

- Key**
- Recommended road for cycling
 - National Cycle Network
 - On-road / Off-road
 - Shared path
 - Pedestrian street / with restricted vehicle access
 - Footway where you should walk your bike
 - On-road cycle lane
 - Bus lane and cycle lane
 - Segregated cycle track
 - Busy roads
 - Boundary
 - Railway / Tram / with station / Level crossing
 - Cycle parking / Cycle locker
 - East Midlands Trains parking
 - Citycard Cycle Hire docking station
 - Citycard Cycle Hub
 - Pedestrian / Cycle crossing
 - School / College / University
 - Hospital
 - Bike shop (named and numbered)
 - Library
 - Cafe / Pub
 - Leisure centre
 - Supermarket
 - Access point with ramp / without ramp
 - Park and ride with tram
 - Park and ride with bus
 - One way
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Cycling Organisations

RideWise

Whether you want to get fitter, save money on your travel costs or if you just want to get around a little bit quicker, RideWise can deliver exactly the right training you need to help your journey onto two wheels.

They have a team of professional cycle instructors who provide training services in and around Nottingham, Nottinghamshire and the surrounding areas and can also give advice and support on cycle routes, free group rides and they can even provide a temporary bike for you to use whilst you're gaining confidence. They also provide a wide range of services for workplaces including group training, corporate activity challenges, sustainable travel support and Safe Urban Driving courses.

For more information visit www.ridewise.org.uk or phone 0115 955 22 88

Bikeworks

Nottingham Bikeworks is a not-for-profit Community Interest Company providing a range of community bike projects, bike maintenance workshops, refurbished bike sales and repairs. They offer something for everyone from practical mechanical skills to cycle training, volunteering and social cycling opportunities. They are an accredited provider of City and Guilds qualifications and run regular training courses and events.

For more information visit: www.nottinghambikeworks.org.uk or phone 0115 979 2433.

Citycard Cycles

There are 19 Citycard Cycle hubs located around Nottingham providing covered cycle parking with CCTV, lighting, and access controlled doors for any bike. Locations of the hubs can be found on the cycle map and online at transportnottingham.com/cycling/park-your-bike/

To access the cycle hubs you must have a previously registered Citycard or a Robin Hood card solely activated for accessing the cycle hubs. You can get a card from Russell's Bicycle Shed located on Queens Road on the south side of Nottingham Station. There is a small charge for registering and issuing a card.

Cycle Hire

We have a small number of on street hire stations in the City Centre and at the two universities. Bikes are also available for daily hire from the Tourist Information Centre on Long Row at the side of the Council House. There are also cheap long term hire options of Council bikes from Russell's Bicycle Shed (number 21 on map)

We are currently reviewing the future of cycle hire in the city in association with private operators.

More information about cycle hire can be found at transportnottingham.com/cycling/hire-a-bike/

Closed Road Cycle Circuit

A 1.5km closed road cycling circuit is available at Harvey Hadden Sports Village and can be booked for private hire or simply as pay and play enabling you to cycle in a safe, off-road environment.

Call **0115 8761600** for more information about booking and availability

Let's Keep Nottingham MOVING

We have completed the first phase of our Cycle City Vision delivering improvements to cycling around the city including Western, Southern and Eastern Cycle corridors, a North South city centre route, improved lighting on the Victoria Embankment and path improvements on sections of the River Leen path. We have also delivered a new cycle link between Station Street and Citylink across the Island Site and recently opened a pedestrian and cycle link between University Boulevard and the Nottingham Enterprise Zone within the Boots campus, including the Dr Stewart Adams Bridge over the midland mainline railway.

Since 2018 the City Council has been engaging with the Department for Transport, the DfN2 Local Enterprise Partnership and our neighbouring authorities in Derby, Derbyshire and Nottinghamshire to develop a Local Cycling and Walking Infrastructure Plan (LCWIP). This will identify a priority list of locations for walking and cycling investment. The LCWIP will be used to bid for appropriate sources of funding. We will continue to work with Highways England to improve routes on their network such as the A52 from Priory Island to Clifton and the A453.

We have been award an initial £2 million for cycling improvements in the city from the Department for Transport's 'Transforming Cities Fund' and will be delivering schemes using this fund in 2019.

Secure your Bike - Lock it or Lose it!

With your help we can beat cycle theft and help to continue to build a cycling friendly city. We're working hard on your behalf – a partnership of local organisations' has put together a comprehensive plan to help to deter bike thefts. In addition, Nottingham's Cycling Action Plan – which sets out Nottingham's ambitions as a cycling city – has a strong commitment to increase the number of cycle trips whilst reducing the number of cycle thefts.

