

Stay Healthy Go Cycle

Cycling and your health...

- As our society has come to rely more and more on cars, people are cycling far less even for short trips.
- Occasional and regular cyclists enjoy a level of fitness equivalent to being five and ten years younger.
- Two thirds of adults in England are not active enough for their health.
- Cyclists can expect to live for at least two years longer on average than non-cyclists.
- Inactive people are at higher risk of many serious health conditions including obesity, coronary heart disease and diabetes.
- Walking and cycling for everyday journeys can play a big part in helping people get the physical activity they need.
- Organisations can help by encouraging their staff and visitors to choose physically active travel.
- In 2003 there were around 40,000 deaths per year due to physical inactivity.

Save Money Go Cycle

Benefits of cycling...

- Choosing a cycle as a form of transport can evade rising motoring costs and save you money.
- Avoid car parking charges. Secure cycle parking is free and these are distributed around the town including shopping areas, public transport stations and sports and leisure facilities.
- It is often quicker to cycle rather than driving as you avoid traffic queues, searching for car parking spaces and then walking.
- If people choose to make some trips by bicycle this would have an impact on local congestion, air pollution, CO2 emissions and reducing their Carbon Footprint.
- As many as 28% of Beverley residents have a daily commute of less than 2 kilometres, which can easily be cycled in less than 8 minutes.



* Under cover cycle park facilities at Beverley Leisure Complex

Stay Healthy Go Cycle

Good cycling code...

- Obey the rules of the road and always follow the Highway Code.
- Cyclists should give way to pedestrians, don't ride on the pavement unless permission to do so is clearly signed. (See below for common cycle signs).

