

Key

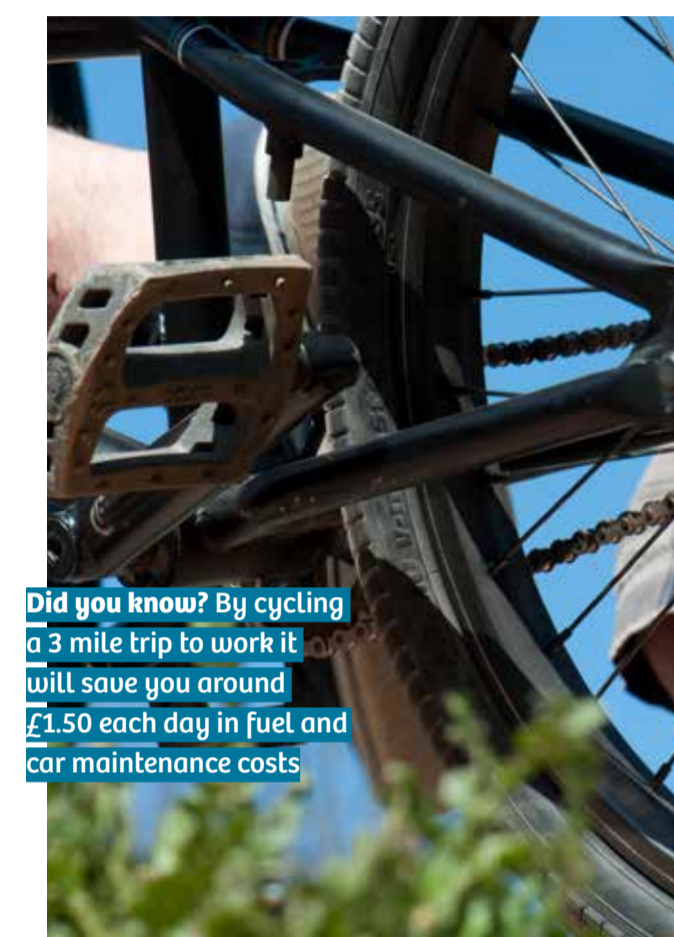
- Cycle way/path (surfaced)
- Cycle way/path (unsurfaced)
- Recommended cycle route (on road)
- Recommended pedestrian route
- WCW Wiltshire Cycle Way
- 403 482 National Cycle Network
- P Cycle Parking
- Footpaths
- Leisure Centre
- Police Station
- Hospital
- Library
- School



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Connecting Wiltshire is trying to encourage more people to cycle, whether it be to work, school, shopping or just for leisure. Not only can it improve your health and fitness, help the environment and beat congestion, but it can also save you money.



Did you know? By cycling a 3 mile trip to work it will save you around £1.50 each day in fuel and car maintenance costs

Cycling is a great way to introduce some exercise into your daily routine. It can also help reduce stress and is a great way to clear your head at the end of the day.

Code of conduct for shared use paths

- When you are cycling, please:**
- Give way to walkers and wheelchair users and leave them plenty of room.
 - Take care around horse riders especially when approaching from behind.
 - Be prepared to slow down or stop.
 - Don't cycle at excessive speed.
 - Be careful at junctions, bends, entrances or any other places where people could appear without warning.
 - Don't assume that everyone can see or hear you.
 - Use your bell or call out. Don't surprise people. Acknowledge those who give way to you.
 - Keep to your side of any dividing line.
 - Use lights when it gets dark or in dull weather. Carry a spare set of lights or batteries with you.

- When you are walking, please:**
- Listen for bells. Bells are not an order for you to get out of the way. They are to make you aware that cyclists are looking for a safe opportunity to pass.
 - Allow cyclists to pass when it's safe. Remember cyclists need time to brake and stop.
 - Keep your dog under control.
 - Keep to your side of any dividing line. Please be tolerant where space is limited.

Keep your bike safe

- Buy a good lock and make sure you always lock the frame of the bike to the parking stand.
- Take removable lights with you.
- A good rule of thumb is that your lock should cost around 10% of the value of your bike, or to look out for 'Sold Secure' ratings.
- You can insure your bike on your home insurance policy or buy specialist cycle cover.
- Make sure you record your cycle frame number which will help you recover it if it's stolen.

Bike Maintenance

There are many friendly bike shops in Wiltshire who can help you keep your bike running smoothly.

