

BIKE POLITE!

Cycling has grown by 80% in Dorset since 2003 as people cycle to work, to school, to get fit or just to get out of the house and enjoy themselves. More cyclists mean that there is greater chance of conflict with other road users. However, if everyone is considerate, then there is plenty of space for all. Set a good example to other road users and keep yourself and them safe by following the Bike Polite Code:

- **Shared Paths** – slow down, ring bell or say “excuse me” and say thanks when passing
- **Footways** – pavements are for pedestrians. Never cycle on a busy pavement, it is against the Highway Code, selfish and may put other road users at risk of injury
- **Traffic Lights** – cyclists are traffic too, so stop at red lights. Failing to stop at red lights is against the Highway Code and may put you and other road users at risk of injury
- **After Dark** – use front and rear lights and reflective or light clothing after dark so you can be seen

GET ACTIVE!

More than half of all adults are overweight or obese. Inactive or unfit people also have a much higher risk of dying from Coronary Heart Disease, Strokes, Cancer and Type II Diabetes. Being physically active dramatically reduces the chance of contracting these diseases.

The Government's Chief Medical Officer recommends people do half an hour of moderate exercise five days a week and walking and cycling instead of driving are great ways to achieve this. Just half an hour cycling a day reduces the risk of heart disease, stroke and lung disease.

WHY WALK OR CYCLE?

- Makes you feel good and keeps you fit
- Gives you more energy
- Reduces stress and helps you sleep better
- Keeps your heart 'strong' and reduces blood pressure
- Helps to manage your weight
- Saves money – no need to worry about rising fuel costs
- Reliable journey time, avoids traffic jams
- Zero carbon emissions – do your bit to fight climate change

WHY ARE WALKING & CYCLING THE PERFECT ACTIVITIES FOR HEALTH?

- Almost everyone can do it
- You can do it anywhere and any time
- It's a chance to make new friends
- It's free and you don't need special equipment to walk
- Modern bicycles are comfortable and good value – or pick up a cheap second hand one from your local bike shop

