

## REASONS TO RIDE

In Portsmouth travelling by bicycle is one of the easiest ways of getting about.

- the city is very flat and compact
- there are few steep hills to climb and you are never far from your destination
- many journeys made by car are short making them ideal for cycling
- the network of cycle routes can help you reach your destination even quicker
- cycling is very inexpensive compared with owning and running a car
- it is usually possible to combine a cycle journey with a trip by either train or bus for longer journeys



## CYCLING AND...

### ... health

- medical experts describe cycling as 'an ideal form of exercise'
- riding 20 miles each week can halve the risk of heart disease, the UK's biggest killer
- regular cyclists enjoy a fitness level normally found in someone ten years younger
- start gently and build your fitness level up gradually



### ... the environment

- high pollution levels contribute to increased asthma attacks and other respiratory problems
- approximately 90% of carbon monoxide and benzene levels on the south coast are caused by road transport
- cycling is pollution free and has a very low impact on the environment, both locally and globally



### ... recreation

- cycling is an excellent way of seeing the world from a different perspective
- take in the historic sights of Portsmouth as part of a cycling tour of the south coast
- details of leisure routes and local cycling holidays are available from your local Tourist Information Centre

### ... transport

- cycling can perform a vital role in beating congestion
- it is possible to cycle safely on virtually all urban roads
- using quiet roads and the network of cycle routes can be the quickest way of travelling in peak traffic conditions

## WISE UP... to road signs



Route for use by pedal cycles and pedestrians only (no separation)



With-flow cycle lane ahead. If the lane is marked with a solid white line all other vehicles are prohibited



Pedal cyclists to dismount (in the interest of public safety)



No entry for all vehicles (including pedal cycles)



Segregated route for pedal cycles and pedestrians only (please keep to the correct side)



With-flow cycle lane



Route recommended for pedal cycles



Toucan Crossings (allow both cyclists and pedestrians to cross at the same time)



Route to be used by pedal cycles only



Contra-flow cycle lane



Route recommended for pedal cycles



Cycle route ahead



Start of with-flow pedal cycle and bus lane



Cycle lane on road at junction ahead or cycle track crossing road



No cycling



End of cycle lane, track or route



With flow bus lane which pedal cycles may also use



Route to be used by buses and pedal cycles only



No motor vehicles (cycling permitted)



Cycle lane, track or route

## RIDE SAFE

Cycling is an enjoyable, healthy activity. Please help to make it enjoyable for others by following these simple guidelines:

- always follow the Highway Code and obey traffic signs and signals: Red means STOP!
- do not ride on the pavement (unless signs show that you may)
- when sharing paths with pedestrians, be considerate. Keep to the correct side of the path (where it is segregated) and use a bell to warn others of your approach
- when riding on the road, show other road users what you intend to do
- always use lights at night

## WALK SAFE

All of us are pedestrians at some time. Here are some tips when using shared cycle paths:

- if there is a dividing line between cyclists and pedestrians, always keep to the correct side
- be aware that cyclists may approach quietly
- please keep young children and dogs under control, for their own safety

## DRIVE SAFE

More people cycling could mean less congestion:

- cyclists have the same rights to the road — give them room, especially in heavy traffic
- give particular attention to cyclists on roundabouts and busy junctions
- do not park in or across cycle lanes

## TOP TIPS...

### ... lock up

#### LOCK IT OR LOSE IT!

Lock at least one wheel and the frame of your bike to something solid every time you leave it unattended. The inverted 'U' stand is the ideal place to lock your bike to. Lock any quick release parts if possible or take them with you. Invest in a good lock. Ask your local cycle dealer or visit the Sold Secure website [www.soldsecure.com](http://www.soldsecure.com) for advice.



### ... head up

#### PROTECT YOURSELF

Many injuries to cyclists are head injuries. A cycle helmet cannot reduce the risk of an accident happening, but it can reduce the severity of any head injuries that may occur.

Always make sure that the helmet is a good fit and it conforms to BS6863:1987.

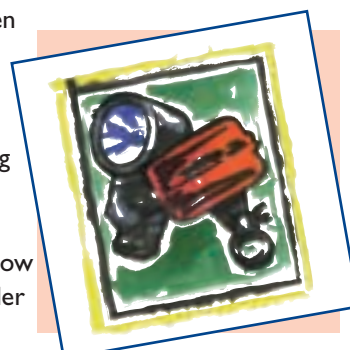
Children should always wear a cycle helmet but especially when riding on the road.



