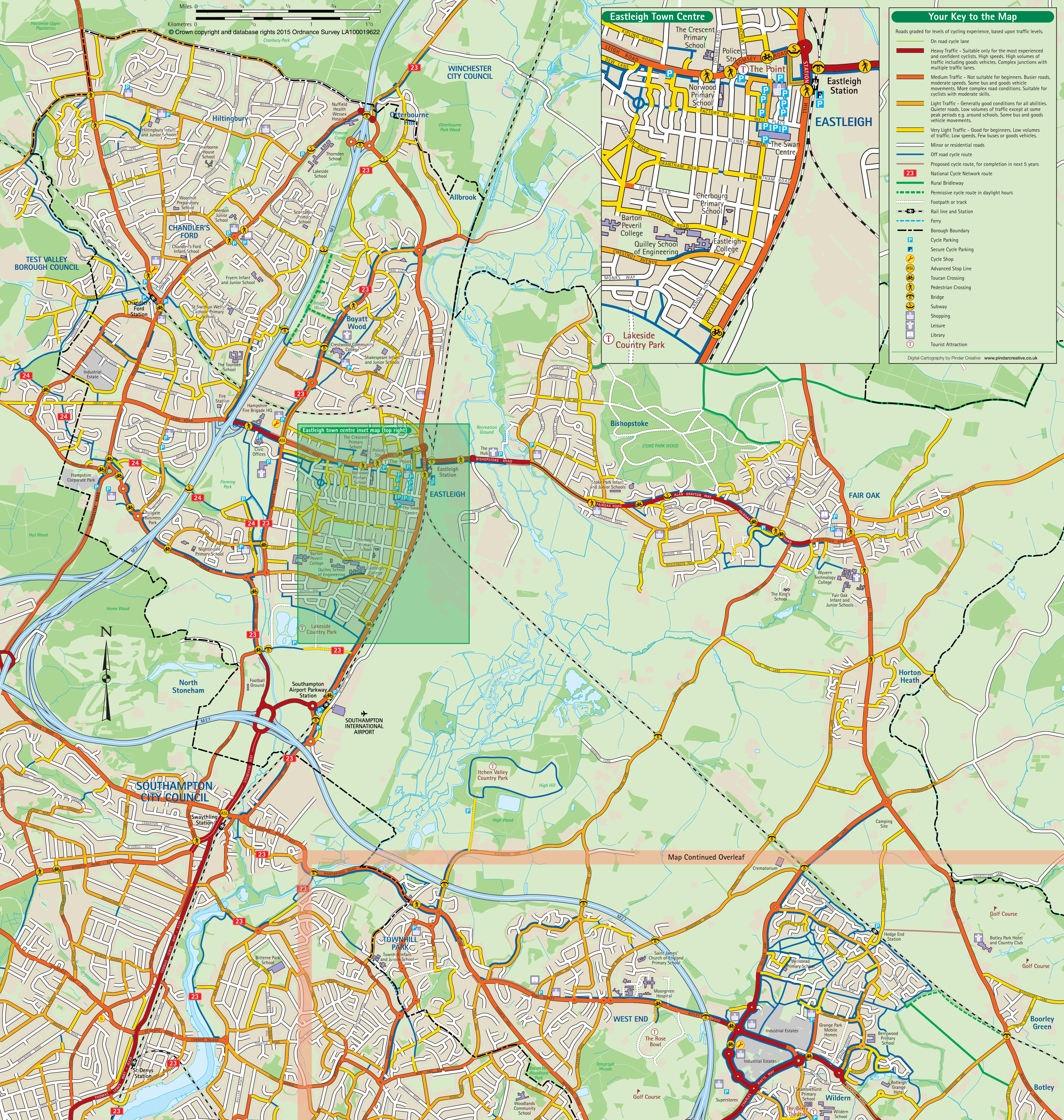


Your Key to the Map

Roads graded for levels of cycling experience, based upon traffic levels.