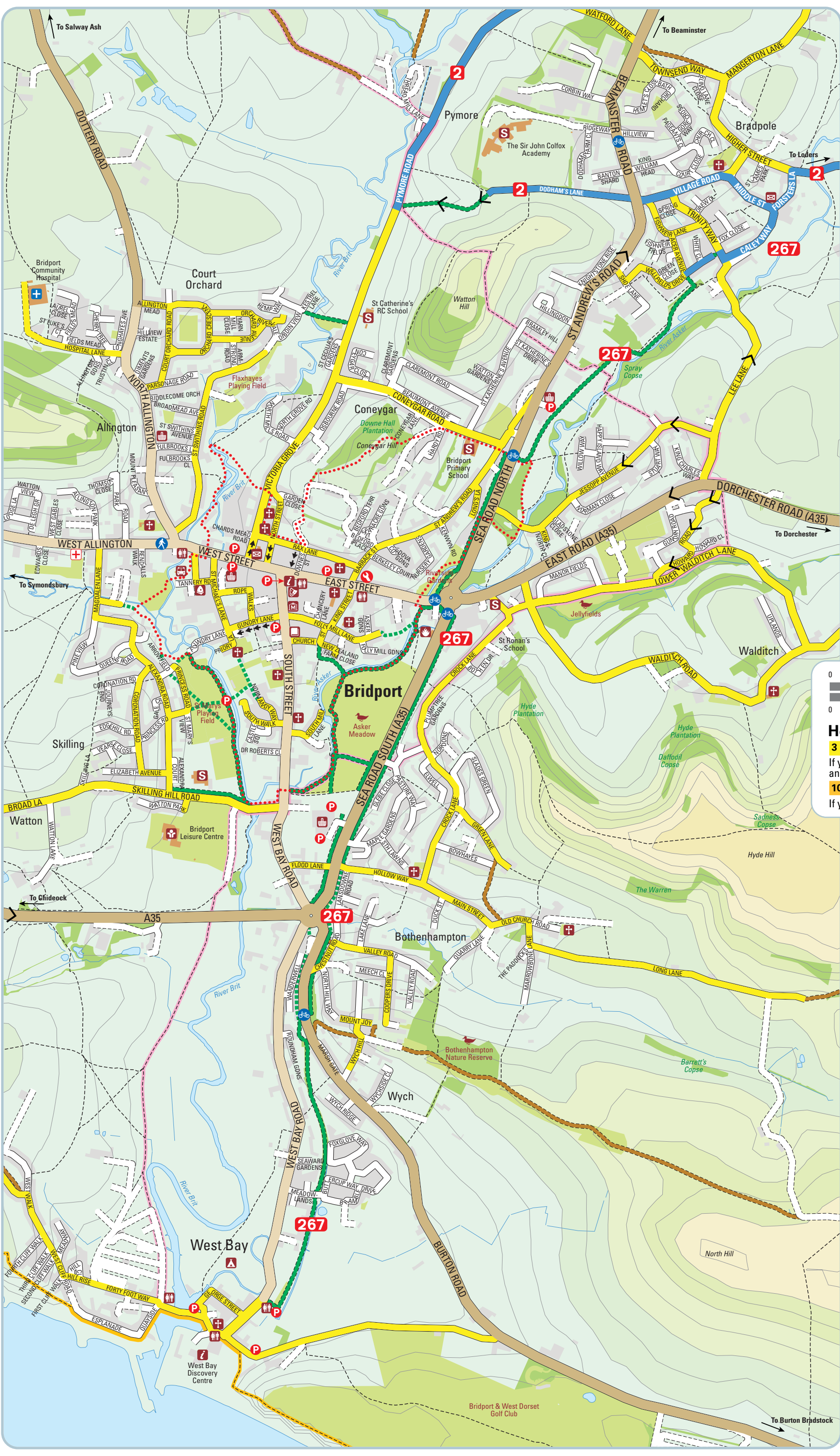
WALKING TIPS

- Wear a good pair of comfortable shoes
- Take water with you
- Be seen – walk towards oncoming traffic if you have to step into the road
- Use this map to plan your route
- Take care when crossing roads
- Be considerate to other path users such as cyclists and horse riders

