My Journey Wokingham is a behaviour change campaign promoting active and sustainable travel.

Cycling is a low impact exercise, which can be built into a daily routine, saves you money, improves your health and helps the local environment. A 30 minute ride a day, 5 days a week, is the best way to build your cardiovascular fitness, reducing the risk of heart disease and stroke.

Keep yourself safe when cycling

- Follow the highway code www.highwaycodeuk.co.uk
- Ride positively, decisively and position yourself well clear of the kerb
- Cycle training is a good option if you're new or returning to cycling - see www.myjourneywokingham.com/events
- Consider wearing a helmet
- Keep your bike roadworthy
- Don't forget, lights are necessary after dark and hi-vis clothing or accessories will help you be seen
- Never undertake large vehicles, especially near junctions
- When cycling on routes shared with pedestrians, always warn others of your presence by use of a bell, adjust your speed accordingly, and avoid cycling too closely. Some pedestrians may be visually or hearing impaired so please take extra care.

Cycle hubs

- **Finchampstead (FBC Centre)** - A local location for regular term-time cycle training, with the advantage of a cycle track, café, library and children's play area.
- **Montague Park (Floreat Montague Park Primary School)** - A local location for cycle training during school holidays.
- **Woodford Park Bike Hub** - A local location for regular term-time cycle training.
- **Shinfield St Mary's Junior School** - A local location for cycle training during school holidays.

Signs for cyclists

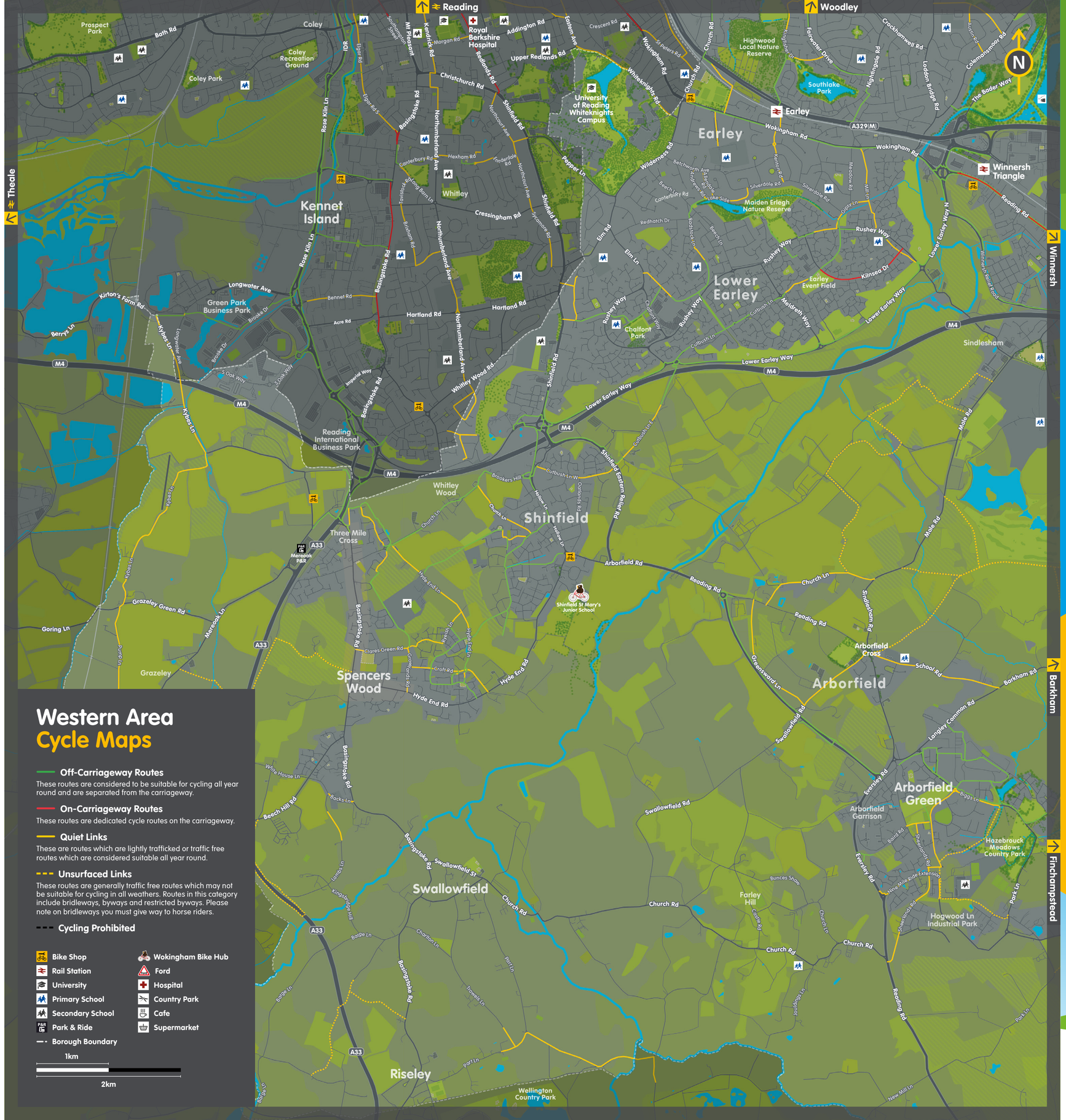
Shared-use path:
A shared-use path is one which can be used by cyclists as well as pedestrians. On such paths cyclists must give way to pedestrians.

