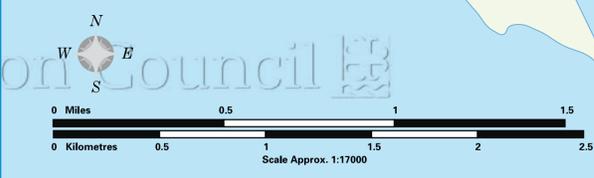


Cycle Shops:

-  Hoppy's Cycling
0151 9285435
-  Orrell Park Cycles
0151 2861584
-  Crays Ltd
0151 5269566
-  Crosby Cycles
0151 9242020

-  Local centre shopping areas
-  Bus station
-  Cycle crossing
-  Cycle parking
-  Hospital
-  Primary school (Secondary schools individually named)
-  Library
-  Post office
-  Public convenience
-  Leisure centre
-  Tourist information centre
-  One stop shop
-  Freewheeling centres
-  National Cycle Network
-  Regional Cycle Route
-  Level crossing

-  Off-road cycle track
-  On-road signed cycle route
-  Advisory cycle route
-  On-road cycle lane
-  Useful rights of way (Please walk these sections)
-  Motorway
-  A road
-  B road
-  Minor road (arrow indicates steep pointing down hill)
-  Railway station (with name)



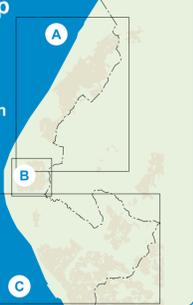
Cycling in Sefton

This map is for everyone, if you cycle regularly, or are just thinking about riding a bike, whether as a leisure activity or as a means of getting around Sefton.

This map guides you around the network of cycle tracks and quiet streets that provide enjoyable cycling routes, whether for work, study, shopping or leisure journeys. For longer leisure trips try a section of the Trans Pennine Trail (TPT), which starts at the TPT Seamark on Southport's new-look promenade. For the next 15 miles the route follows the trackbed of the old Cheshire Lines Railway towards Liverpool. For the more ambitious you could try and complete the whole 216 mile route to Hornsea.

Locator Map

-  Southport
-  Formby
-  South Sefton



Free Cycle Loan

If you would like to cycle the routes in this guide, but don't have your own bike, why not join the free cycle loan scheme. There are currently 10 'Freewheeling' centres around the borough with a selection of ladies and gents bikes.

For further information on this scheme please contact any of the centres or contact the cycling development officer on 0845 140 0845



'Freewheeling' centres

- | Southport and Ormskirk Hospital
- | Eco Centre, Southport
- | Cheshire Lines Health Club, Maghull
- | Formby Pool Project Office, Formby
- | Ainsdale Discovery Centre
- | Bootle Leisure Centre
- | Crosby Leisure Centre
- | Dunes Leisure Centre*
- | Litherland Town Hall Health Centre
- | Litherland Sports Park (opening 2007)*

*including Wheels for All centre with cycles available for people with special needs or disabilities.

Cycle Safely

- | Before each journey, spend a few minutes ensuring that your bike is in good working order, paying particular attention to brakes, tyres and the steering.
- | Wear bright clothing and a cycle helmet. At night, front and rear lights and a red rear reflector are legally required and get you seen.
- | When riding on roads, always follow the Highway Code.
- | Be confident and brave in your cycling. Stay out from the kerb. Cycling fast, in the traffic flow, is safer than being trapped against the kerb. You are the traffic, so claim your lane.

- | Steer wide around parked vehicles, giving plenty of room for car doors to open.
- | Be alert when cycling and, where necessary, be prepared to take evasive action.



Cycle Rides



There are a range of organised cycle rides around Sefton and Merseyside throughout the year. These friendly rides are a perfect chance for some gentle exercise and fresh air, a family outing and to gain confidence on your bike. All rides still take a gentle pace and include a refreshment stop, so feel free to bring friends and family along. We recommend you wear a helmet, under 14s very welcome, with an adult please, under six years we suggest a seat or a tag-along. Our aim is to show how easy and enjoyable cycling is. We're out to ride not race!

If you're interested in joining us on one of these rides, are interested in any other aspects of cycling or would like further information on cycle training/maintenance courses, please contact the Sefton Cycle Project Team or visit the TravelWise website.

Useful Contacts

- TravelWise**
www.LetsTravelWise.org
- Merseytravel Traveline**
T: 0870 608 2 608
www.merseytravel.gov.uk
- Sefton Cycle Project Team**
For further details on cycling within Sefton please contact:
Cycle Project Team
T: 0845 1400845
Cycling@sefton.gov.uk
- www.sefton.gov.uk

- CTC**
T: 08708730060
www.ctc.org.uk
- Sustrans**
T: 0845 1130065
www.sustrans.org.uk
- Trans Pennine Trail**
T: 01266 772574
info@transpenninetrail.org.uk
www.transpenninetrail.org.uk
- Merseyside Cycling Campaign**
www.merseyworld/mcc
- www.visitsouthport.com

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Although every effort has been made to ensure the accuracy of these maps, Sefton Council and CycleCity Guides cannot be held responsible for any errors or omissions.

The identification of cycle routes on this map does not signify any rights or privileges for cyclists to use these routes.

