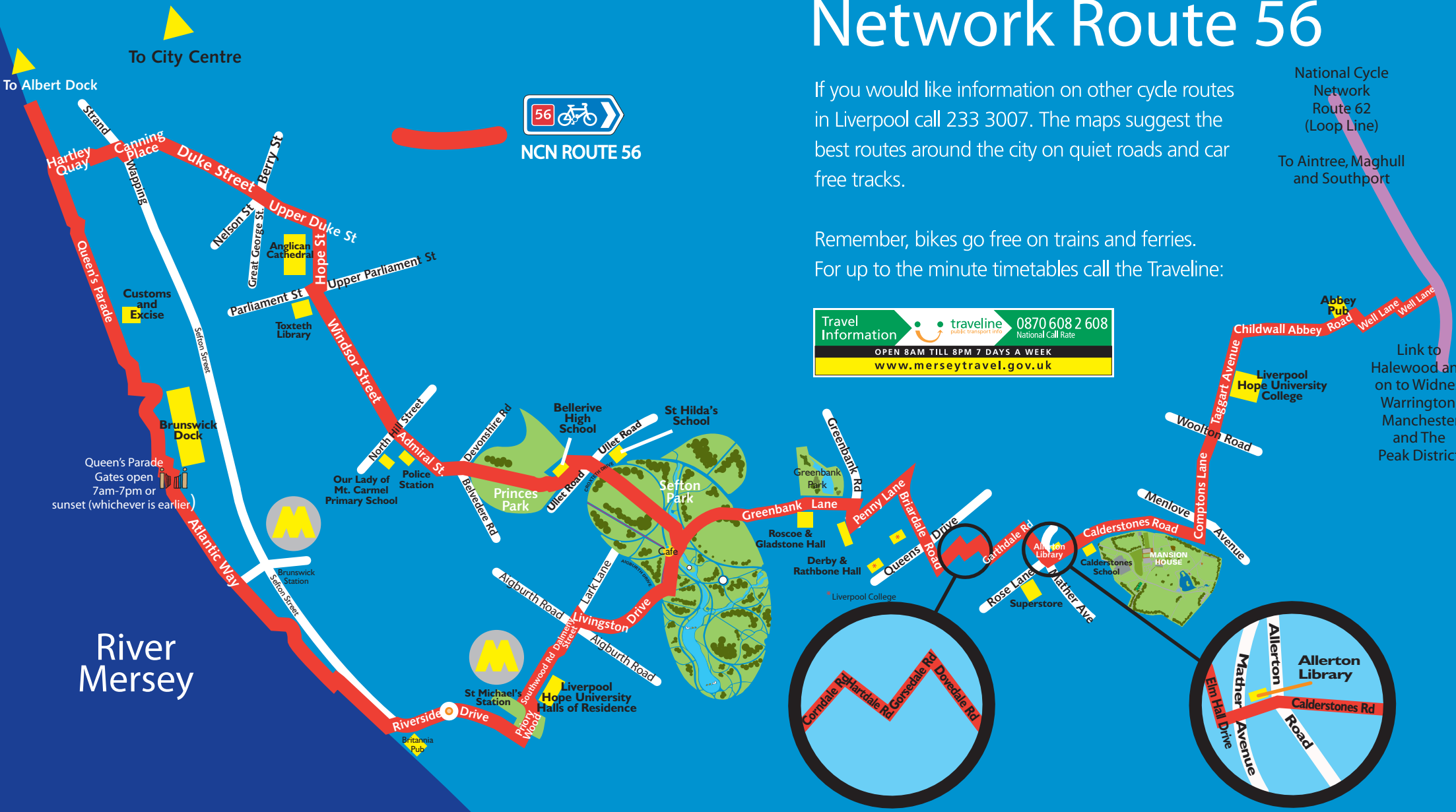
Remember, bikes go free on trains and ferries.
For up to the minute timetables call the Traveline:

Travel Information **traveline** public transport info **0870 608 2 608** National Call Rate
OPEN 8AM TILL 8PM 7 DAYS A WEEK
www.merseytravel.gov.uk

National Cycle Network Route 62 (Loop Line)

To Aintree, Maghull and Southport

Link to Halewood and on to Widnes, Warrington, Manchester and The Peak District

To City Centre

To Albert Dock

Strand
Hartley Quay
Canning Place
Wapping
Duke Street
Queen's Parade
Berry St
Nelson St
Great George St
Upper Duke St
Anglican Cathedral
Hope St
Upper Parliament St
Parliament St
Customs and Excise
Toxteth Library
Windsor Street
Sefton Street
Brunswick Dock

Queen's Parade Gates open 7am-7pm or sunset (whichever is earlier)

Atlantic Way
Sefton Street
Brunswick Station

River Mersey

North Hill Street
Admiral St
Devonshire Rd
Our Lady of Mt. Carmel Primary School
Police Station
Belvedere Rd
Princes Park
Ullet Road
Bellerive High School
St Hilda's School
Ullet Road
Sefton Park
Cafe
Lark Lane
Atgburth Road
Livingston Drive
Atgburth Road
Southwood Rd
Dalmeny Street
Priory Wood
St Michael's Station
Liverpool Hope University Halls of Residence
Riverside Drive
Britannia Pub

Greenbank Rd
Greenbank Park
Greenbank Lane
Roscoe & Gladstone Hall
Derby & Rathbone Hall
Penny Lane
Briardale Road
Queens Drive
Garthdale Rd
Allerton Library
Rose Lane
Mather Ave
Superstore
Calderstones Road
Calderstones School
MANSION HOUSE
* Liverpool College

Childwall Abbey Road
Abbey Pub
Well Lane
Well Lane
Liverpool Hope University College
Taggart Avenue
Woolton Road
Comptons Lane
Menlove Avenue

Corndale Rd Hartdale Rd Gorsedale Rd Dovedale Rd

Allerton Road
Mather Avenue
Elm Hall Drive
Allerton Library
Calderstones Rd