



### Key

	Advisory cycle route		Bike shop
	Signed cycle route		Cycle hire
	Traffic-free cycle path		Cycle parking
	Please walk your bike		Cycle lockers
	On road cycle lane		School
	Bus lane (cycling permitted)		Public toilets
	National / Heritage rail line and station		Tourist attractions
	Pelican crossing		National Cycle Network route number
	Toucan crossing		20 mph zone where signed on street



**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.
  - 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.
  - 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.



Transport and Infrastructure  
February 2015

Enjoy Plymouth  
by Bicycle



Cartography © Sustrans FourPoint Mapping  
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### Turning Plymouth into a Cycling City

Plymouth City Council and its partners are working hard to help more and more people start, or perhaps return to, cycling in Plymouth.

**New routes:** This map shows a growing network of routes right across the city, with many more improvements in the pipeline over the next couple of years, thanks to support from Sustrans, the Department for Transport, Big Lottery Fund, and Department for Communities and Local Government.

**Help getting started for young people:** Bikesability cycle training is available at nearly every primary school in the city, and an increasing number of secondary schools, ask your school for details. Targeted schools are also benefiting from the Sustrans Bike It Plus programme, further encouraging walking and cycling in schools.

**Adult cycle support:** Training, tips and advice, including help getting your bike back on the road.

**Skyride Local:** A range of led rides across the city, including Breeze rides for women only.

**Cycling for all:** We have a range of adapted bikes and individual support to cater for a range of disabilities.

**Find out about all of this and more at**  
[www.plymouth.gov.uk/cycling](http://www.plymouth.gov.uk/cycling)  
**Email:** [cycling@plymouth.gov.uk](mailto:cycling@plymouth.gov.uk)  
**Tel:** 01752 307704

### 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.
  - Be aware in particular of dogs and young children who may behave unpredictably.
- 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		Warning to drivers of cycle lane at junction
	No entry except cycles		Direction to cycle parking
	Except cycles		Direction sign showing route recommended for cyclists
	With flow cycle lane ahead		With flow cycle lane
	With flow cycle lane		Contra flow cycle lane

### Local Bike Shops and Cycle Hire

- A1 Bicycles (second hand bikes, repairs & spares)**  
The Workshop, rear of 28 Biggin Hill, Emesette PLS 2PN  
Tel: 01752 369369 (Phone in advance)
- Bikeaway (bike locker manufacturer)**  
Bell Close, Newnham Industrial Estate, Plympton PL7 4JH  
Tel: 01752 202116  
[www.bikeaway.com](http://www.bikeaway.com)
- The Bike Cellar**  
13a Radford Park Road PL9 9DG  
Tel: 01752 408338  
[www.thebikecellar.co.uk](http://www.thebikecellar.co.uk)
- Cogs Bikes**  
Money Centre, Drake Circus PL1 1QH  
Tel: 01752 600601  
[www.cogs-bikes.com](http://www.cogs-bikes.com)
- Halfords**  
Marsh Mills Retail Park Tel: 01752 224006  
15 Cornwall Street Tel: 01752 661652  
[www.halfords.com](http://www.halfords.com)
- Natural Cycles**  
Benbow Street PL2 1AF  
Tel: 01752 550729  
[www.naturalcyclesplymouth.co.uk](http://www.naturalcyclesplymouth.co.uk)
- Cycle Recycle**  
188 Albert Road  
Tel: 01752 565997 (phone in advance)
- Evans Cycles**  
The Rotunda, Charles Cross, Plymouth PL4 0BA  
Tel: 01752 444100  
[www.evanscycles.com](http://www.evanscycles.com)
- Ride Cycle Fitting Services @3sixty Performance Hub**  
The Old Stables 3-6, Crownhill Fort PL6 5BX  
Tel: 07807 413902  
[www.indepjogging.co.uk](http://www.indepjogging.co.uk)
- Bikespace Workshop (recycles & sells bikes)**  
Unit 7 Riverside Business Park, Devonport PL1 4SN  
Tel: 01752 500 211 (phone in advance)  
[www.thebikespace.com](http://www.thebikespace.com)
- Rockets & Rascals (inc hire & café)**  
7 Parade, Barbican PL1 2JL  
Tel: 01752 221295  
[www.rocketsandrascals.com](http://www.rocketsandrascals.com)
- The Dogs Wheels (bike accessories)**  
56/57 Faraday Mill, PL4 0ST  
Tel: 01752 674646  
[www.thedogswheels.co.uk](http://www.thedogswheels.co.uk)
- Velo-smith.com**  
Pryn Court  
Millfields PL1 3JB  
Tel: 07557 940983
- Bikespace Store (electric bikes)**  
60 George Street  
PL1 4HR
- Plymouth Bike Hire**  
(refer to [www.plymouthbikeshire.co.uk](http://www.plymouthbikeshire.co.uk) or call 07577 279928 for opening times)
- Rockets & Rascals Cycle Hire**  
13 & 14 Commercial Wharf, The Barbican & Firestone Arches, Royal William Yard

