

Cheltenham is a great town for cyclists; nowhere is too far, steep hills are rare, and there are few fast roads to bar your way.



# Cycling in Cheltenham

The road network on the map overleaf is graded according to the degree of skill and experience needed to cycle each route. If you are a beginner or haven't cycled for some time, you should build up your confidence and basic skills on the yellow roads where traffic is lighter and speeds are low. As your cycling skills increase, so you can explore the green roads. Only when you are able to deal with heavier and faster traffic should you venture onto the blue and pink routes.

However, although Cheltenham has provided a growing number of useful routes for the cyclist, these should not be thought of as necessarily *safe* routes. Pavement cycle paths, in particular, still require caution and a low speed,

especially at junctions. Wherever paths are shared with pedestrians, please be considerate; make sure that others are aware of you, and pass slowly leaving as much room as possible.

The best way to keep yourself safe - as well as to make cycling more enjoyable - is to learn how to share the roads with other traffic. This is not as difficult as it might at first seem and is well within the capabilities of most people. Cycling tuition is available for adults and teenagers as well as younger children, and the Cheltenham & Tewkesbury Cycle Campaign can advise you who best to contact.



## Cycle for health

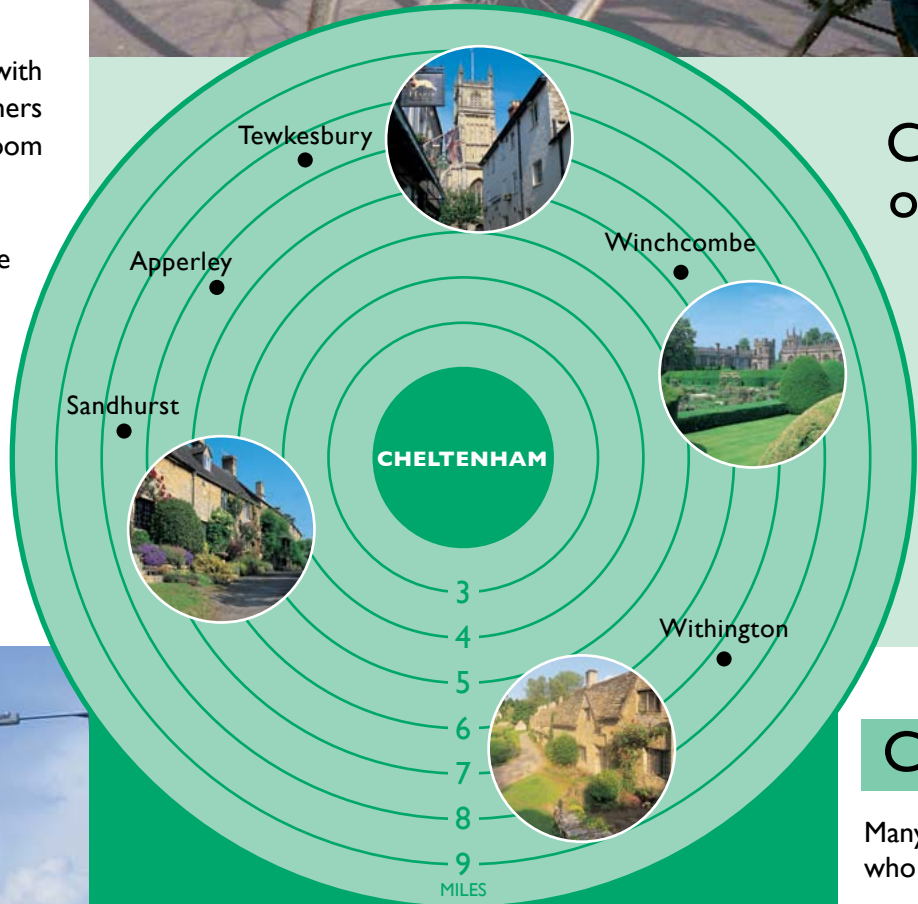
People who cycle regularly not only enjoy the fitness levels of non-cyclists ten years their junior, but, on average, live several years longer too. They also suffer less from ill health and illness. In fact, research has shown cycling to be the most effective way to increase longevity!

Cycling for as little as 15 to 20 minutes a day will significantly reduce your risk of heart disease, many cancers, stroke, obesity, stress and other common disorders.

And remember, cycling is fun - it's guaranteed to add enjoyment to your everyday life!

## 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 cycle stand. It is best to use a D lock, though even these can vary in quality, so choose a sturdy one. And remember, take care not to cause an obstruction to pedestrians.