Once you've got in the saddle then it's important to make sure that you keep your bike safe and secure. There are five easy steps you can take to make sure your bike is secure:

- Always secure your bike, even at home
- Use two alarmed cable locks or preferably hardened locks such as D locks to at least Silver secure standard
- Take quick release items with you like wheels, lights and seat
- Permanently mark your bike for identification, we recommend Crernark
- Immediately – register it on a property database for free - Love it, log it!

More information can be found at: thebigwheel.org.uk/change-your-travel-2/cycling-2/secure-your-bike/

*Partners include Nottingham City Council, Sustrans, Nottingham Trent University, the University of Nottingham, Nottingham University NHS Trust, the Greater Nottingham Transport Partnership, Broxtowe Borough Council and the Nottinghamshire Police.

Pedals

Pedals is the local cycle campaign group for the Greater Nottingham area, founded in 1979. It aims to get more people to cycle and to campaign for safer and more attractive conditions for cyclists.

PEDALS
THE POWER BEHIND NOTTINGHAM'S CYCLISTS

For more information (including a downloadable membership form) visit the website at: www.pedals.org.uk or email: contact@pedals.org.uk

Sustrans

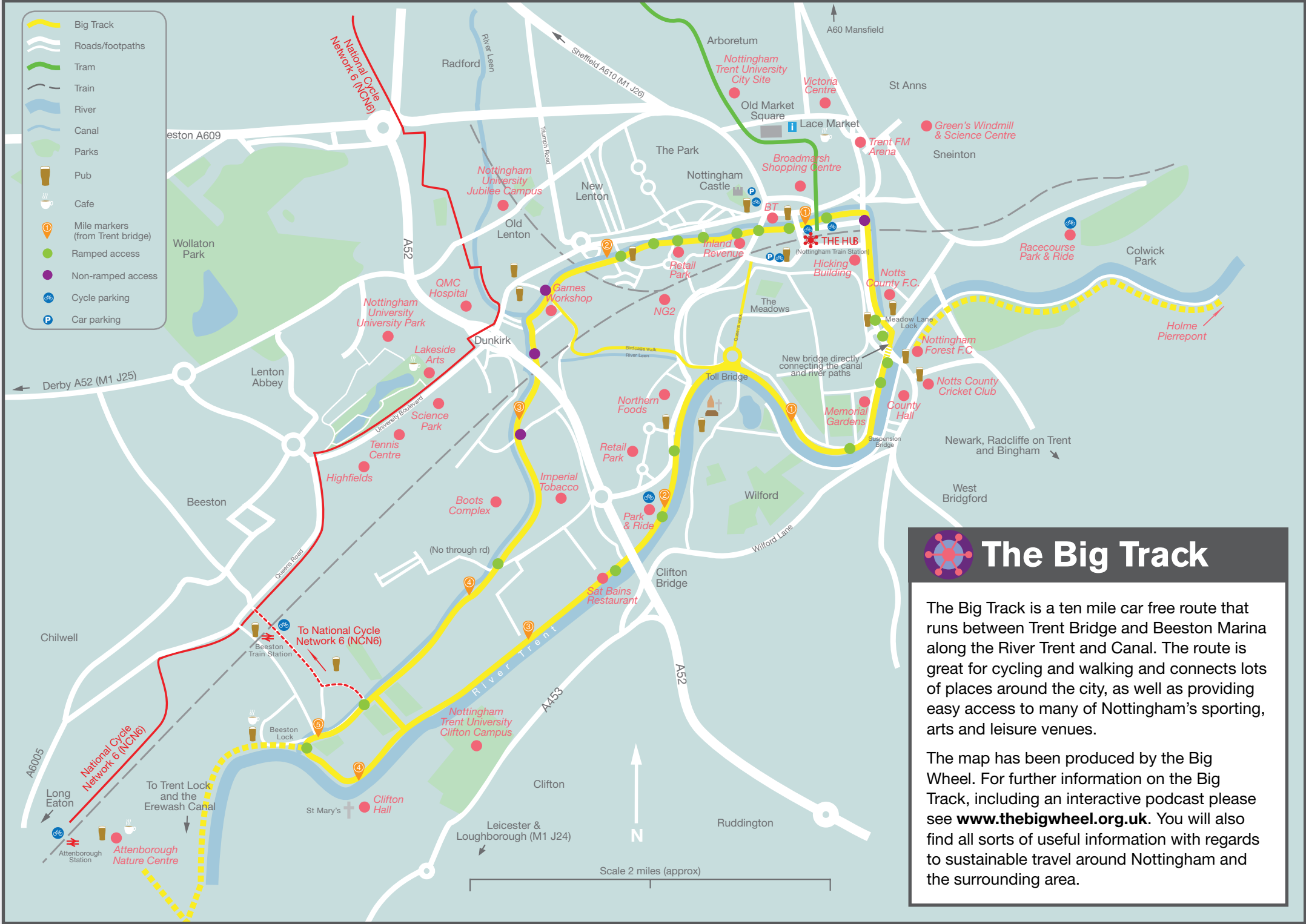
Sustrans is the charity making it easier for people to walk and cycle. They connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute. They work with families, communities, policy-makers and partner organisations so that people are able to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.

