

Did you know

that the **Baswich/Weeping Cross/Wildwood/Walton/Walton-on-the Hill** communities are served by an excellent cycle route to the town centre, through pleasant countryside which is virtually traffic free?

1. Why cycle?

- Cycling saves you money and eliminates car-parking hassles.
- Cycling improves your strength, stamina and aerobic fitness with little risk of over exertion.
- At 10-20mph door to door, it is the fastest travel mode in urban peak hours.
- According to the British Medical Association (BMA), cycling five miles, four times a week can cut risks of coronary heart disease by up to half. Regular activity also reduces chances of strokes, colon cancers and osteoporosis.
- Riding your bike to work is a great way to make two aerobic workouts part of your daily routine.
- Cycling produces no atmospheric pollution and virtually no noise.

"I only use the cycle track twice a week but it helps to keep me to keep my weight down and get fit" said working mum of two".



- Cycle instead of going by car and you'll help cut congestion.
- Around three quarters of all journeys made in the UK are less than 5 miles. Many of these journeys could be made by bicycle.



2. Know your route



Cycle route for use by cyclists and pedestrians together.



Route recommended for pedal cycles.

6

Sustrans Route Number



Cyclist must walk their bike in the interests of safety

Severn Trent Pipe bridge



Flooding

In the event of flooding on the River Sow at Littleworth you can easily divert along Fairway, rejoining the route at Riverway.



"The cycle track is the fastest way for me to get to work in the rush hour" said one local employee, "and parking is free!"



3. Know your rights

Cycling on canal towpaths

Canal towpaths can provide safe and convenient routes for cyclists. However, the quality of the surface varies and some routes may be impassable in bad weather.

Before cycling on a towpath you must obtain a cycle permit and check to ensure cycling is allowed on the section you wish to use. Check with the local waterway office or www.waterscape.com for **Free** permits and further information.

"I've calculated that I save half a tonne of CO2 in a year by cycling to Stafford from Baswich 3 days a week" notes one Baswich resident".

Cycling and the Law

A cyclist must exercise due care and attention at all times, and obey the Highway Code, including all traffic signs and traffic signals.

You **Can** cycle on

- bridleways and byways but you must give way to walkers and horse riders.
- canal towpaths see above
- cycle tracks and bus lanes if the lane signs include a cycle symbol.

You **Cannot** cycle on

- a pavement or a footpath unless there is a right to do so.
- open land without the permission of the landowner.



4. On your bike (safely)

Many people feel that cycling is dangerous on today's busy roads, but it needn't be. Here are a few simple tips to make your cycling safer and more enjoyable.

Be seen - Wear fluorescent by day, reflective by night. By law you must have front & rear lights and a red reflector at night

Be protected - Wear a helmet. Make sure it's the right size and properly fastened at all times.

Be heard - Fit a bell or horn.

Be safe - Look after your bike. Check brakes, tyres and clean reflectors regularly.

Be wise - Always lock your bike when you leave it. Get the frame marked with your postcode. Record information about make, model, frame number, wheel size and take a photo.

Be courteous - Cycle paths make your journey safer, but on shared facilities give priority to pedestrians.

Be prepared - Plan your route to avoid potential dangerous situations and use cycle paths or advisory routes where possible.

5. Further information

The map overleaf forms part of the larger 'Cycling in Stafford Borough map' provided free by Staffordshire County Council. A series of district wide cycle route maps are available at no charge from www.staffordshire.gov.uk/transport/walkingandcycling/maps or by contacting **01785 276615**.

A group of keen, local cyclists have volunteered to help with individual queries about the journey from Baswich or around into town.

They are also happy to be 'bike buddies' for anyone wishing to familiarise themselves with the route.

Please ring **07870 930 754**, **07773 791 286** or **07780 860 173**

Disclaimer: Users of all routes shown on this map do so at their own risk. We cannot guarantee that all routes and bridleways will be passable by bike, particularly in wet weather. Staffordshire County Council accept no responsibility for omissions or errors.

CycleWise

Baswich - Town Centre
Cycle route map






Staffordshire
County Council



Residents from Silkmore can travel to Stafford virtually traffic-free via the Meadows estate, Queensville.

This information can be produced on request in other formats and other languages. Contact Sonia Atkins, 01785 276615. Email sonia.atkins@staffordshire.gov.uk

Baswich to Stafford Town Centre Cycle Links

-  Existing Cycle Network
-  Canal Towpath
-  Rights of Way

Approximate Journey Times on
Cycle Paths to Stafford Town Centre
(in minutes)

Journey Start Point

- | | |
|--|--------|
| 1 Aldersleigh Drive, Wildwood
(via Ring Road and The Downs) | (18) |
| 2 Fallowfield, Wildwood | (15.5) |
| 3 Ripon Drive, Wildwood | (14) |
| 4 Ascot Road, Baswich | (13) |
| 5 Charterhouse Drive, The Meadows | (11) |
| 6 Danta Way, Baswich | (14.5) |
| 7 Redruth Drive, Saxonfields, Baswich | (16) |
| 8 Sidmouth Avenue, Baswich
(via Porlock Avenue) | (15.5) |
| 9 Babbacombe Avenue, Weeping Cross | (16.5) |
| 10 Brean Road, Hillcroft Park
(via Bodmin Avenue) | (20) |
| 11 Anson Drive, Walton-on-the-Hill | (20.5) |
| 12 Bodmin Avenue, Weeping Cross
(Stockton Lane end) | (17.5) |

This map is for illustrative purposes only and does not
include recent housing and business developments

Back2Bikes

This charity supports itself by refurbishing and selling on high quality, donated bikes at very reasonable prices. They also offer service, repairs and accessories for your own bike.