**How long to cycle a mile?**  
10 minutes at leisure  
5 minutes at moderate pace  
3 minutes at speed

## Cheltenham – at the heart of the countryside

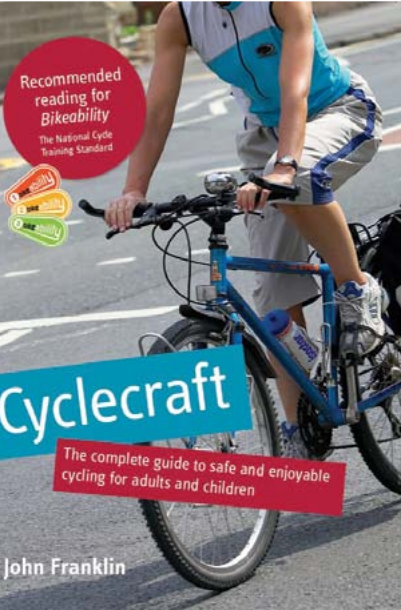
There are many interesting and attractive places within a ten mile radius of the town that can be reached easily by bike.

## Cycle Training

Many people, particularly those new to cycling or those who feel less confident on the road, benefit from training.

Local trainers are available. Contact Cheltenham & Tewkesbury Cycle Campaign for more information.

Training is usually one to one and gives people the necessary knowledge, skills and, crucially, the confidence to take to the roads and enjoy all the benefits of cycling. Tuition is in accordance with the National Cycle Training Standard. Lessons are designed for the specific needs of the individual. People are matched with their own personal cycling instructor and the trainee chooses the time and place. Trainees learn how to get comfortable on their bikes, control them properly, how to anticipate other road users' behaviour, and how to perform a range of manoeuvres safely and confidently.



**Cyclecraft by John Franklin**  
(Publisher: The Stationery Office ISBN 978-0-11-703740-3) is the definitive guide to cycling for adults and children and recommended reading for the National Cycle Training Standard.

Cheltenham & Tewkesbury Cycling Campaign

## Cheltenham & Tewkesbury Cycling Campaign

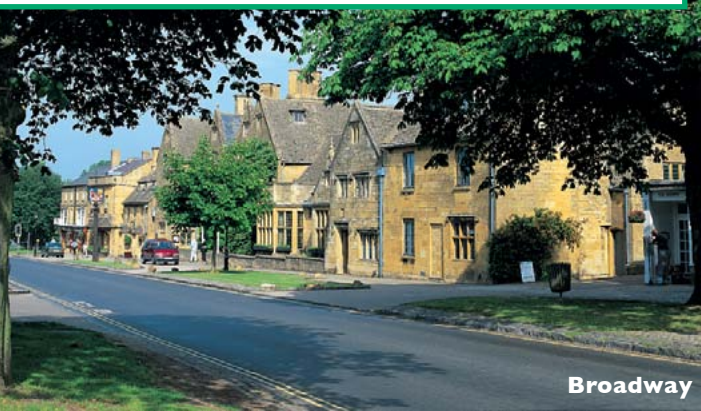
The Cheltenham & Tewkesbury Cycle Campaign exists to promote the interests of town cyclists in Cheltenham. It is affiliated to the Cyclenation, a federation of cycle campaigns throughout the country.

In common with other cycle campaign groups in Britain and across Europe, the CCC recognises four crucial factors in the development of cycling: Encouragement, Education, Engineering and Enforcement.

The campaign maintains regular contact with County and Borough Councils, as well as other agencies in Gloucestershire, in an effort to improve conditions for cyclists and to encourage others to use cycles more widely as part of their daily life.

### Cheltenham & Tewkesbury Cycle Campaign

G Ricketts on 01242 513534  
email: [secretary@cyclecheltenham.org.uk](mailto:secretary@cyclecheltenham.org.uk)  
web site at [www.cyclecheltenham.org.uk](http://www.cyclecheltenham.org.uk)



CHELTENHAM



CYCLE



MAP

A guide to cycling in Cheltenham with useful information and a comprehensive map

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3rd edition 2010

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If you would like to support us, please contact  
**Cheltenham & Tewkesbury Cycle Campaign**  
[www.cyclecheltenham.org.uk](http://www.cyclecheltenham.org.uk)

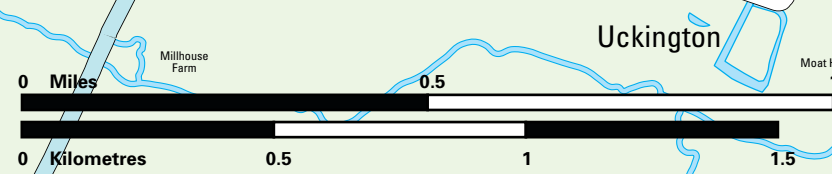
We would welcome comments from users of this map to help us update and improve future editions



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### Key

- Quiet Roads (yellow line)
- Busy Roads (pink line)
- Increasing experience required (arrow pointing right)
- Fast Traffic (thick pink line)
- Cycle Shop (red bicycle icon)
- Signalled crossing (green circle with white 'X')
- Cycle parking (blue 'P' in a square)
- Cycle contraflow in one way street (red double arrow pointing left)
- Exemption for cycles to traffic restriction (orange line)
- Access to off-road cycle routes and other cycle access points (green triangle)
- Shared use footway (red dashed line)
- Signed cycle route (yellow line with blue dots)
- Off-road cycle route through open spaces (green line)

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Cartography FourPoint Mapping, [www.fourpointmapping.co.uk](http://www.fourpointmapping.co.uk)