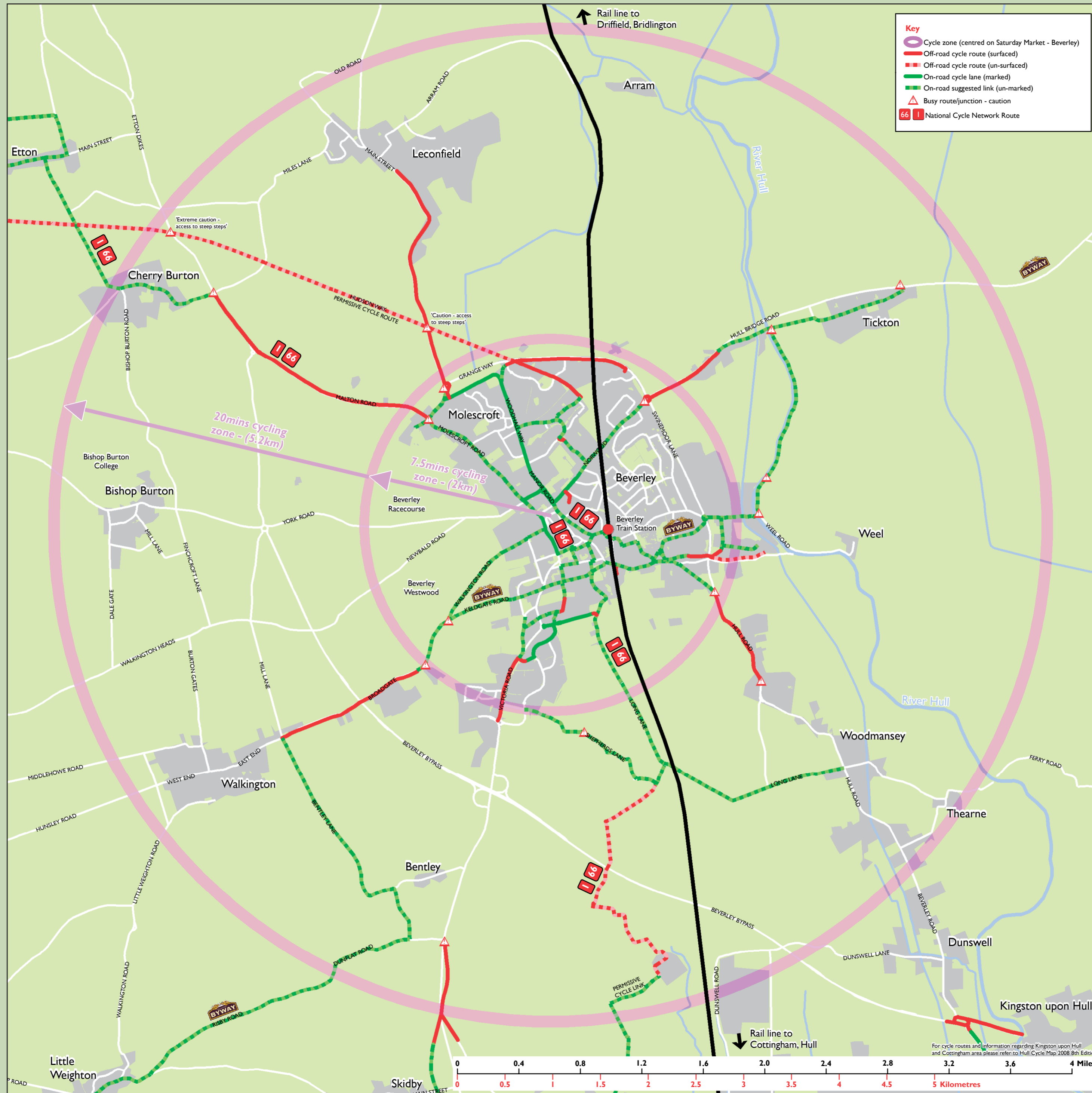


*Cycle Track sign
*Segregated Shared use footway sign
*Shared use footway (unsegregated) sign

- Motorists can feel frustrated and delayed by cyclists so when its safe and convenient to do so move over to the left.
- Look after yourself by riding positively and decisively.
- Always look and signal before you start, stop or turn, it helps other road users have a better understanding of what you plan to do.
- Think ahead and try and anticipate drivers' actions, try and catch their eye and make sure you've been seen.
- Wear bright, visible clothing especially at night - motorists may not always see cyclists.
- Always use lights at night and in poor weather conditions.
- Keep your bike in good working condition.
- Wear a bike helmet.
- When parking your bike make sure its locked up securely with a good quality lock and in public view.



* Beverley Minster



These maps are a digital representation of the cycle routes in Beverley and surrounding areas. The information gives the approximate location of the cycle routes and is for general guidance only. Routes are located in relation to physical features as shown on these images. No guarantee is implied that the routes are available for use at all times and you must be aware of signage in the area and notices in the local press regarding temporary closures or diversions. Under no circumstances will the information be interpolated, translated or higher level of accuracy implied.

Local Transport Plan

Beverley Cycle Map 2008



East Riding of Yorkshire Council is committed to promoting and encouraging more cycling, particularly for shorter journeys such as commuting, shopping or school travel. The council has produced this Beverley Cycle Map to help provide a useful guide for planning safe cycling journeys in Beverley and between neighbouring villages. As many as 28% of Beverley residents have a daily commute of less than 2 kilometres, which can be cycled in less than 8 minutes.

Local Transport Plan

Cycling investment....

East Riding of Yorkshire Council has invested considerably, through funding from the Second Local Transport Plan, to develop a good quality, safe and continuous cycle network within Beverley and to the surrounding villages.

Investment has included:

- Approximately 5km of on-road cycle lanes
- Approximately 19km of off-road cycle routes
- 18 advanced stop lines for cyclists at signalised junctions
- 2 'toucan' signal controlled crossings for cyclists
- Secure cycle parking facilities at numerous locations

In addition, the following initiatives have been/are provided throughout the East Riding:

- 97 schools have Safer Routes to School schemes*
- All schools are offered pedestrian and cycling training
- 80% of schools have completed School Travel Plans** (All the primary and secondary schools in Beverley have completed their School Travel Plans).

*These are a package of measures designed to improve the safety of pupil's journeys to school, particularly whilst walking and cycling.

**A School Travel Plan is an approved travel plan agreed with the school, parents and the council, which aims to encourage and facilitate more walking and cycling journey's to school.

Useful contacts...

East Riding of Yorkshire Council
Transport Policy
County Hall
Beverley, HU17 9BA
Tel: (01482) 391746
email: transport.policy@eastriding.gov.uk