It's time we all began making smarter travel choices. Make your move and support Sustrans today.

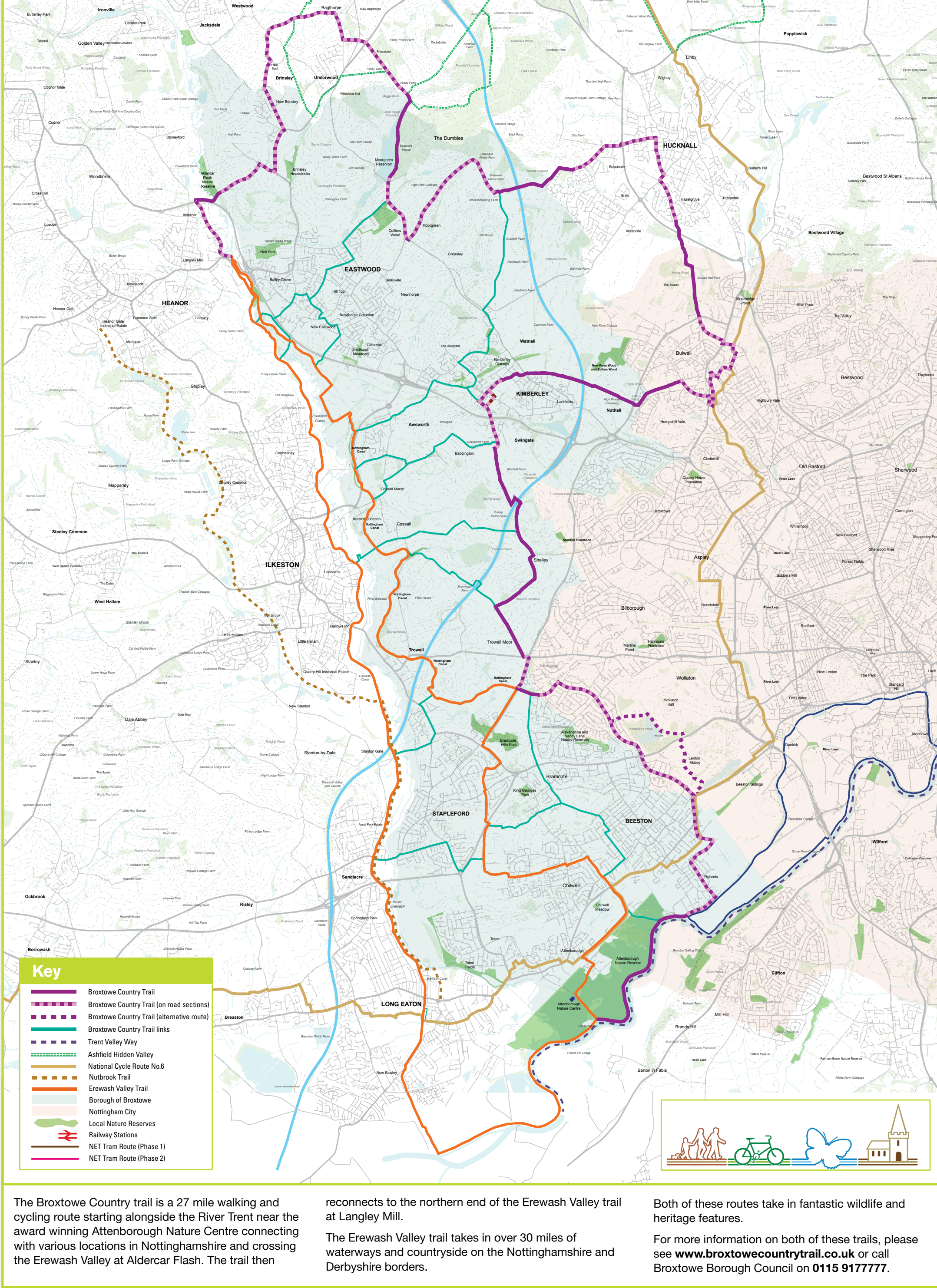
www.sustrans.org.uk

For more information please see: nottingham@sustrans.org.uk

sustrans
JOIN THE MOVEMENT



Broxtowe Country Trail and Erewash Valley Trail



Trams

If you are a regular cyclist in Nottingham, you may be aware of how to cycle along tram routes safely. But whether you are new to cycling – or an experienced cyclist around the tramway – there are some important things you'll need to remember.