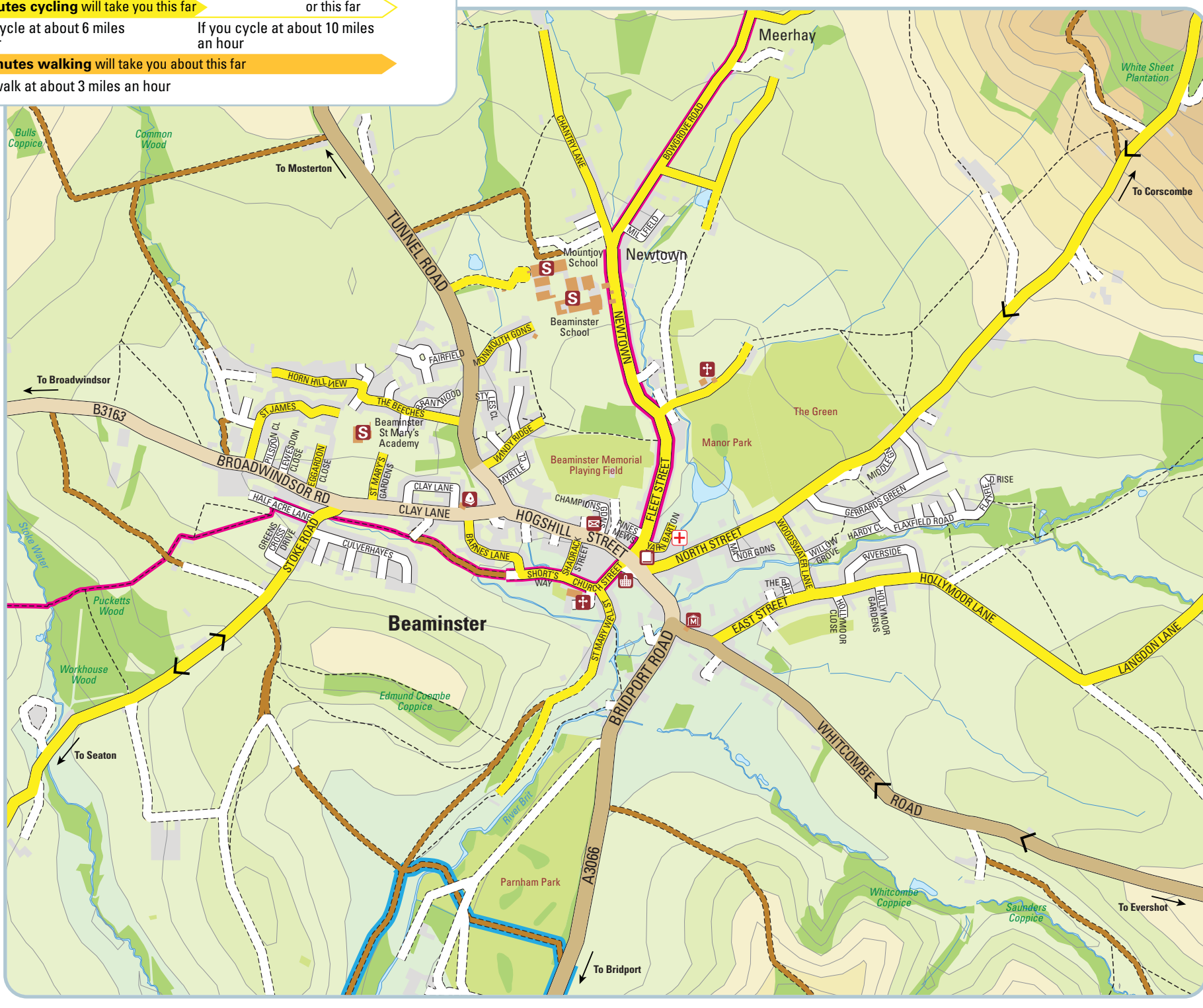
CYCLING TIPS

- Follow the Highway Code (see the Bike Polite! section)
- Wear a cycle helmet (make sure it is fitted correctly)
- Keep your bike well maintained with a regular service by a professional. Fit a bell, check brakes, tyres and steering
- Be visible, wear reflective clothing
- Use this map to plan your route, avoid difficult junctions or high speed roads
- On road, position yourself where you are visible, maintain a gap from the kerb or parked cars and use clear signals
- Undertake refresher cycle training if you do not feel confident on your bike
- Avoid theft by always locking your bike to an immovable object





How long will it take?
3 minutes cycling will take you this far or this far
If you cycle at about 6 miles an hour If you cycle at about 10 miles an hour
10 minutes walking will take you about this far
If you walk at about 3 miles an hour



KEY

Busy and high speed roads suited to confident cyclists only
(unsuitable for inexperienced cyclists or families)

Busy road suited to experienced cyclists
(depending on traffic flows, may not suit inexperienced cyclists or families at certain times of day)

Signed cycle route on-road

Advisory cycle route
(traffic volumes may vary according to the time of day)

Unmade Unclassified County Road / Green Lanes
(open to all vehicular traffic including pedestrians,
horseriders and cyclists which have very low or no traffic)

Pedestrian Street (no cycling)

Traffic-free cycle path

Bridleway - mountain bike recommended

Footpath where you should walk your bike

Footpath / Permissive Path

Jubilee Trail

Monarch's Way

River Lim Path

South West Coastal Path

Wessex Ridgeway

Bridport Green Route Walk

County boundary

National Cycle Route

Cycle parking

Cycle shop

Pelican / Toucan crossing

Steep hill (arrow points downhill)

One-way street

Arts Centre / Theatre

Campsite

Coach station

GP surgery

Fire station

Hospital

Leisure centre

Library

Museum

Place of worship

Police station

Post Office

Public Toilet

School

Supermarket / Convenience store

Tourist Information centre

2

267

Metres

260-280

240-260

220-240

200-220

180-200

160-180

140-160

120-140

100-120

80-100

60-80

40-60

20-40

0-20

Contours are shown at 10 metre intervals

The representation of a route is not an assurance that it is safe in all circumstances.
Each cyclist must make this judgement on his or her own experience.

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www.pindarcreative.co.uk
Contains Ordnance Survey data
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CONTACTS

www.dcn.org.uk – Dorset Cyclists’ Network campaigning for a cycle friendly Dorset

www.cyclinguk.org/group/west-dorset-cycling – local group of Cycling UK providing led cycle rides in West Dorset

www.sustrans.org.uk – the UK’s leading sustainable transport charity

www.sdmcb.org.uk – South Dorset Mountain Bike Club

www.cyclinguk.org/article/cycling-guide/top-ten-tips-for-cycling-in-traffic – Guidance for cycling in traffic

www.dorsetcouncil.gov.uk/bikeability – child cycle training in Dorset to the “Bikeability” standard

www.dorsetcouncil.gov.uk/adult-cycling – Boost your confidence and sign up for a subsidised refresher cycle training session.

www.bridportcycles.co.uk – Bike sales, repair and hire.

www.walkingforhealth.org.uk/walkfinder – search the website to find gentle walks around the town centre led by Bridport Healthwalks

www.bridport-tc.gov.uk/green-spaces-project/ – Bridport Green Route is a 3 mile walking route around the town linking green spaces

www.westdorsetramblers.org.uk – local branch of The Ramblers leading local walks

www.dorsetyoungwalkers.org.uk – Ramblers Association group for younger members with led walks

www.walkingworks.org.uk – support and information on walking as a healthy lifestyle choice

www.livingstreets.org.uk – national charity representing the rights of pedestrians

www.travelinesw.com – latest bus timetables and fare information

www.dorsetcouncil.gov.uk/community-transport – information for people who cannot use or don’t have access to public or private transport

www.dorsetcouncil.gov.uk/travelchoice – reduce your car use by using active, sustainable transport

www.carsharedorset.com – free carshare journey matching database to help you save money and reduce your carbon footprint

www.livewelldorset.co.uk – free service for adults in Poole, Bournemouth and Dorset who would like to improve their health and wellbeing

www.active Dorset.org – information on where to find clubs, activities, sessions and venues to play sport or participate in physical activity

www.transitiontownbridport.co.uk – community network rebuilding resilience and reducing carbon emissions to help Bridport deal with peak oil and climate change