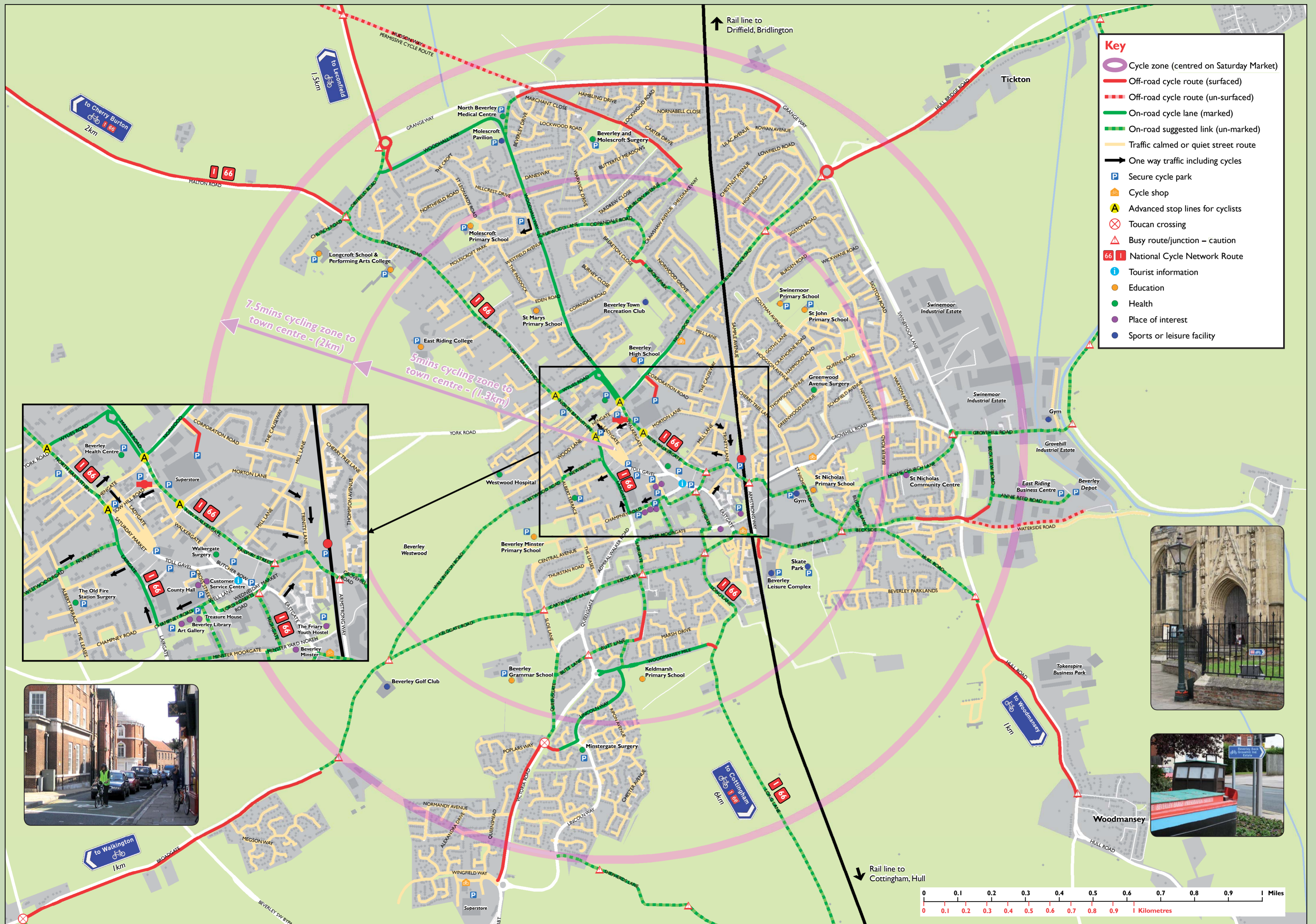
Sustrans
National Cycle Network Centre
2 Cathedral Square
College Green
Bristol, BS1 5DD
Tel: 0845 113 0065
email: info@sustrans.org.uk

Beverley Tourist Information Centre
34 Butcher Row
Beverley, HU17 0AB
Tel: (01482) 391672
email: beverley.tic@eastriding.gov.uk