Segregated shared-use paths:
A segregated shared-use path is one which has some form of physical separation distinguishing the cyclist and pedestrian areas, usually a delineator white line, a raised white line or a kerb.

Cycle route:
For cyclists only.

Recommended for Cyclists:
Route ahead recommended for cyclists.

No cycling:
Cycling is NOT permitted on the path or in the areas marked by these signs.



Cycle Training

Cycle hubs: Cycle training for adults and children is usually carried out at one of our four cycle hubs.

Bikeability: Bikeability is the Department for Transport's national onward scheme for cycle training in England primarily for children and young people. Bikeability Levels 1, 2 and 3 are offered to Wokingham schools every year, particularly targeting Year 5/6 pupils. Our cycle training provider is Avanti Cycling.

Bikeability Levels 1, 2 and 3 holiday courses are also run at one of our four cycle hubs.

Cycle Maintenance

Cycle Shops: cycle maintenance can be carried out at these shops

Berkshire Cycle Co - www.berkshirebikes.com

Rotec Cycles - www.rotecycclesberkshire.com

Mountain Trax - www.mountain-trax.com

KC Sports - www.freewebs.com/kcsport/cycles

Big Cycling shop and cafe - www.bigcycling.com

Dr Bike: Alongside being mobile mechanics, Dr Bikes also attend some of our My Journey events and carry out bike checks.

Gary Nellson - Dr Bike 07882 021314

Steve Johnson - Cycle Services (mobile cycle repair and servicing) 07879494345

Useful Links

My Journey website www.myjourneywokingham.com

Wokingham Borough Council www.wokingham.gov.uk

SUSTRANS (includes maps of national cycle network) www.sustrans.org.uk

Bikeability bikeability.org.uk

British Cycling www.britishcycling.org.uk

Cycling UK www.cyclinguk.org

National rail enquiries - cycling www.nationalrail.co.uk/stations_destinations/cyclists.aspx

Wokingham Cycle Club www.wokinghamcc.org.uk - for cycling on road together with club rides and other cycling related and social events

Sprockets www.sprockets.club - British Cycling Go-Ride Club for 3 - 17 year olds, to improve cycling skills, confidence and ability

Avanti Cycling (bikeability training provider for Wokingham) avantcycling.co.uk - getting more people onto bikes by teaching little people how to cycle in traffic, by giving adults confidence to ride and by helping organisations implement sustainable transport policies

CYCLE MAP WESTERN AREA 2022

- Arborfield
- Lower Earley
- Maiden Erlegh
- Riseley
- Shinfield
- Spencers Wood
- Swallowfield

