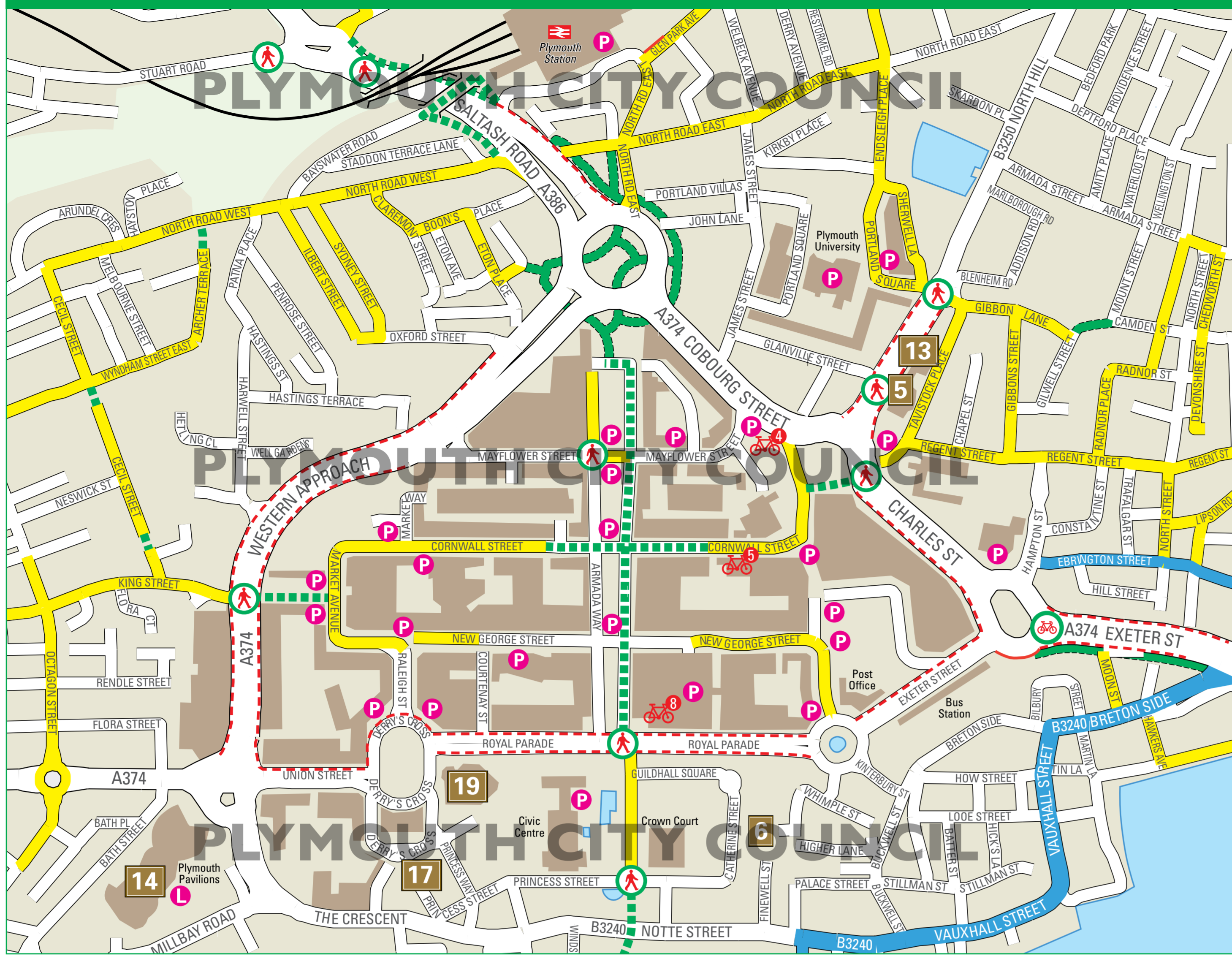


CITY CENTRE ENLARGEMENT



KEY

	Advisory cycle route		Cycle parking
	Signed cycle route		Cycle lockers
	Traffic-free cycle path		University
	Please walk your bike		College
	On road cycle lane		School
	Bus lane (cycling permitted)		Tourist attractions
	Pelican crossing		Ferry/Water taxi (cycles carried)
	Toucan crossing		National Cycle Network
	Bike shop		20 mph zone where signed on street

