Staffordshire County Council

Cycling map and information guide

Issue 8

Cycling in Cannock Chase

WHY CYCLE?

- Cycling can save you money.
- 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.
- 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.

The legal stuff

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The representation of a track or path is no evidence of a public right of way. Users of all routes shown on this map do so entirely at their own risk. We cannot guarantee that all routes and bridleways will always be passable by bike, particularly in wet weather.

If you need a copy of this information in large print, Braille, another language or on cassette, please call 01785 (27) 6615.

Key

- Cycle path
- On-carriageway cycle lane
- Signed cycle route
- Advisory cycle route (One-way arrows shown on cycle route only)
- Bridleways and byways
- Path or footway where you must walk your bicycle
- Canal towpath
- Minor road
- B road
- A road
- Steep gradient pointing downhill
- Railway station (with name)
- Heritage railway / Level crossing
- District Boundary
- Visitor attraction
- National Cycle Network
- Pelican crossing
- Toucan crossing
- Cycle hire
- Cycle shop
- Cycle parking
- Car parking
- School
- College
- Hospital
- Post office
- Library
- Public house
- Place of worship
- Viewpoint
- Visitor centre
- Caravan park
- Bus station
- Toilets

Route continued on South Staffordshire map

Route continued on Stafford map

Route continued on Lichfield map

0 Miles 0.5 1

0 Kilometres 0.5 1 1.5

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Cannock Chase Bike Trails

- EASY — *Suitable for beginners. Most types of bikes.*
- MODERATE — *Suitable for riders in good health with basic off-road skills. Basic mountain bikes.*
- DIFFICULT — *Suitable for experienced mountain bikers with good off-road skills. Good mountain bikes.*

Cycling along canals

The Canal & River Trust (formerly British Waterways) welcomes considerate cyclists to its towpaths and you don't need a permit to use your bike on any of our towpaths. Lots of people visit the waterways for many different reasons and everyone is entitled to feel happy and safe whilst they're visiting.

So the Canal & River Trust asks everyone to follow **the Greenways Code for Towpaths** – 10 points which encourage considerate, safe and courteous use of towpaths:

- **Share the space** Consider other people and the local environment whenever you're on a towpath. Remember some people may move less predictably, for example young children or those with visual or mobility impairments.
- **Drop your pace** Considerate sharing of the limited towpath space is the key. Jogging and cycling are welcome, but drop your pace in good time and let people know you are approaching by ringing a bell or politely calling out before waiting to pass slowly.
- **Pedestrians have priority** Towpaths are 'Greenways' or shared use routes where pedestrians have priority and vehicles are generally excluded.
- **Be courteous to others** A smile can go a long way. Abusive or threatening behaviour is not acceptable and should be reported to the Police.
- **Follow signs** They are there for the safety of everyone. Cyclists should dismount where required and use common sense in busy or restricted areas, recognising that pedestrians have priority.
- **Give way to oncoming people beneath bridges** Whether they are on foot or bike and be extra careful at bends and entrances where visibility is limited.
- **When travelling in large groups** especially if you are running or cycling, please use common sense and give way to others.
- **Try to avoid wearing headphones** as this makes you less aware of your surroundings possible hazards and others sharing the same space.
- **Keep dogs on a short lead** and clean-up after them. Dog fouling is very unpleasant and is a health hazard.
- **Keep children close to you at all times** and encourage them to learn and follow the Greenway Code for Towpaths.

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- On-carriageway cycle lane
- Signed cycle route
- Advisory cycle route (One-way arrows shown on cycle route only)
- Bridleways and byways
- Path or footway where you must walk your bicycle
- Canal towpath
- WALNUT DRIVE Minor road
- B802 B road
- A34 A road
- Steep gradient pointing downhill
- Cannock Railway station (with name)
- Heritage railway / Level crossing
- District Boundary
- Bircher Valley Forest Centre Visitor attraction
- 5 National Cycle Network
- Pelican crossing
- Toucan crossing
- Cycle hire
- Cycle shop
- P Cycle parking
- P Car parking
- S School
- College
- H Hospital
- Post office
- Library
- Public house
- PW Place of worship
- Viewpoint
- V Visitor centre
- Caravan park
- Bus station
- Toilets

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0 Miles 0.5 1

0 Kilometres 0.5 1 1.5

Route continued on Lichfield map

Route continued on South Staffordshire map

For more detail see the Walsall cycle map www.walsall.gov.uk

General advice

Before setting off

Check your bike, especially if you have not ridden in a while.