### 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!

### Cycle Parking & 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.

### Tourist Attractions

- Barbican Theatre**  
Castle Street, Plymouth PL1 2NJ  
Tel: 01752 267131  
[www.barbicantheatre.co.uk](http://www.barbicantheatre.co.uk)
- Black Friars Distillery (Plymouth Gin Distillery)**  
Southside Street, Plymouth PL1 2LQ  
Tel: 01752 665292  
[www.plymouthgin.com](http://www.plymouthgin.com)
- Dartmoor National Park**  
Tel: 01822 890414  
[www.dartmoorgov.uk](http://www.dartmoorgov.uk)
- Elizabeth House**  
32 New Street, Barbican Plymouth  
Tel: 01752 304774  
[www.plymouth.gov.uk/creativityandculture/museums](http://www.plymouth.gov.uk/creativityandculture/museums)
- Libraries**  
Plymouth Central Library, Drake Circus, Plymouth PL4 8AL  
Tel: 01752 305923  
[www.plymouth.gov.uk/libraries](http://www.plymouth.gov.uk/libraries)
- Merchant's House**  
33 St. Andrews Street, Plymouth  
Tel: 01752 304774/304381  
[www.plymouth.gov.uk/creativityandculture/museums](http://www.plymouth.gov.uk/creativityandculture/museums)
- Mount Batten Centre**  
70 Lawrence Road, Mount Batten PL9 95J  
Tel: 01752 404567  
[www.mount-batten-centre.com](http://www.mount-batten-centre.com)
- Mount Edgcombe House & Country Park**  
Cremyll, Torpoint, Cornwall PL10 1HZ  
Tel: 01752 822236  
[www.mountedgcombe.gov.uk](http://www.mountedgcombe.gov.uk)
- National Marine Aquarium**  
Rope Walk, Cossidae, Plymouth PL4 0LF  
Tel: 0844 893 7938  
[www.national-aquarium.co.uk](http://www.national-aquarium.co.uk)
- National Trust Saltram House**  
Saltram House, Plympton PL7 1UH  
Tel: 01752 333503  
[www.nationaltrust.org.uk/saltram](http://www.nationaltrust.org.uk/saltram)
- Naval Base Coach Tours**  
Plymouth Naval Base Museum and Historic South Yard  
HM Naval Base, Plymouth PL2 2BG  
Tel: 01752 554200
- National Trust Plym Valley**  
Tel: 01752 341377  
[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)
- Plymouth City Museum & Art Gallery**  
Drake Circus, Plymouth PL4 8AJ  
Tel: 01752 304774  
[www.plymouth.gov.uk/creativityandculture/museums](http://www.plymouth.gov.uk/creativityandculture/museums)
- Plymouth Pavilions**  
Millbay Road, Plymouth PL1 3LF  
Tel: 01752 222200  
[www.plymouthpavilions.com](http://www.plymouthpavilions.com)
- Crownhill Fort**  
Tel: 01752 793754 (phone in advance)  
[www.crownhillfort.co.uk](http://www.crownhillfort.co.uk)
- Plym Valley Railway**  
Marsh Mills Station, Plympton PL7 4NW  
[www.plymvalleyrail.co.uk](http://www.plymvalleyrail.co.uk)
- Reel Cinema**  
Derry's Cross, Plymouth PL1 2SW  
Tel: 01752 663300  
[www.reelcinemas.co.uk](http://www.reelcinemas.co.uk)
- Naval Base Coach Tours**  
Plymouth Naval Base Museum and Historic South Yard  
HM Naval Base, Plymouth PL2 2BG  
Tel: 01752 554200
- Smeaton's Tower**  
Hoe Road, Plymouth PL1 2NZ  
Tel: 01752 304774  
[www.plymouth.gov.uk/creativityandculture/museums](http://www.plymouth.gov.uk/creativityandculture/museums)
- Theatre Royal**  
Royal Parade, Plymouth PL1 2TR  
Tel: 01752 267222 (Box Office)  
[www.theatreroyal.com](http://www.theatreroyal.com)
- Tourist Information Centre Mayflower Centre**  
3-5 The Barbican, Plymouth  
Tel: 01752 266030/306330  
[www.visitplymouth.co.uk](http://www.visitplymouth.co.uk)
- Vue Multi-screen Cinema (Plymouth)**  
Barbican Leisure Park, Shapters Road, Cossidae, Plymouth PL4 0LG  
Tel: 08712 240240  
[www.myvue.com/home/cinema/plymouth](http://www.myvue.com/home/cinema/plymouth)
- Plymouth Arts Centre**  
38 Looe Street, Plymouth PL4 0EB  
Tel: 01752 206114  
[www.plymouthartscentre.org](http://www.plymouthartscentre.org)
- Royal William Yard**  
[www.royalwilliamyardharbour.co.uk](http://www.royalwilliamyardharbour.co.uk)
- Plymouth Argyle Football Club**  
Home Park, Plymouth PL2 3DQ  
Tel: 01752 562561  
[www.pafc.co.uk](http://www.pafc.co.uk)
- Plymouth Life Centre Leisure Complex**  
Mayflower Drive, Plymouth PL2 3DG  
Tel: 01752 406900  
[www.everyoneactive.com](http://www.everyoneactive.com)
- Plymouth Albion Rugby Football Club**  
Brickfields Recreation Ground, 25 Damerel Close, Plymouth PL1 4NE  
Tel: 01752 565064  
[www.plymouthalbion.com](http://www.plymouthalbion.com)
- Ford Park Cemetery**  
Ford Park Road, Plymouth PL4 6NT  
[www.ford-park-cemetery.org](http://www.ford-park-cemetery.org)