Project Co-ordinator:
Steve Kean
Back-2-Bikes, Unit 3,
Greyfriars Business Park,
Greyfriars Way ST16 2RF

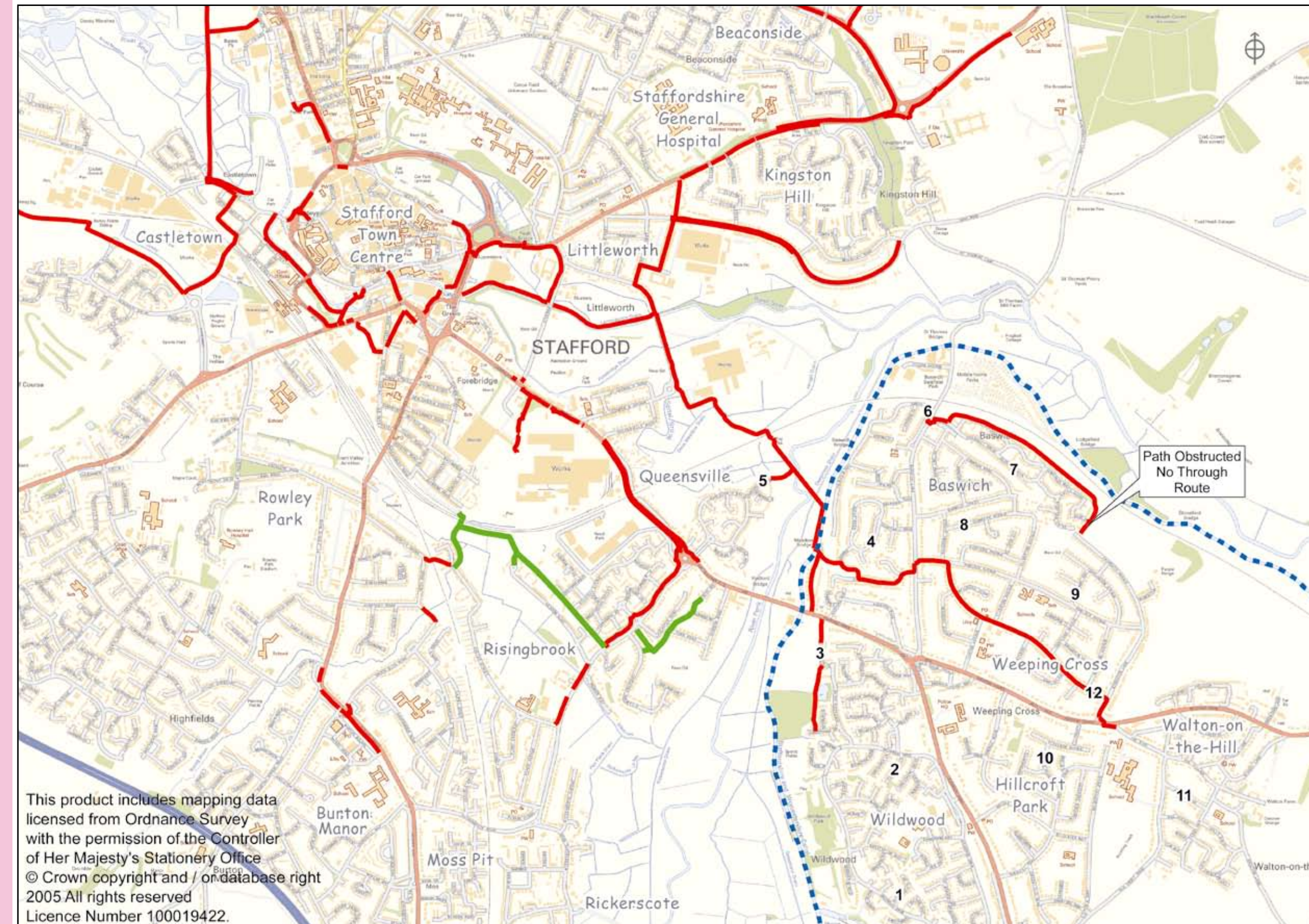
Tel: 01785 257483 (at unit)
07802 484797 (mobile)

back2bikes.org.uk

Workshop open 9am - 5pm every
Weekday (except Thursday)
plus Saturday 10am - 2pm



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