Your bike will need to be suitable for the terrain on which you will be cycling. Plan for emergencies – take a pump, puncture kit and some form of ID.

Make sure that your brakes work, your chain is not too loose or tight, and your tyres are pumped up. If it has been a long time since your bike has been out you could get a reputable dealer to service it.

Cycle helmets

Cycle helmets are not a legal requirement but they will help to reduce the severity of a head injury in the event of an accident. They do not stop incidents happening so care should still be taken while riding. Ensure that your helmet is fitted correctly and comfortably before setting off.

Clothing

A cyclist can cycle in the majority of weather conditions; the key is to wear appropriate clothing to protect you against the elements.

However, please consider how visible you are; when it is dull and dark you need to be certain that motorists can see you! Wear bright or fluorescent colours so others can see you during the day.

At night some reflective material is required that will be picked up by car headlights to highlight your presence.

Lights

Check your lights are working. Flashing lights are permitted but it is recommended that cyclists who are riding in areas without street lights use a steady front lamp. You can also increase your visibility by wearing a red flashing LED light attached to the back of your clothing.

Cycling with children

Children love riding their bikes, but due to the environments outside our homes today few get the chance to practise their skills. Taking them on a family bicycle ride is a great experience.

To include the whole family you can purchase or hire a variety of child bike seats and trailers for young children.

You could initially choose a route that is totally off road to improve the confidence of younger children or new cyclists. This will give them a sense of achievement and independence.

Once you are happy with their abilities you could include routes with on-road sections, to help to broaden their experience while under supervision.

Advice for riding on-road

- You must follow the Highway Code
- Be aware of what is happening all around you at all times
- If riding with children, ride behind them and slightly further out away from the kerb – this will ensure that cars overtaking will not drive too close to them
- Use clear signals so other road users know exactly what you are doing
- On dull days or at night ensure you can be seen – use your lights and dress appropriately
- Consider the weather conditions; just like driving, different riding skills will be needed

Advice for riding off-road

There are many off-road areas classified for use by cyclists. Some of these areas may also be designated for use by pedestrians and horse riders.

- If there is a marked path for cyclists keep to that path
- Be prepared to give way or slow down for others particularly near bends, gateways etc
- Be aware of the needs of others

Useful contacts

To report potholes, damaged pavements, blocked drains, broken street lights and pedestrian crossings call the County Council's Contact Centre on 0300 111 8000.

British Cycling
0161 274 2000
www.britishcycling.org.uk

Cyclists' Touring Club
www.ctc.org.uk

Sustrans and the National Cycle Network
0117 929 0888
info@sustrans.org.uk,
www.sustrans.org.uk

Tourist Information
08705 00 44 44
www.staffordshire.gov.uk/tourism

Mountain Bike Trails, Cannock Chase
www.chasetrails.co.uk

Swinnerton Cycle Centre
www.bikechase.co.uk

Cycle Journey Planner
www.transportdirect.info

Sustainable Travel Advice
01785 276615
smarter.travel@staffordshire.gov.uk

Use Staffordshire Share-A-Lift to find potential travel companions. Visit www.share-a-lift.com for more information.

Common signs

Common road signs and markings that you may come across when cycling through the district.

- No entry (for all vehicles including cycles)
- Motor vehicles prohibited (cycles permitted)
- No cycling
- Segregated route
- Route for use by pedal cycles only
- Shared route for cyclists and pedestrians together
- With flow cycle lane ahead
- Cycle lane
- Cycle route
- END OF ROUTE — End of cycle route
- CYCLISTS DISMOUNT — Cyclists dismount
- Town centre 3 — Direction sign showing recommended route
- P — Cycle parking
- 5 — Cycle route forming part of the NCN network

Advanced stop lines

Advanced stop lines are designed to improve safety and convenience for cyclists. In the advanced position cyclists can be seen, reducing the chance of a conflict as vehicles turn left. Cyclists must stay behind the front stop line and must proceed when the lights are green. Motorists must stay behind the first stop line and not obstruct the forward area.

Common road markings

- Cycle lane, track or route
- END — End of cycle lane, track or route
- Direction arrow on cycle lane, track or route

Public rights of way

- PUBLIC FOOTPATH — Public footpath: for walkers only
- PUBLIC BRIDLEWAY — Public bridleway: for walkers, cyclists and horse riders. No motorcycles or cars