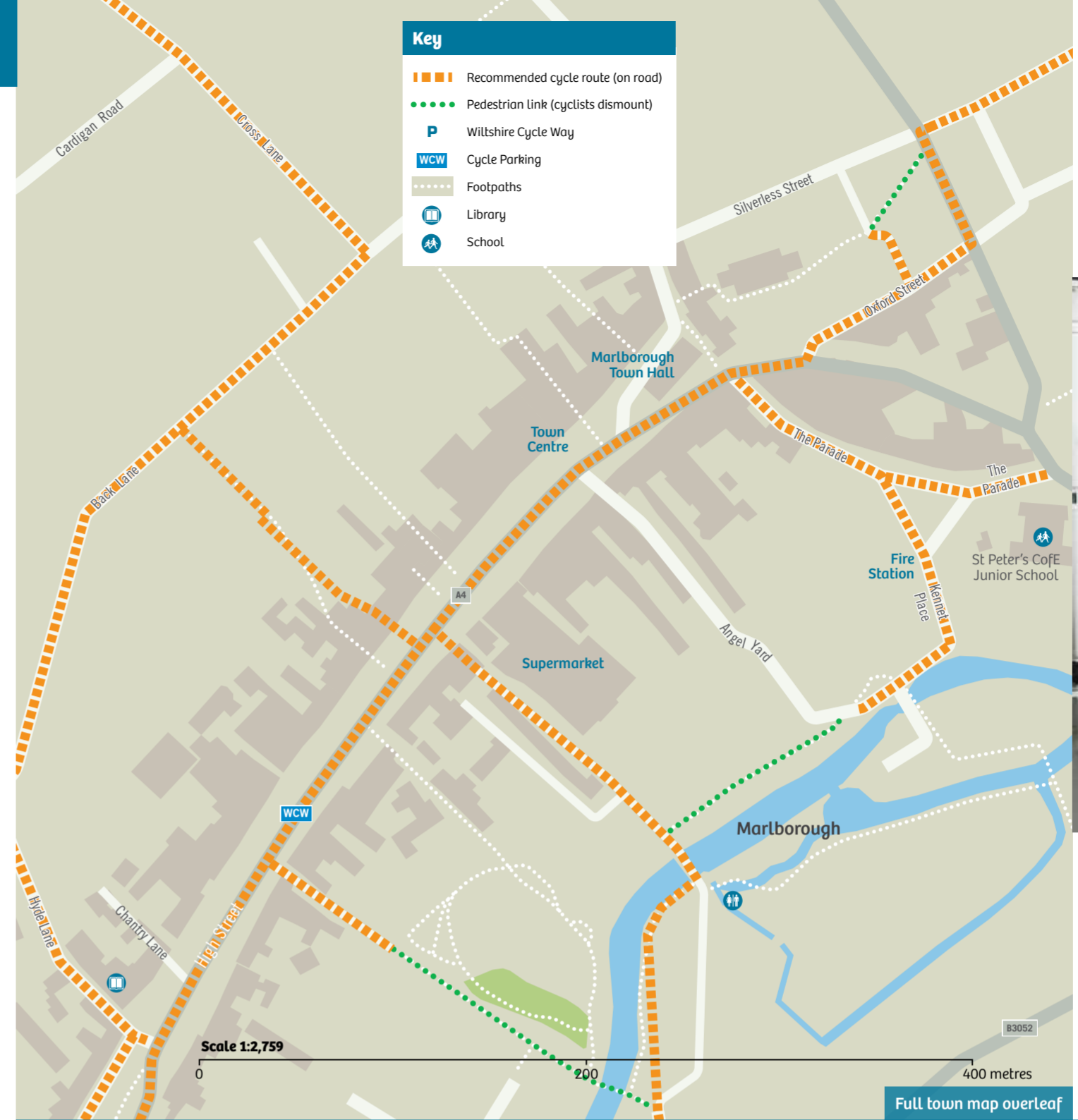
Learning some basic bike maintenance is useful for keeping your bike in good condition:

- Every time you use your bike**
- Check the air pressure in your tyres and pump up if needed.
 - Make sure your brakes are working

- Weekly (for frequent cyclists)**
- Oil your chain

- Less frequently**
- Oil any moving parts of the bike. Take care not to get oil on your brake pads or wheel rims.
 - Check your brake pads for wear. They should contact squarely with the wheel rim not the tyre.
 - Check the frame for damage and make sure any bolts are securely tightened.

It is worth making sure you carry some basic equipment with you on any rides such as repair patches, tyre levers and a pump and valve.



Leisure routes

Several of Sustrans' National Cycle Network (NCN) routes pass through Wiltshire:

NCN 4 is a long distance route between London and Fishguard via Reading, Bath, Bristol, Newport, Swansea, Carmarthen, Tenby, Haverfordwest and St. Davids.