MARSH MILLS INSET



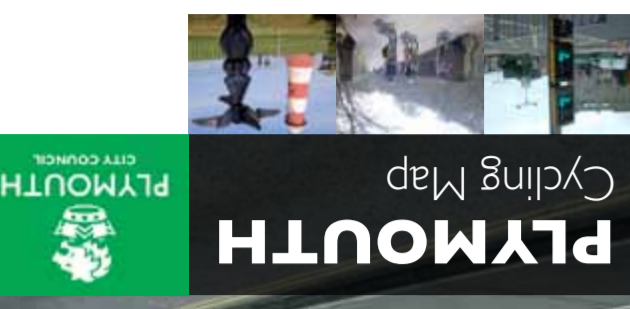
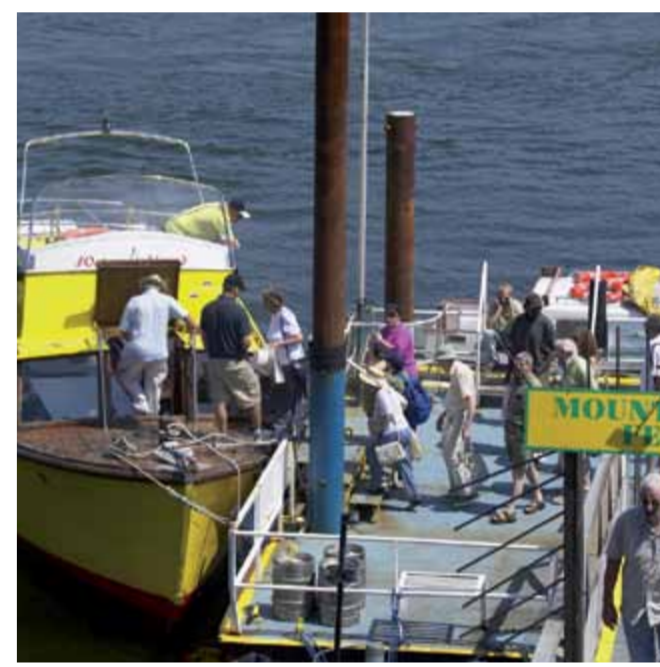
THE PURPOSE OF THIS MAP



This map is designed for regular cyclists or those who are just thinking about using a bike, whether as a leisure activity or a means of getting around the city.

Its aim is to help you plan your route according to your ability.

- Features**
- Contours together with colour gradations help you to determine if your chosen route is hilly or flat and you can also see if your route is quiet or quick.
 - Quiet and traffic calmed roads which are useful to cyclists are highlighted in yellow.
 - We have attempted to show all roads and paths legally available for cyclists to use. This includes bridleways but not public footpaths.
 - Bridleways and minor roads are shown regardless of their condition and suitability for cycling. In general private roads are not shown.
 - National cycle route numbers are shown.
 - We have numbered and listed the most popular tourist attractions and other places of interest.



Enjoy Plymouth by bicycle



Cartography and design by CycleCity Guides for Plymouth City Council
www.cyclecityguides.co.uk
Printed in August 2011

GOOD CYCLING CODE



- On all routes**
Please be courteous! Always cycle with respect for others, whether cyclists, pedestrians, people in wheelchairs, horse riders or drivers, and acknowledge those who give way to you.
- When cycling on roads**
- Always follow the Highway Code.
 - Be seen - most accidents to cyclists happen at junctions.
 - Fit lights and use them in poor visibility.
 - Keep your bike roadworthy.
 - Do not cycle on pavements except where designated - pavements are for pedestrians.
- On shared-use paths**
- Give way to pedestrians and leave them plenty of room.
 - Keep to your side of any dividing line and keep to the left when you meet other cyclists.
 - Be prepared to slow down or stop if necessary.
 - Don't expect to cycle at high speeds.
 - Be careful at junctions, bends and entrances.
 - Remember many people are hard of hearing and visually impaired - don't assume they can see or hear you.
 - Carry a bell and use it - don't surprise people.
 - Give way where there are wheelchair users and horse riders.

