Cycle Shops

1. **Halfords Superstore**
   Southampton Road
   Salisbury
   Tel: 01722 413161
   www.halfords.com

2. **Hayball Cyclesport**
   (Cycle hire available)
   26-30 Winchester Street
   Salisbury
   Tel: 01722 411378
   www.hayball.co.uk

3. **Motabitz**
   25-27 Brown Street
   Salisbury
   Tel: 01722 328601
   www.motabitz.co.uk

4. **Nash's Cycles**
   81 Wilton Road
   Salisbury
   Tel: 01722 335887
   www.nashcycles.co.uk

5. **Stonehenge Cycles**
   86-88 Fisherton Street
   Salisbury
   Tel: 01722 334915
   www.stonehengecycles.com

Key

- Cycle way/path (surfaced)
- Cycle way/path (unsurfaced)
- Recommended cycle route (on road)
- National Cycle Network (24, 45)
- Wiltshire Cycle Way (WCW)
- Wiltshire Cycle Way (New Forest link) (WCW)
- The Golden Way cycle route
- National Byway cycle route (BYWAY)
- Cycle Parking (P)
- Pedestrian link (cyclists dismount)
- Footpaths
- Rail Station
- Information Centre
- Leisure Centre
- Police Station
- Hospital
- Council Offices
- Library
- Toilets
- Higher Education
- School
- Point of Interest

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Cartography by Steer Davies Gleave Aug 2013. Updated by Wiltshire Council Mar 2016.

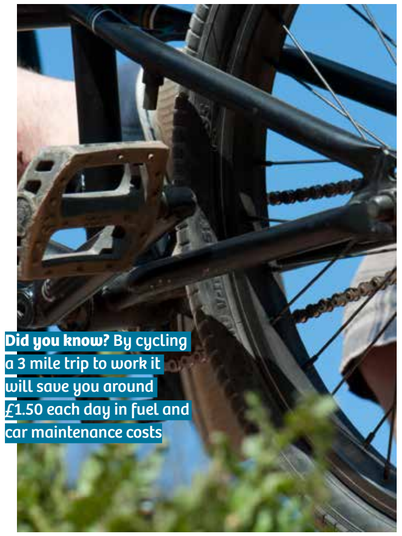
Scale 1:15,000

0	400	800	1,200	1,600 metres
0	5	10	15	20 minutes walk
0	1.5	3	4.5	6 minutes cycle

Salisbury
Wilton
Quidhampton
Netherhampton
Harnham
Bulbridge
Stratford Sub Castle
Little Durnford
Folly Farm
Old Sarum
Ford
Laverstock
Bemerton Folly
Hudson's Field
Proposed Country Park
Old Sarum Airfield
Business Parks Old Sarum
Victoria Park
Boys Meadow Withybed
Harnham Water Meadows
Middle Street Meadows
Churchfields Industrial Estate
Churchill Gardens
Queen Elizabeth Gardens
Southampton Road Retail Park
The Camping and Caravanning Club
Wilton Shopping Village
Wilton Community Centre
Wilton House
Golf Course
Livestock Market
Rail Station
Library
Museums
Salisbury Cathedral
Salisbury FC
Salisbury District Hospital
Five Rivers Health and Wellbeing Centre
Beehive Park & Ride
Wilton Park & Ride
Britford Park & Ride
London Road Park & Ride
Petersfinger Park & Ride
To Great Wishford
To Amesbury
To Alderbury
To Odstock and Downton
Stratford-sub-Castle C of E VC Primary School
Old Sarum Primary School
Sarum Academy
Pembroke Park Primary School
Woodlands Primary School
Greentrees Primary School
Wyndham Park Infants School
Exeter House Special School
St Martin's C of E Junior School
South Wilts Grammar School for Girls
Leadenhall School
Salisbury 6th form College
Wiltshire College
Bishop Wordsworth's C of E Grammar School for Boys
St Osmund's Catholic Primary School
St Martin's C of E Primary School
Godolphin Preparatory School
The Godolphin School
Chafyn Grove School
Leehurst Swan School
Salisbury Manor Fields Primary School
South Wiltshire UTC
Bemerton St John C of E Aided Primary School
Wilton and Barford C of E Primary School
South Hills School
Harnham Infant School
Harnham C of E Junior School
Britford C of E VC Primary School
St Joseph's Catholic School
St Edmund's C of E Girls' School
Wyvern College
St Andrew's C of E VA Primary School
Bourne Hill
BMX and Skate Park
Leaden Hall School
See town inset overleaf
1,600m: 20 mins walk, 6 mins cycle
1,200m: 15 mins walk, 4.5 mins cycle
800m: 10 mins walk, 3 mins cycle
400m: 5 mins walk, 1.5 mins cycle

Why cycle?

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.