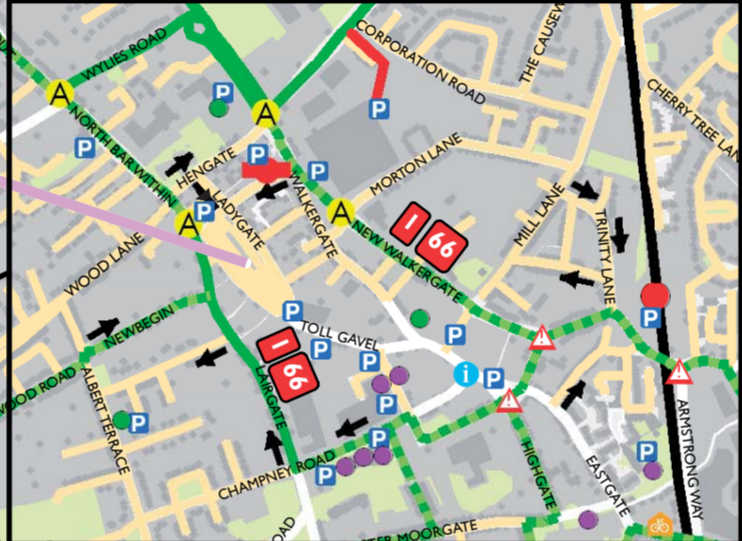
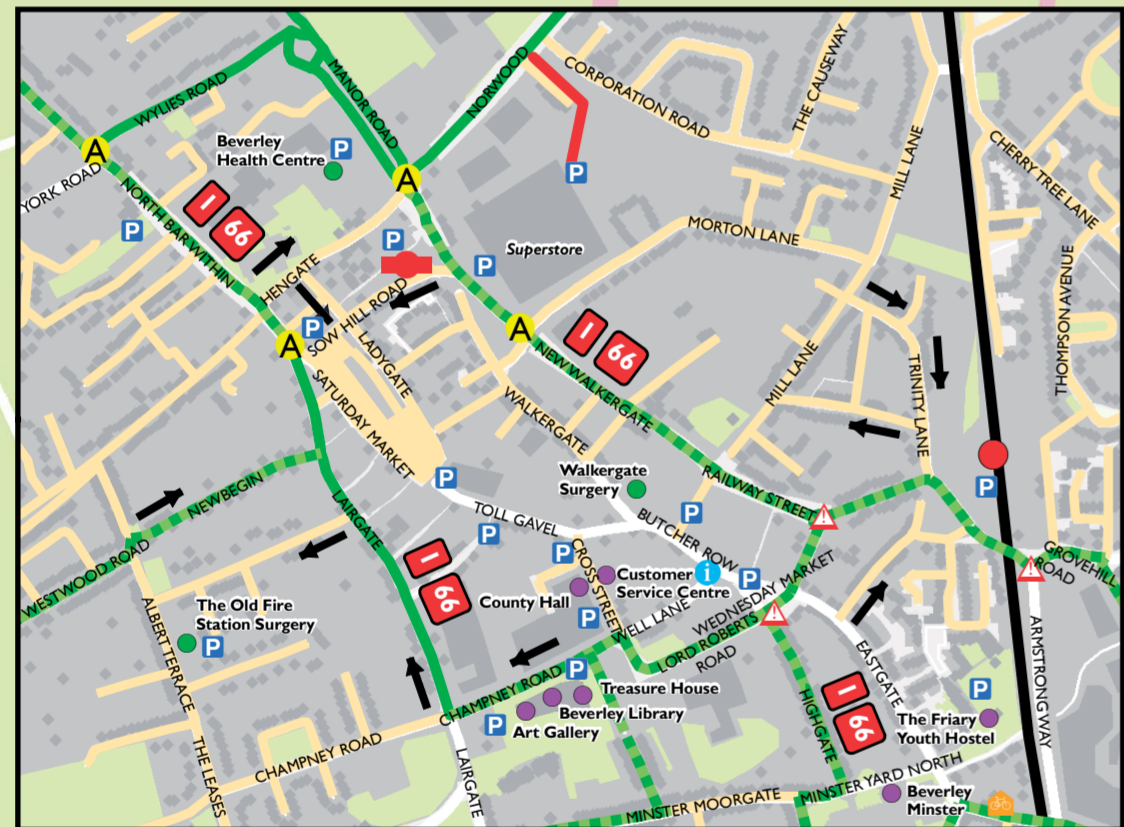
We hope you find this map a useful guide. If you have any comments or suggestions on cycle facilities in the East Riding, or you want more copies of the map, please contact (01482) 391746.

A copy of the map can be viewed and downloaded by visiting: www.eastriding.gov.uk

Whilst every care has been taken to ensure that the information shown in this guide is correct at the time of publication (August 2008) East Riding of Yorkshire Council will not be liable for any loss, damage or inconvenience resulting from any inaccuracies, omissions or subsequent changes.



- Key**
- Cycle zone (centred on Saturday Market)
 - Off-road cycle route (surfaced)
 - Off-road cycle route (un-surfaced)
 - On-road cycle lane (marked)
 - On-road suggested link (un-marked)
 - Traffic calmed or quiet street route
 - One way traffic including cycles
 - Secure cycle park
 - Cycle shop
 - Advanced stop lines for cyclists
 - Toucan crossing
 - Busy route/junction – caution
 - National Cycle Network Route
 - Tourist information
 - Education
 - Health
 - Place of interest
 - Sports or leisure facility



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