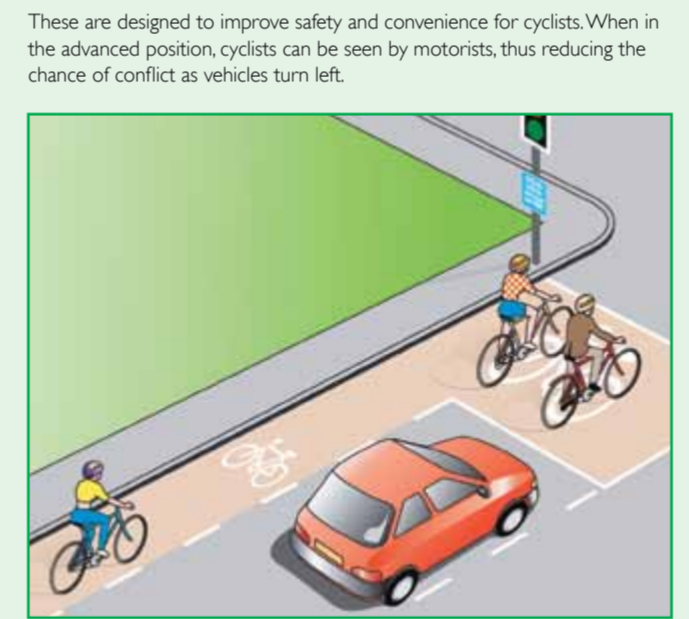


- And in the countryside**
- Follow the Country Code.
 - Respect other land management activities, farming or forestry and take litter home with you.
 - Keep erosion to a minimum if cycling off-road.
 - Try to cycle or use public transport to travel to the start and finish of your ride.
 - Match your speed to the surface and your skills.
 - Report any problems to Plymouth City Council.

COMMON SIGNS

	Shared route for cyclists and pedestrians together		Segregated route for cyclists and pedestrians on separate side of path
	Route for use by cyclists only		Route recommended for pedal cyclists (usually on road with no special provision)
	Caution - cycle route ahead		Cycle parking
	No cycling		Free 250 yds cycle parking
	With flow cycle lane ahead		Direction to cycle parking
	With flow cycle lane		Direction sign showing route recommended for cyclists
	Contra flow cycle lane		Cycle route forming part of a network
	Warning to drivers of cycle lane at junction		Cycle lane, track or route

ADVANCED STOP LINES



COMMON ROAD MARKINGS

	Cycle lane, track or route		End of cycle lane, track or route
	Direction arrow on cycle lane, track or route		

BIKE SHOPS

- AI Buycycles (Second hand bikes, repairs & spares)**
The Workshop, rear of 28 Biggin Hill, Ernesettle, Plymouth PL5 2PN
Tel: 01752 369369 (Phone in advance)
- Bikeaway (Bike locker manufacturer)**
Bell Close, Newnham Industrial Estate, Plympton, Plymouth Devon, PL7 4JH, info@bikeaway.com
Tel: 01752 202117
- The Bike Cellar**
13a Radford Park Road, Plymouth PL9 9DG
Tel: 01752 408338
- Cogs**
Money Centre, Drake Circus, Plymouth PL1 1QH
Tel: 01752 600601
- Halfords**
Marsh Mills Retail Park, Tel: 01752 224006
15 Cornwall Street, Tel: 01752 661652
- Natural Cycles**
Benbow Street, Plymouth PL2 1AF
Tel: 01752 550729
- Plymouth Cycle Scene**
Hyde Park House/Mutley Plain, Plymouth PL4 6LF
Tel: 01752 257701
- Certini**
House of Fraser, 40 Royal Parade, Plymouth PL1 1DY
Tel: 01752 267502

CYCLE PARKING AND SECURITY

Whenever you leave your bike in a public place, always lock it by securing the frame of the bike to a permanent fixture such as a solid bike stand. Wheels and saddles should be locked up if they have quick release levers. It is best to use a strong, good quality lock, especially if your bike is valuable. Also, try to park in an area which is on view to pedestrians and other road users.

CYCLING FOR HEALTH

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.

Remember, people who cycle regularly not only enjoy fitness levels of non-cyclists ten years their junior, but, on average live several years longer too.

And above all it's fun!

Making small changes to the way we travel today can make a big difference to traffic congestion and pollution and that's got to be good news for everyone!

TOURIST ATTRACTIONS

- Barbican Theatre**
Castle Street, Plymouth PL1 2NJ
Tel: 01752 267131
info@barbicantheatre.co.uk
www.barbicantheatre.co.uk
- Black Friars Distillery (Plymouth Gin Distillery)**
Southside Street, Plymouth PL1 2LQ
Tel: 01752 665292
www.plymouthgin.com
- Dartmoor National Park**
www.dartmoor-npa.gov.uk
- Elizabethan House**
32 New Street, Barbican, Plymouth
Tel: 01752 304774/304380
plymouthmuseum@plymouth.gov.uk
- Libraries**
Plymouth Central Library,
Drake Circus, Plymouth PL4 8AL
Tel: 01752 305923
- Merchants House**
33 St Andrews Street, Plymouth
Tel: 01752 304774/304381
museum@plymouth.gov.uk
www.plymouthmuseum.gov.uk
- Mount Batten Centre**
70 Lawrence Road, Mount Batten,
Plymouth PL9 9SJ
Tel: 01752 404567
eng@mount-batten-centre.com
- Mount Edgumbe House & Country Park**
Cremyll, Torpoint, Cornwall PL10 1HZ
Tel: 01752 822236
mt.edgumbe@plymouth.gov.uk
- National Marine Aquarium**
Rope Walk, Cossida, Plymouth PL4 0LF
Tel: 01752 600 301
marketing@national-aquarium.co.uk
- National Trust Saltram House**
Saltram House, Plympton, Plymouth PL7 1UH
Tel: 01752 333500
saltram@nationaltrust.org.uk