- Plan ahead and familiarise yourself with the route before starting your journey
- Take care near trams and tracks and stay clear of the rails
- Think ahead and signal early
- Stay out of the grooves
- With both hands on the handlebars, cross tracks at a wide angle – preferably at 90 degrees – to stop your wheels from getting stuck in the rail grooves
- Where possible, use the cycle paths and crossing points provided
- Take your time and extra care when using shared facilities with other users
- Don't gamble – wait for the green light at crossings
- Take extra care on wet tracks
- Concentrate at all times
- If in doubt, dismount and cross the tramway on foot.

More information can be found at: thetram.net/

10 Tips for Safety & Maintenance

- Check tyres regularly - replace if showing signs of wear or damage
- Pump up tyres until they are too hard to squeeze - reduces punctures and makes cycling easier
- Check brakes - they should stop the wheel fully when the lever is only part pulled
- Don't allow brakes to skim the wheels - this will slow you down
- Oil the chain - for smoother gear transaction; if it squeaks or is brown it needs some oil
- Listen for noises - squeaks, rattles and scraping suggests something needs attention
- Keep your bike undercover - it will prolong its life and reduce maintenance
- Get the seat height right - having it too low will make cycling hard work
- Make sure your gears change smoothly - you may need professional help to adjust them
- Check that wheels spin smoothly - turn cycle upside down and spin the wheels.
- Any wobbles or a less than perfect spinning cycle suggests expert advice is required.

Cycle Helmets

Cycle helmets are not compulsory but are designed to give protection from a fall from a bike and when worn correctly they can reduce the risk of serious head injury. When buying a helmet check that it fits correctly and that it conforms to a recognised safety standard. Do not buy a used cycle helmet as damage is not always obvious.

<https://tinyurl.com/BritishCyclinghelmet>

Start Cycling with the Ridewise Community Cycle Centres

RIDEWISE
AT THE HEART OF GREEN TRANSPORT

From March 2019 to April 2020, the RideWise Community Cycle Centres will provide regular free activities to help you and your family get cycling and walking. This will include a regular free programme of short community guided rides, and cycle instruction plus loads of special one off events and activities such as bike maintenance classes that everyone can enjoy.

RideWise cycle instructors are accredited and will help you to feel confident and happy on two wheels.

Centres can be found in the Meadows, Lenton, Bulwell and Sneinton. You can find a full programme of events at www.nottinghamcyclecentres.co.uk or by searching for RideWise on Facebook. So keep your eyes peeled!

And, what's even better is that the project is supported by Nottingham City Council, as part of the Department of Transport's Access Fund, which means that if you live in Nottingham it's completely free.

HSBC Let's Ride

British Cycling have teamed up with HSBC to provide a number of ways to get out and cycle.

HSBC UK Guided Rides

We group our free Guided Rides into three types – Easygoing, Steady and Challenging. So whether you're just starting out, or trying to improve your fitness, there's something for you.

HSBC UK Ride Social

HSBC UK Ride Social is a free, fun, friendly, growing community of people organising their own informal bike rides. You can join a ride, or share your own ride for others to join.

HSBC UK Breeze

HSBC UK Breeze offers fun, free bike rides – as well as plenty of support and inspiration – for women of all abilities, all across the UK.