- On road cycle lane
- Heavy Traffic - Suitable only for the most experienced and confident cyclists. High speeds. High volumes of traffic including goods vehicles. Complex junctions with multiple traffic lanes.
- Medium Traffic - Not suitable for beginners. Busier roads, moderate speeds. Some bus and goods vehicle movements. More complex road conditions. Suitable for cyclists with moderate skills.
- Light Traffic - Generally good conditions for all abilities. Quieter roads. Low volumes of traffic except at some peak periods e.g. around schools. Some bus and goods vehicle movements.
- Very Light Traffic - Good for beginners. Low volumes of traffic. Low speeds. Few buses or goods vehicles.
- Minor or residential roads
- Off road cycle route
- Proposed cycle route, for completion in next 5 years
- National Cycle Network route
- Rural Bridleway
- Permissive cycle route in daylight hours
- Footpath or track
- Rail line and Station
- Ferry
- Borough Boundary
- Cycle Parking
- Secure Cycle Parking
- Cycle Shop
- Advanced Stop Line
- Toucan Crossing
- Pedestrian Crossing
- Bridge
- Subway
- Shopping
- Leisure
- Library
- Tourist Attraction

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2015 Edition

Useful Contacts

- Cycling in Eastleigh**
 Eric Reed – Cycling Officer
 Tel: 023 8068 8233
 Website: www.eastleigh.gov.uk/cycling
 Email: engineers@eastleigh.gov.uk
- Cycling in Hampshire – Hampshire County Council**
 Tel: 0845 603 5633
 Website: www.hants.gov.uk/cycling
 Email: roads@hants.gov.uk
- Online Journey Planner – Transport Direct**
 Website: www.transportdirect.info/Web2/JourneyPlanning/FindCycleInput.aspx
- Cycle Training**
 Cyclewise Southampton – Dilys Gartside
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 Website: www.cyclewisesouthampton.co.uk
 Email: Cyclewisesouthampton@gmail.com
- Hampshire Cycle Training – John Buckley
 Tel: 07963 237619
 Website: www.hampshirecycletraining.org.uk
 Email: enquiries@hampshirecycletraining.org.uk
- Bike Maintenance**
 Rideride Cycle Workshop – Tim Baker
 Tel: 023 8070 2232
 Website: www.rideride.co.uk
 Email: inbox@rideride.co.uk
- CTC – the Cyclist Touring Club**
 Tel: 0844 736 8450
 Website: www.southhampshirectc.org.uk
- Sustrans – the sustainable transport charity**
 Tel: 0845 113 00 65
 Website: www.sustrans.org.uk
 Email: info@sustrans.org.uk
- Southampton Cycling Campaign**
 Website: www.southamptoncyclingcampaign.org.uk
 Email: membership@southamptoncyclingcampaign.org.uk

my Journey My Journey is a campaign aimed at helping Hampshire and Southampton residents find new, healthier and cheaper ways of travelling. For more information, visit: www.myjourneyhampshire.com

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Safe Riding – Do's and Don'ts

- DO**
- Consider wearing a helmet
 - Wear bright or fluorescent clothing during the day
 - Wear reflective clothing and use lights at night and in poor visibility
 - Fit a bell
 - Ride in single file on narrow or busy roads
- DON'T**
- Ride under the influence of drink or drugs
 - Carry anything that will affect your balance or may become tangled in your wheels or chain
 - Ride close behind another vehicle
 - Ride on the pavement unless signs show it is a shared cycle and pedestrian route
- ON CYCLEWAYS**
- Cyclists**
- Be considerate of other users, especially pedestrians
 - When riding on a shared path, keep to your side
 - Do not ride too fast near pedestrians
- Pedestrians**
- When walking on a shared path, keep to your side
 - Be aware that cyclists may approach quietly
 - Please keep young children and dogs under control for their own safety
 - Keep to the footway where this is separate from the cycleway system

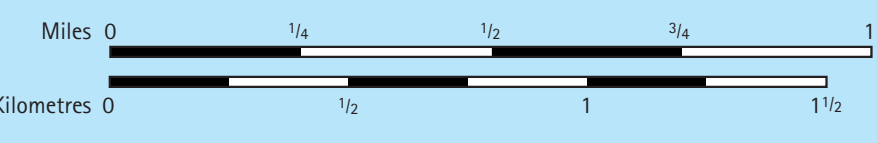


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