- Naval Base Coach Tours**
Plymouth Naval Base Museum and Historic South Yard
HM Naval Base, Plymouth PL2 2BG
Tel: 01752 554200
- Plymbridge Woods**
Gus Fergusson
Tel: 01626 834750
Gus.fergusson@nationaltrust.org.uk
- Plymouth City Museum & Art Gallery**
Drake Circus, Plymouth PL4 8AJ
Tel: 01752 304774
museum@plymouth.gov.uk

- Plymouth Pavilions**
Millbay Road, Plymouth PL1 3LF
Tel: 01752 222200
enquiries@plymouthpavilions.com
www.plymouthpavilions.com
- Plymouth Station & Tamar Valley Branch Line**
Tel: 08457 484950
- Plym Valley Railway**
Marsh Mills Station, Plympton PL7 4NW
plymvalrwy@btinternet.com
www.plymvalr.co.uk
- Reel Cinema**
Derry's Cross, Plymouth PL1 2SW
Tel: 01752 663300
- Smeatons Tower**
The Hoe, Plymouth PL1 2NZ
Tel: 01752 603300
www.plymouthdome.info
- Theatre Royal**
Royal Parade, Plymouth PL1 2TR
Tel: 01752 267222 (Box Office)
info@theatroyal.com

- Tourist Information Centre Mayflower Centre**
3-5 The Barbican, Plymouth
Tel: 01752 266030/306330
barbicant@plymouth.gov.uk
- Vue Multi Screen Cinema (Plymouth)**
Barbican Leisure Park, Shapters Road, Cossida,
Plymouth PL4 0LG
Tel: 08712 240240
customerservices@vuemail.com
- Plymouth Arts Centre**
38 Looe Street, Plymouth PL4 0EB
Tel: 08712 240240
customerservices@uemail.com

USEFUL CONTACTS

- Tourist Information**
Plymouth Mayflower, 3-5 The Barbican, Plymouth PL1 2LR
Tel: 01752 306330
barbicant@plymouth.gov.uk
- Transport and Highways**
Tel: 08705 360000
email: plymouth.watchman@amey.co.uk
www.plymouth.gov.uk/transportandroads/roads
- Cyclists' Touring Club**
Largest membership cycle organisation promoting travel by bicycle
Tel: 0870 873 0061
www.ctc.org.uk
- Brittany Ferries**
Tel: 08705 360360
www.brittany-ferries.com
- Public Rights of Way**
Tel: 01752 304233
www.plymouth.gov.uk
- Public Transport Information Traveline**
Tel: 0871 200 22 33
www.traveline.org.uk
- Sound Cruising**
Hext Quay, Hooe, Plymouth PL9 9RE
Tel: 01752 408590
www.soundcruising.com
- Sustrans (Head Office)**
2 Cathedral Square, College Green, Bristol BS1 5DD
Tel: 0117 926 8893
www.sustrans.org.uk
- Tamar Cruising & Cremyll Ferry**
Contact for group booking as cycles are carried but places are limited
Cremyll Quay, Cremyll, Nr Torpoint, Cornwall
Tel: 01752 822105
www.tamarcruising.com
- Although every effort has been made to ensure the accuracy of this map Plymouth City Council and CycleCity Guides cannot be held responsible for any errors or omissions.
- We welcome any comments that will help to improve the information provided. Please send comments and observations to: Road Safety Team, Floor 10, Civic Centre, Plymouth PL1 2AA
Tel: 01752 304316
roadsafety@plymouth.gov.uk
www.plymouth.gov.uk/transportandroads/walkingandcycling/cycling.htm
- For information on cycle routes outside the city boundary contact:
Devon County Council
www.devon.gov.uk/index/transport/green_traveling/cycling.htm
Cornwall Council
www.cornwall.gov.uk



Reporting problems on the road network: Plymouth on a Map
To report a problem, or make a suggestion go to:
www.plymouthonap.com