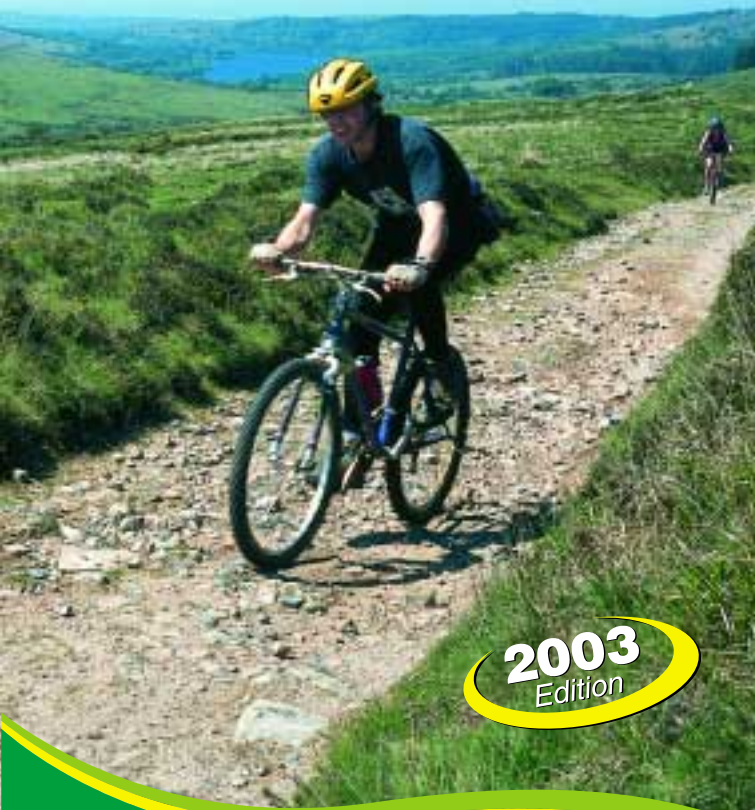


Plymouth Cycle Guide



2003
Edition



Issued by:
Road Safety Team
Transport & Planning
Plymouth City Council
Tel: 01752 307730

Plymouth Cycle Guide

Introduction

Plymouth City Council is committed to providing a complete cycle network throughout the City. This leaflet shows the existing network to help you plan your routes around the city, taking advantage of cycle lanes, quiet roads and traffic calmed areas where possible.

Information

For issues relating to cycling in Plymouth, call the Cycling Officer on 01752 307728. For information on cycle routes outside the City boundary contact:

- **Devon County Council**
Tel: 0870 608 5531
www.devon.gov.uk/cycling
- **West Devon Borough Council**
Tel: 01822 813701
- **South Hams District Council**
Tel: 01803 861234
- **Caradon District Council**
Tel: 01503 262777
Discovery Centre, Millpool
www.southeastcornwall.co.uk
- **Cornwall County Council**
Tel: 01872 322642
www.cornwall.gov.uk
- **Sustrans**
Mail Order/Information Line:
0117 929 0888
www.sustrans.org.uk
- **Cremyll Foot Ferry**
(contact for group bookings as cycles are carried but places are limited)
Tel: 01752 822105



Sustrans – it stands for sustainable transport – is a charity that works on practical projects to encourage people to walk, cycle and use public transport in order to reduce motor traffic and its adverse effects.

Plymouth **Cycle** Guide

Benefits of Cycling

- ✓ Cycling is good for your health
- ✓ Cycling is good for the environment
- ✓ Cycling to work can keep you fit without setting extra time aside at the end of the day.
- ✓ Cycling with your family is a great way to encourage children to exercise and become responsible road users.



Plymouth **Cycle** Guide



Plymouth Cycle Shops

- **A1 Buycycles** Tel: 01752 369369
- **The Bike Cellar**
13 Radford Park Road, Plymstock Tel: 01752 408338
- **Battery Cycle Works**
Embankment Road Tel: 01752 665553
- **Devon Cycles**
Frankfort Gate Tel: 01752 664771
- **Halfords**
Marsh Mills Retail Park Tel: 01752 224006
15 Cornwall Street Tel: 01752 661652
- **Natural Cycles**
Benbow Street, Stoke Tel: 01752 550729
- **Plymouth Cycle Scene**
Hyde Park House, Mutley Plain Tel: 01752 257701



**Pick up
a Copy**

This useful
leaflet is full
of information
about safer
cycling in
Plymouth!