### Useful Contacts

- Free Cycle Training & Advice**  
Tel: 01752 307704  
Email: [cycling@plymouth.gov.uk](mailto:cycling@plymouth.gov.uk)  
[www.plymouth.gov.uk/cycling](http://www.plymouth.gov.uk/cycling)
- Transport & Infrastructure**  
Reporting problems or suggestions on the road network  
Tel: 01752 668000  
Email: [plymouth.watchman@amey.co.uk](mailto:plymouth.watchman@amey.co.uk)  
[www.plymouth.gov.uk/transportandroads/roads](http://www.plymouth.gov.uk/transportandroads/roads)  
[www.plymouthonmap.com](http://www.plymouthonmap.com)
- Cycle Journey Planners**  
[www.maps.google.co.uk](http://www.maps.google.co.uk)  
[www.cyclestreets.net](http://www.cyclestreets.net)
- CTC, the national cycling charity**  
Tel: 0871 200 22 33  
[www.traveline.org.uk](http://www.traveline.org.uk)
- Plymouth Cycling Campaign**  
[www.plymouthcyclingcampaign.co.uk](http://www.plymouthcyclingcampaign.co.uk)
- Brittany Ferries**  
Tel: 08705 360360  
[www.brittany-ferries.com](http://www.brittany-ferries.com)
- Public Rights of Way**  
Tel: 08457 484950  
[www.plymouth.gov.uk/prow](http://www.plymouth.gov.uk/prow)
- Public Transport Information Traveline**  
Tel: 0871 200 22 33  
[www.traveline.org.uk](http://www.traveline.org.uk)
- British Cycling**  
[www.britishcycling.org.uk](http://www.britishcycling.org.uk)
- City Cycle Couriers**  
Tel: 07875 760254  
[www.citycyclecouriers-plymouth.com](http://www.citycyclecouriers-plymouth.com)
- National Rail Enquiries (including Tamar Valley Branch Line)**  
Tel: 01752 822105  
[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

**Sound & Tamar Cruising**  
Cawsand Ferry, Tamar Cruises and fishing trips.  
Tel: 01752 253153  
[www.plymouthhoecruises.co.uk](http://www.plymouthhoecruises.co.uk)

**Sustrans (Head Office)**  
Tel: 0117 926 8893  
[www.sustrans.org.uk](http://www.sustrans.org.uk)

**Cremyll Ferry**  
Contact for larger group booking as cycles are carried but places are limited  
Tel: 01752 822105  
[www.cremyll-ferry.co.uk](http://www.cremyll-ferry.co.uk)

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Although every effort has been made to ensure the accuracy of this map Plymouth City Council and Sustrans Four Point Mapping 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: [cycling@plymouth.gov.uk](mailto:cycling@plymouth.gov.uk)  
Email: [cycling@plymouth.gov.uk](mailto:cycling@plymouth.gov.uk)  
[www.plymouth.gov.uk/cycling.htm](http://www.plymouth.gov.uk/cycling.htm)

For information on cycle routes outside the city boundary contact:  
Devon County Council  
[www.devon.gov.uk](http://www.devon.gov.uk)  
Cornwall Council  
[www.cornwall.gov.uk](http://www.cornwall.gov.uk)