NCN 24 will run from Bath through Radstock and Frome in Somerset, then Warminster and Salisbury to join with NCN 23 at Eastleigh in Hampshire

NCN 45 will connect Salisbury in Wiltshire with Chester in Cheshire, via Swindon, Cirencester, Gloucester, Worcester and Whitchurch

There are also many local routes. The Wiltshire Cycleway is a circular route passing through many of Wiltshire's towns.

Look for the blue route signs or visit www.connectingwiltshire.co.uk



Time/Distance/Calorie Counter

The times and distances to the right are based on following the recommended cycle routes where possible and with a cycling speed of 10mph (this is an unhurried speed on the flat). If you cycle quicker, your journey time can be even shorter and you can burn more calories.

For journey time, distance and calorie information for other destinations, why not use our journey planner at www.connectingwiltshire.co.uk

	Town Centre / Market/Library	Marlborough College	Leisure Centre	Sauernake Hospital	St John's Marlborough	Marlborough Common	Manton	Mildenhall	Marlborough Business Park
Town Centre / Market/Library									
Marlborough College	4 mins 0.6 miles 20 Cals								
Leisure Centre	5 mins 0.6 miles 25 Cals	1 mins 0.2 miles 5 Cals							
Sauernake Hospital	13 mins 2 miles 65 Cals	10 mins 1.9 miles 50 Cals	11 mins 2 miles 55 Cals						
St John's Marlborough	3 mins 0.4 miles 15 Cals	5 mins 0.7 miles 25 Cals	6 mins 0.8 miles 30 Cals	14 mins 1.4 miles 70 Cals					
Marlborough Common	3 mins 0.4 miles 15 Cals	7 mins 0.5 miles 35 Cals	7 mins 0.8 miles 35 Cals	20 mins 2 miles 100 Cals	7 mins 0.7 miles 35 Cals				
Manton	9 mins 1.4 miles 45 Cals	7 mins 0.7 miles 35 Cals	8 mins 1 miles 40 Cals	26 mins 3 miles 130 Cals	11 mins 1.3 miles 55 Cals	15 mins 1.8 miles 75 Cals			
Mildenhall	10 mins 1.5 miles 50 Cals	17 mins 2.1 miles 85 Cals	15 mins 2.1 miles 75 Cals	18 mins 1.7 miles 90 Cals	16 mins 2.1 miles 80 Cals	13 mins 1.5 miles 65 Cals	19 mins 2.9 miles 95 Cals		
Marlborough Business Park	7 mins 0.8 miles 35 Cals	8 mins 1.1 miles 40 Cals	9 mins 1.2 miles 45 Cals	15 mins 1.5 miles 75 Cals	7 mins 0.5 miles 35 Cals	9 mins 0.9 miles 45 Cals	12 mins 1.8 miles 60 Cals	15 mins 2.1 miles 75 Cals	

Why not try walking?

Walking is a great alternative to many forms of motorised transport. It is a terrific way to explore Wiltshire's many urban centres and take in the sights and sounds on foot. It can leave you feeling refreshed and energised before starting work and it also offers you valuable time to relax and unwind after a hard day in the office.

There are other benefits associated with walking; some of these might encourage you to start walking:

- Guaranteed arrival time
- No parking problems
- Time for you to relax and unwind
- Reduces congestion, good for the environment and your local area
- It is free

How can I make walking more fun?

- Find someone to walk with so you can chat as you walk
- Use an MP3 player so you can listen to your favourite music or podcasts as you go
- Use a pedometer to measure your average daily steps then steadily try to increase the amount

How can I fit walking into my day?

Walking is a great way of taking more exercise each day without having to greatly alter your daily routine. Have you considered....

- Walking to the shops
- Taking a regular walk with a friend
- Leaving the car behind for short journeys
- Walking the kids to school
- Getting off the bus a stop early and walking the rest of the journey
- Using the stairs instead of the lift
- Going for a stroll with family or friends after dinner

Do you only live a couple of miles from work?

Not sure how far it really is? Why not visit www.connectingwiltshire.co.uk to help plan your route, provide a journey time and distance and tell you how many calories you can burn on the way.



Did you know? You'll typically use between 300 and 400 calories by walking 10,000 steps

Plan your journey and find information for all travel into and around Wiltshire at www.connectingwiltshire.co.uk. You can look up leisure cycling routes, find local cycling groups and cycle training, report problems on the roads, or find out about taking your bike on trains.

www.connectingwiltshire.co.uk
connectingwiltshire@wiltshire.gov.uk



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This leaflet has been produced by Lovell Johns Ltd on behalf of Wiltshire Council.