Safety Tips

Be Seen

- ✓ Wear bright, reflective or fluorescent clothing to help other road users see you – especially in winter and at night.
- ✓ By law your bike needs a red rear reflector and front and back lights when it is dark or at times of poor visibility.
- ✓ Always use hand signals to let other road users know what you are doing – try to catch the eye of drivers to make sure you have been seen.

Be Prepared

- ✓ It is important to maintain your bike, with regular services and checks.
- ✓ Plan your route to use quieter roads and avoid busy junctions if possible – use cycle lanes where they are provided.
- ✓ Carry a tool kit so you will be able to cope with simple repairs or punctures.
- ✓ For longer journeys take snacks or drinks as well as suitable clothing.
- ✓ Wear sensible clothes and flat soled shoes or trainers.

Be Cyclewise

- ✓ Be aware of your surroundings and be alert for hazards.
- ✓ Wear a cycle helmet – it will not reduce the possibility of having an accident but could reduce the severity of injury if you use one.
- ✓ Cycle helmets should always be purchased from new and comply to the appropriate British Standard.
- ✓ Always look before you manoeuvre to check that it is safe.
- ✓ Use extra caution when crossing driveways and side roads.

Be Trained

- ✓ The City Council can help to organise cycle training through schools. If you are interested in getting trained or in helping with training, please contact 01752 304316.
- ✓ Cycle training helps to develop an understanding of the road, improving basic manoeuvres and hazard awareness.

Be Secure

- ✓ Use a good cycle lock – ask at your local cycle shop for advice about which ones are best.
- ✓ Make use of the hoops that are provided in public places.
- ✓ If there are no cycle hoops, leave your bike where it can be easily seen and locked to an immovable object.
- ✓ Get your bike stamped with your post code – many police stations will do this for free.
- ✓ Make notes about the colour, make, model and frame number of your bike, along with any distinguishing marks, in case your bike is stolen.
- ✓ If there is a location you think needs cycle parking or if your school needs secure cycle parking ask them to contact 01752 307728.



Traffic Signs & Signals

Cycle routes are marked with special signs:



Cycle route



Route Signs



Shared use –
segregated



Shared use -
unsegregated



National Cycle Network



No cycling



Bus and Cycle
Lane



Cycle Lane



Toucan and cycle
only crossings



Advanced stop lines

Code of Conduct

On Road

- Use cycle lanes and crossings where they are provided.
- Follow the Highway Code.
- Cycle considerately and responsibly.
- Observe traffic lights and signs.
- Do not cycle on the footway.
- Cycling in bus lanes is permitted in Plymouth.

Shared Use

- Do not crowd the path.
- Give way to pedestrians.
- Be extra careful when approaching elderly, visually impaired or disabled pedestrians.
- Stay on the correct side of segregated paths.
- Use extra caution and reduce speed where visibility is poor, or when crossing driveways and side roads.
- Different coloured surfaces mean different things: red is space for cyclists only, and green means space is shared with pedestrians. Always check the signs!