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 time, distance, calorie information and gradient profiles for other cycle journeys, use our journey planner at **www.connectingwiltshire.co.uk**

	Town centre/ Library	Rail station	Wiltshire Council Office (Bourne Hill)	Five Rivers Health and Wellbeing Centre	Wilton Village Centre	Salisbury Hospital	Southampton Road Retail Park	Churchfields Industrial Estate	Business Parks, Old Sarum	Wiltshire College	Laverstock Schools Campus	Sarum Academy
Town centre/ Library												
Rail station	**5 mins** 0.5 miles 14 cals											
Wiltshire Council Office (Bourne Hill)	**3 mins** 0.4 miles 14 cals	**5 mins** 0.8 miles 22 cals										
Five Rivers Health and Wellbeing Centre	**5 mins** 0.8 miles 23 cals	**6 mins** 1 mile 29 cals	**6 mins** 1 mile 25 cals									
Wilton Village Centre	**25 mins** 3.5 miles 100 cals	**21 mins** 3.2 miles 84 cals	**27 mins** 4.2 miles 112 cals	**27 mins** 4.2 miles 112 cals								
Salisbury Hospital	**20 mins** 2.2 miles 93 cals	**20 mins** 2.6 miles 99 cals	**20 mins** 2.3 miles 90 cals	**24 mins** 2.9 miles 107 cals	**40 mins** 5.6 miles 177 cals							
Southampton Road Retail Park	**8 mins** 1.3 mile 35 cals	**11 mins** 1.8 miles 42 cals	**9 mins** 1.2 mile 37 cals	**13 mins** 2 miles 57 cals	**30 mins** 4.7 miles 119 cals	**20 mins** 2.4 miles 100 cals						
Churchfields Industrial Estate	**8 mins** 1.1 mile 28 cals	**4 mins** 0.7 miles 16 cals	**9 mins** 1.5 mile 35 cals	**10 mins** 1.7 miles 46 cals	**18 mins** 2.9 miles 72 cals	**23 mins** 3.1 miles 111 cals	**13 mins** 2.2 miles 56 cals					
Business Parks, Old Sarum	**23 mins** 2.9 miles 112 cals	**23 mins** 3.1 miles 117 cals	**22 mins** 2.8 miles 114 cals	**18 mins** 2.3 miles 98 cals	**43 mins** 6.2 miles 199 cals	**38 mins** 5 miles 160 cals	**30 mins** 4 miles 150 cals	**27 mins** 3.7 miles 133 cals				
Wiltshire College	**5 mins** 0.8 miles 23 cals	**8 mins** 1.2 miles 30 cals	**5 mins** 0.7 miles 22 cals	**10 mins** 1.5 miles 44 cals	**28 mins** 4.3 miles 110 cals	**16 mins** 1.9 miles 86 cals	**3 mins** 0.5 miles 13 cals	**11 mins** 1.7 miles 42 cals	**27 mins** 3.5 miles 137 cals			
Laverstock Schools Campus	**13 mins** 1.7 miles 65 cals	**16 mins** 2.1 miles 74 cals	**11 mins** 1.6 miles 55 cals	**15 mins** 2.1 miles 82 cals	**37 mins** 5.4 miles 157 cals	**28 mins** 3.7 miles 140 cals	**11 mins** 1.7 miles 57 cals	**20 mins** 2.8 miles 90 cals	**16 mins** 2.4 miles 79 cals	**13 mins** 2 miles 64 cals		
Sarum Academy	**23 mins** 2.6 miles 121 cals	**19 mins** 2.2 miles 109 cals	**24 mins** 3 miles 127 cals	**20 mins** 2.5 miles 118 cals	**20 mins** 1.8 miles 80 cals	**32 mins** 4.6 miles 149 cals	**28 mins** 3.7 miles 149 cals	**17 mins** 2 miles 100 cals	**31 mins** 4.6 miles 153 cals	**25 mins** 3.3 miles 136 cals	**35 mins** 4.4 miles 179 cals	

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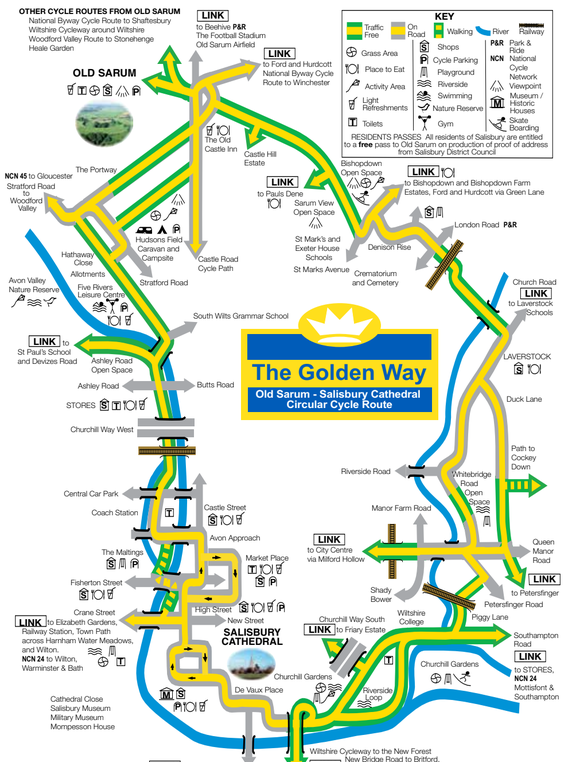
The Golden Way

A circular cycle route linked to all radial routes that approach the city from all directions. The route is 11 kilometres (7 miles) long and is well marked in both directions by the Golden Way logo and direction arrows. As well as commuters and those accessing the countryside, the route is especially suited to families who want to spend leisure time without going far from home. Families can stop off at playgrounds, somewhere to eat and drink, whilst enjoying and appreciating the local scenery.

The Golden Way



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@wiltsgov.uk

www.connectingwiltshire.co.uk

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www.facebook.com/connectingwiltshire

Connecting Wiltshire
Travel made simple

Wiltshire Council
Where everybody matters

This leaflet has been produced by Steer Davies Gleave on behalf of Wiltshire Council.

Updated by Wiltshire Council in March 2016

Connecting Wiltshire
Travel made simple

Salisbury and Wilton

Cycle map