HSBC UK Go-Ride

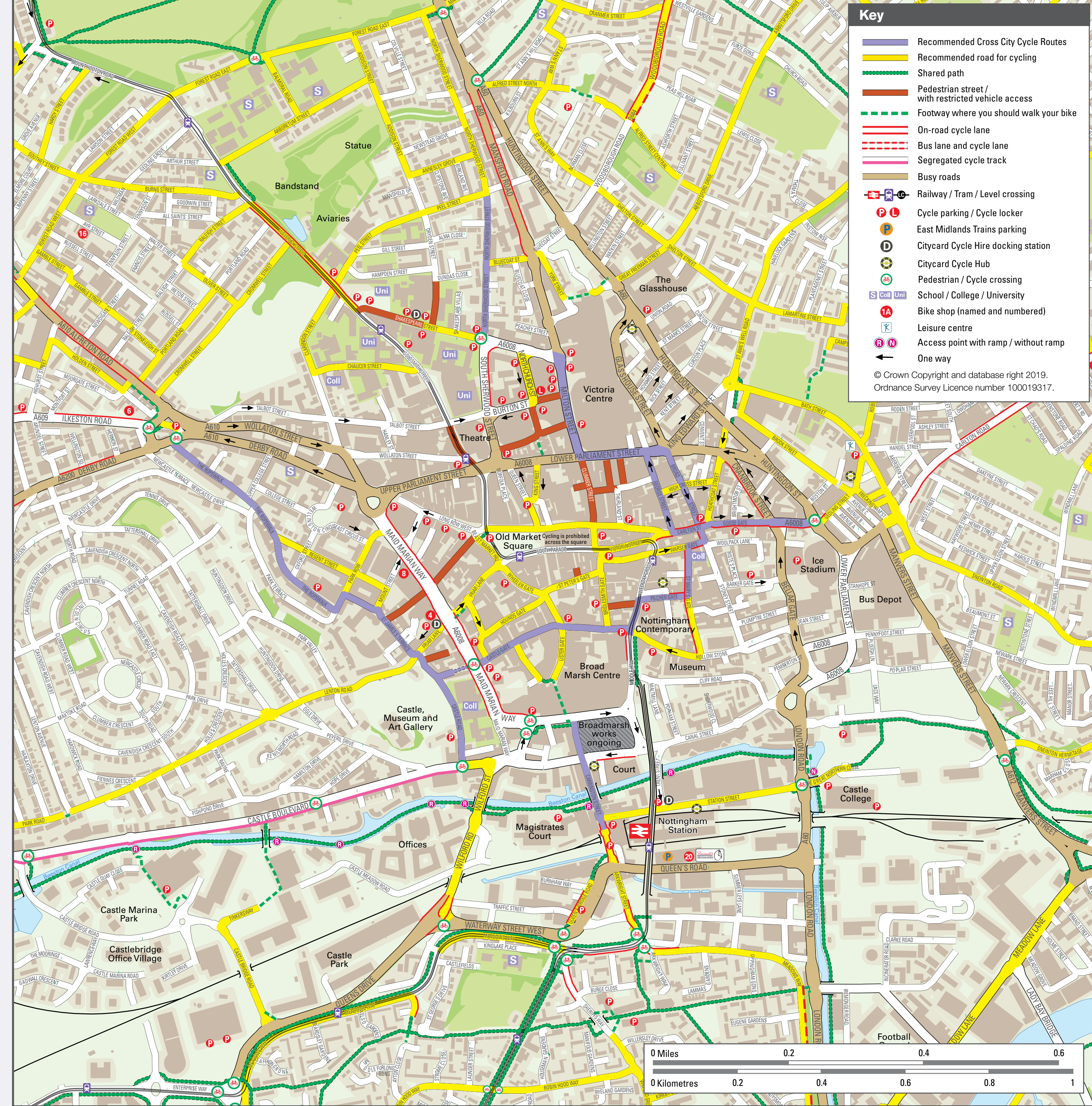
At British Cycling we know how important it is to start early when it comes to riding a bike. The HSBC UK Go-Ride programme, which focuses on fun, local coaching sessions for young riders.

Look out for more information about the Lets Ride programmes and the Lets Ride Nottingham mass participation cycling event later this year. Head to letsride.co.uk for information about dates, routes and how you can take part.

HSBC UK BRITISH CYCLING

Nottingham City Centre

Citycard cycle cages are available at Broadmarsh Bus Station, Nottingham Rail Station, Victoria Leisure Centre, Victoria Centre car park and Lace Market car park. Cycle lockers are also available at Trinity Square car park.



Let's Keep Nottingham MOVING

Spring 2019 Edition

FREE!

Nottingham Cycle Map

Comments

Whilst we have tried to ensure everything is correct, if you feel we have missed anything or you have any comments on cycling in general please email: cyclecity@nottinghamcity.gov.uk or call **0115 8763942**

We welcome comments and feedback, especially if your local knowledge can help improve future versions of the map.

Useful Websites

For electronic versions of the map and other useful cycle related information please see: www.transportnottingham.com/cycling/cycle-maps/

For more information on transport including the Big Track please see: www.thebigwheel.org.uk

For more information on the Erewash Valley Trail please see: www.broxtowe.gov.uk

For electronic journey planning information please see: www.cyclestreets.net

For a carbon neutral courier service www.wegocouriers.co.uk Tel: 0115 8447744