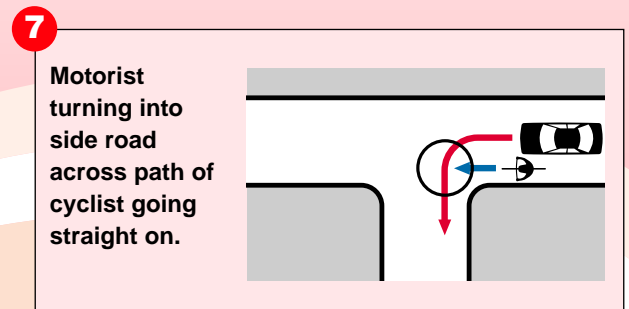
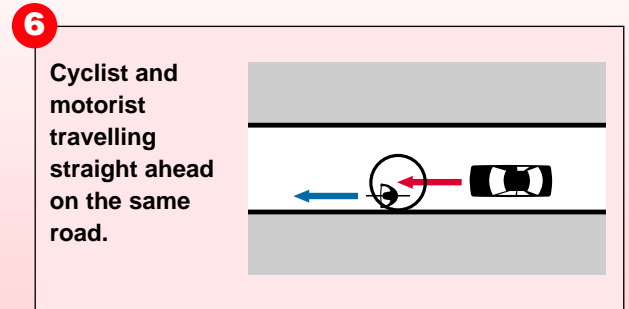
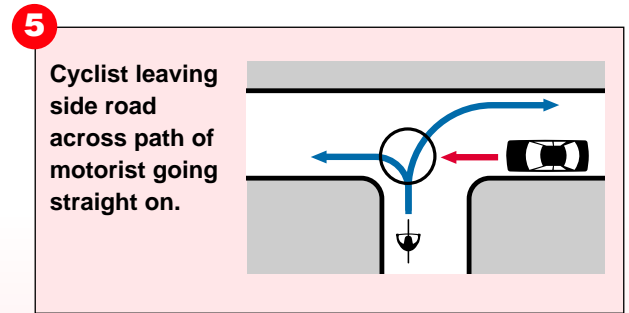
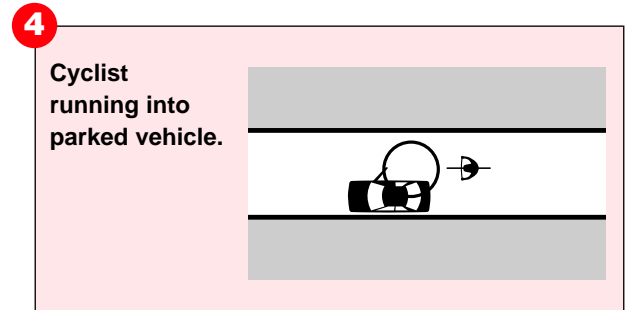
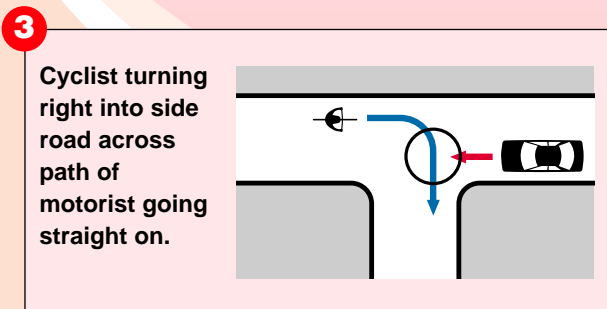
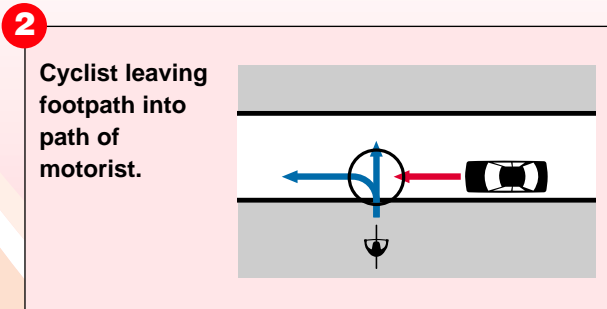
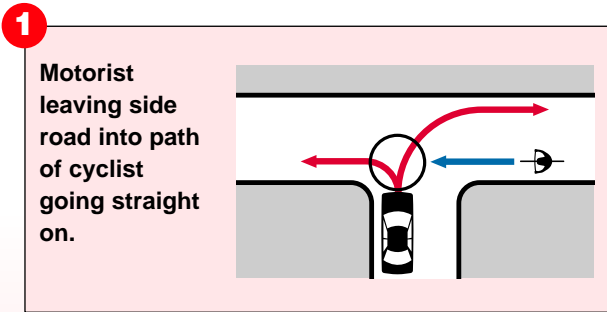
Off Road Routes

- Keep to the designated path.
- Let walkers know you are there – use a bell!
- Off road routes are usually shared use – please be considerate to others.

Causes of Accidents

Be Smart – Stay Safe!

The seven most common causes of cycling accidents are as follows:



The Plym Valley Cycle Track

This mainly traffic-free route is part of the National Cycle Network, and takes in a number of significant historical landmarks as it meanders along the Plym Valley.

From Laira Bridge the track passes Chelson Meadow before arriving at the scenic grounds of Saltram House, owned by the National Trust. Close to the water you can see a 19th century Folly which was used as the stage set for an amphitheatre.

After passing under the A38, the track continues from Marsh Mills to the Coypool Park & Ride site, before following the disused Lee Moor Tramway and then the Cann Tramway prior to arriving at Plym Bridge. From this point on, the track follows the old Tavistock line of the Great Western Railway.

The next landmark on route is Cann Slate Quarry prior to cycling on to Bickleigh and the optional Lopwell Dam Cycle Link. Once you have climbed the short and steep detour, the route continues at Ham Bridge where you can enjoy some exceptional views up to Dartmoor across the neighbouring woodland. Cycling on to Shaugh Bridge the track then goes under Shaugh Tunnel – which is now lit from dawn to dusk – cut through solid rock by workers under the guidance of Isambard Kingdom Brunel. Once out of the other side, you can follow the road on to Clearbrook before arriving at the Skylark Inn. Then you can head on to the moors to Burrator and Tavistock, or head for home!



For more details visit: www.science.plymouth.ac.uk/plymvalley/path

Map not to scale.