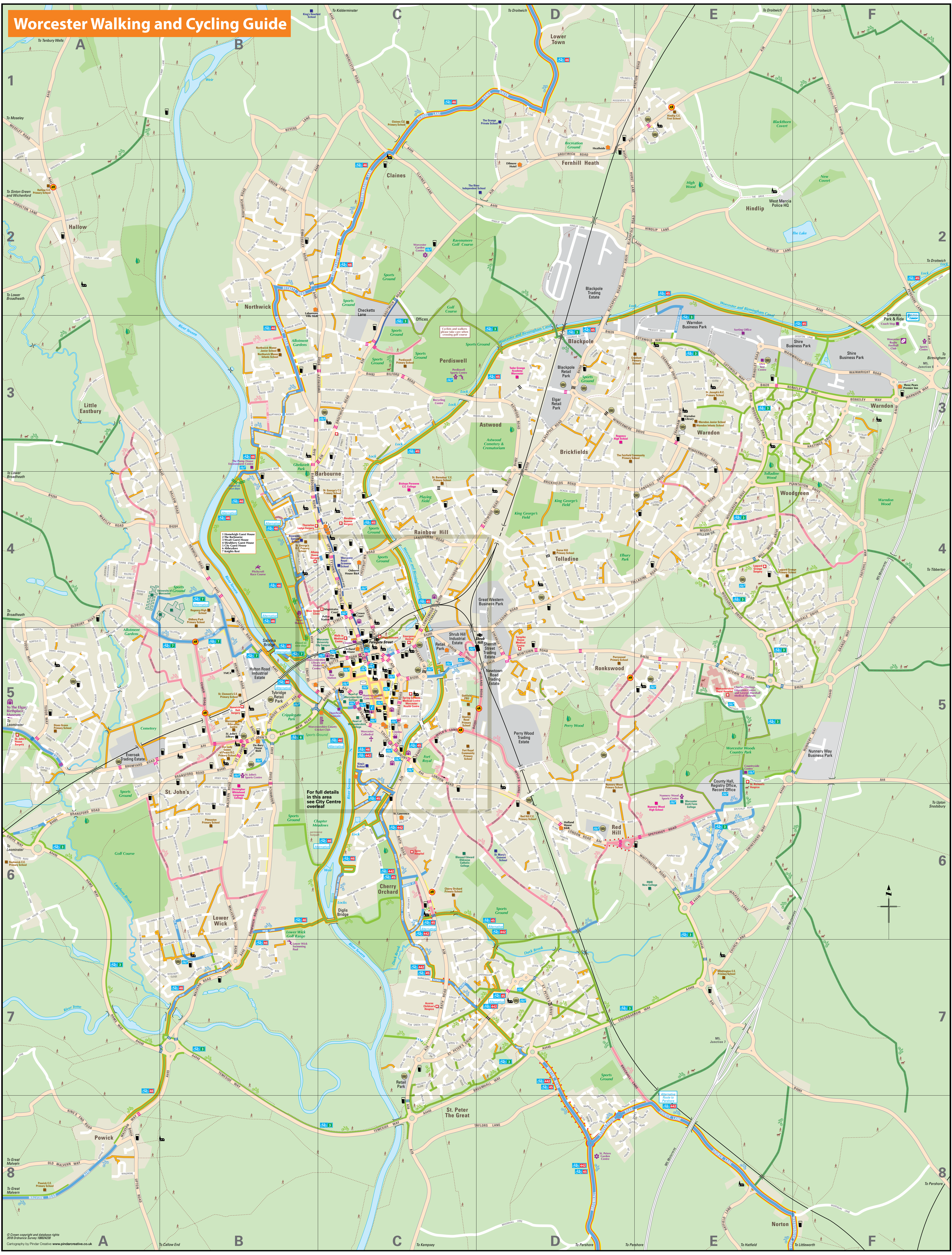


# Worcester Walking and Cycling Guide



For full details in this area see City Centre overleaf

### Key

|  |   |  |  |  |  |  |                          |  |                            |
|--|---|--|--|--|--|--|--------------------------|--|----------------------------|
|  | National cycle route  |  | Local cycle route                                |  | On-road cycle route                        |  | Railway line and station |  | Place of worship           |
|  | Proposed on-road cycle route  |  | Traffic-free cycle route                         |  | Proposed traffic-free cycle route          |  | Ferry (summer only)      |  | Tourist Information Centre |
|  | Take special care on this section of route                                    |  | Cycle parking                                    |  | Covered cycle parking                      |  | Open space/parks         |  | Hotels/Guest House         |
|  | On-road bus/cycle lane  |  | Walkway  |  | Walkway/Cycleway                           |  | Major employment areas   |  | Post Office                |
|  | Pedway (walk/cycle)   |  | Footpaths  |  | One-way streets                            |  | Government buildings     |  | Museum/Art Gallery         |
|  | Bridleway, cycling permitted (off-road bike may be required)                  |  | Pedestrian areas                                 |  | Zebra Crossing (pedestrians)               |  | Park and Ride            |  | Theatre                    |
|  | Cycling allowed before 10.30am and after 4.30pm                               |  | Pelican/Puffin/Signalised Crossing (pedestrians) |  | Toucan Crossing (pedestrians and cyclists) |  |                          |  | Cinema                     |
|  | Routes recommended by local cyclists. Some sections may be busier than others |  | Pedestrian underpass                             |  | School crossing patrol                     |  |                          |  | Supermarket                |
|  |   |  | Private schools                                  |  | Colleges                                   |  |                          |  |                            |
|  |   |  | Secondary schools                                |  | Primary/Infant/Junior/Special schools      |  |                          |  |                            |

**Scale 1:12,000**

approximate walking time 10 minutes

approximate cycling time 1/2 mile (0.8km) 3 minutes



## Be safe be seen

### A guide to safe and comfortable cycle use

Your saddle should be adjusted so that you are able to cycle comfortably when seated your feet should be able to touch the ground with approximately half your foot.

Ensure that the pressure of your tyres is correct. The safe tyre pressure for your bike should be marked on the tyre sidewall. Check the tyres for obvious marks, cuts or excessive wear - never ride a bike with a damaged tyre.

Check that all your lights are working - even during the day. It may be necessary to use your lights if the weather is bad. Never cycle at night without lights.

A front lamp is required showing white light. The lamp must be positioned centrally or slightly offside, up to 1500mm from the ground, aligned towards and visible from the front. A rear lamp is required, coloured red, positioned centrally or slightly offside, between 350mm and 900mm from the ground, aligned towards and visible from the rear. Any number of additional lights may be added provided that they adhere to the conditions above.

Reflectors should be visible and clean. Rear reflectors are required by law during the period from sunset to sunrise on all bicycles. Pedal reflectors are required on all bicycles manufactured after 1st October 1985.

A rear reflector, coloured red, is required, positioned centrally or slightly offside between 350mm and 900mm from the ground, aligned towards and visible from the rear. Pedal reflectors should be coloured amber, and four are recommended positioned so that one is plainly visible to the front and rear of each pedal.

Check your brakes. They should be aligned correctly and stop the bike. You must have separate working brakes on the front and rear wheels of your bicycle. If your brakes need adjustment, do not ride your bike until they have been adjusted properly. If you are in any doubt take your bike to a bike shop where they will be happy to help you.

When riding at night or in bad weather, cyclists are highly recommended to wear bright and reflective clothing.

Cycling helmets should comply with National Safety Standard BS 6658/1985 or equivalent. Sunglasses are recommended for cycling in bright weather and should be of a tough and durable finish.