### ... light up

#### BE SAFE, BE SEEN

Always use lights when riding at night. Make sure that they work properly and are not obstructed by clothing or bags etc. You may be prosecuted by the police if you fail to show lights at night. Consider wearing reflective or fluorescent clothing for extra visibility. Be Safe, Be Seen is good advice.



### Suggested routes

Many residential roads are suitable to cycle along with little or no modifications, due to the low volume of traffic and speed. These are recommended as safe ways of travelling by bike through Portsmouth. Some of the routes are specifically signposted to important destinations.

## A PLAN FOR ACTION

### (The Cycle Strategy in Brief)

The city council have adopted a cycle strategy to improve conditions for those wishing to cycle. Its main objectives are to treble the number of people using cycles, reduce the number of road accidents involving cyclists and reducing the number of bicycles reported stolen. The main points of the strategy are:

- create a network of cycle-friendly roads, by reducing the speed and volume of traffic;
- provide cycle lanes and routes where appropriate;
- provide secure cycle parking at all cyclists destinations;
- implement accident reduction schemes where cyclists, and other vulnerable road users are most at risk;
- target employers to encourage their staff to cycle to work and become Cycle-Friendly Employers;
- encourage children to cycle to school, including through the Safe Routes to School programme.

Most cycling will continue to take place on local roads, even with a dense network of cycle routes. It is impractical and uneconomic to provide cycle lanes on every road in Portsmouth. Most new cycle routes will be on roads rather than on pavements. We believe this is the safest and most effective way of creating a comprehensive network of routes for cyclists. We will also be working in partnership with many other bodies, including the police and neighbouring councils, to help achieve our aims. The full strategy is available in the Residents/Getting Around section of our website at [www.portsmouth.gov.uk](http://www.portsmouth.gov.uk).

## HIGHWAYS FAULTLINE

If you spot a pothole, broken glass or other defect on the road/cycle lane, call us on: **(023) 9283 4092** (24 hour answerphone service) or e-mail [cityhelpdesk@portsmouthcc.gov.uk](mailto:cityhelpdesk@portsmouthcc.gov.uk)

## CYCLE SHOPS

- 1 Motorworld, Cosham . . . . . (023) 9232 5742
- 2 Cosham Cars and Accessories . . . . . (023) 9238 9824
- 3 Coopers Cycles . . . . . (023) 9238 5666
- 4 Cycle World, Wessex . . . . . (023) 9266 6500
- 5 Velocity . . . . . (023) 9265 4400
- 6 Motorworld, North End . . . . . (023) 9266 3053
- 7 Halfords . . . . . (023) 9267 1242
- 8 NR Cycle Accessories . . . . . (023) 9267 1558
- 9 Portsmouth Cycle Exchange . . . . . (023) 9281 5918

## MAKE CONTACT

### Portsmouth City Council

Cycling Officer  
Engineering & Design Service  
Civic Offices  
Guildhall Square  
Portsmouth PO1 2AS  
Tel: (023) 9284 1334  
[transportpolicy@portsmouthcc.gov.uk](mailto:transportpolicy@portsmouthcc.gov.uk)  
[www.portsmouth.gov.uk](http://www.portsmouth.gov.uk)  
(see Residents & Getting Around)

Cycling Information & Events in Hampshire  
[www.hants.gov.uk/cycling](http://www.hants.gov.uk/cycling)

Bike Week  
[www.bikeweek.org.uk](http://www.bikeweek.org.uk)

### Cyclists' Touring Club (CTC)

Cotterell House  
69 Meadrow  
Godalming  
Surrey GU7 3HS  
Tel: 08708 730060  
[www.ctc.org.uk](http://www.ctc.org.uk)  
(National Cycling Organisation)

Portsmouth CTC (Mike Elson)  
Tel: (023) 9247 5785

### SUSTRANS

35 King Street  
Bristol BS13DZ  
Tel: 08451 130065  
[www.sustrans.org.uk](http://www.sustrans.org.uk)  
(Promoters of National Cycle Network)