WOKINGHAM BOROUGH COUNCIL

My Journey — HELPING WOKINGHAM GET AROUND

Wokingham Borough Cycle Routes

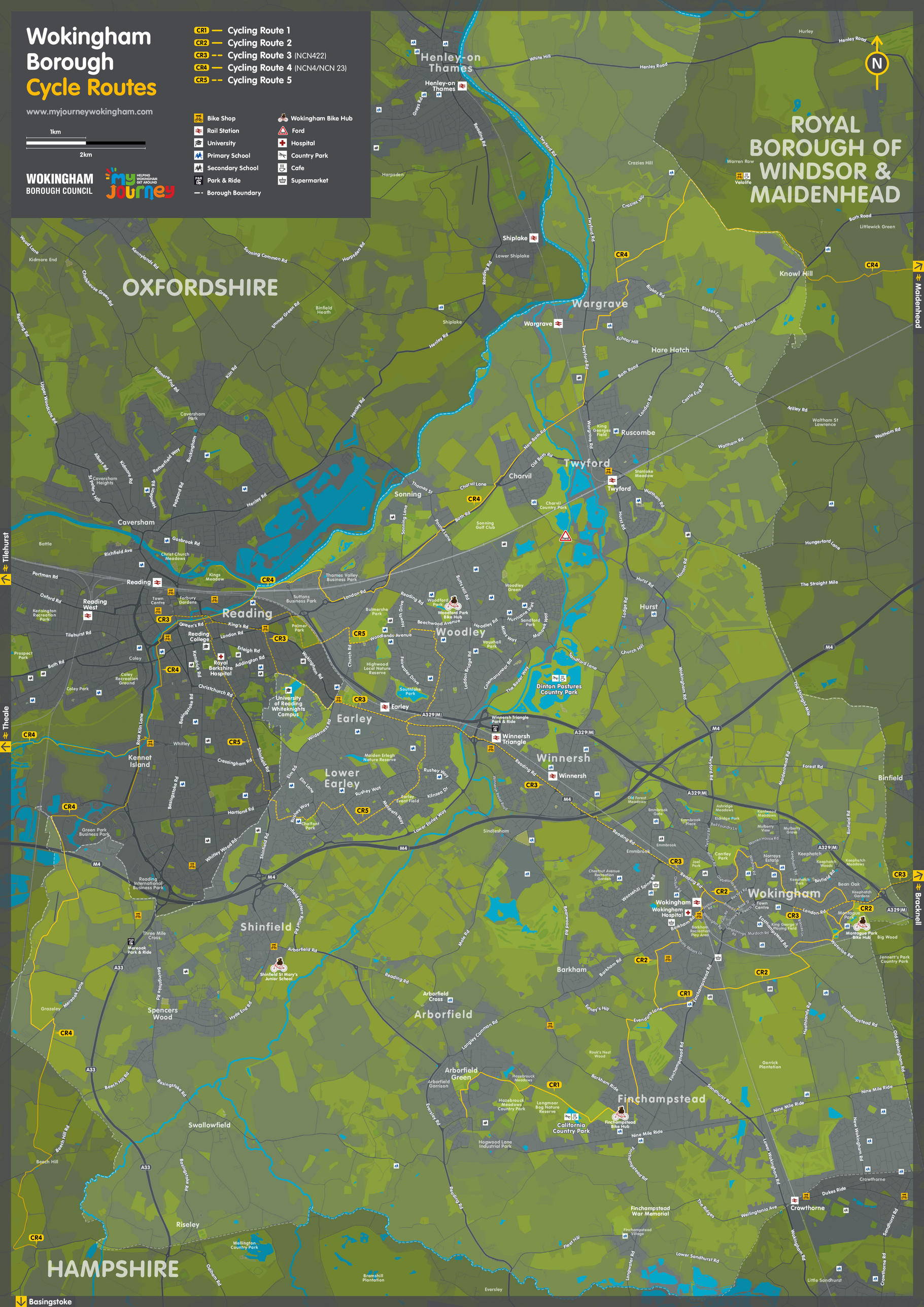
www.myjourneywokingham.com

1km

2km

WOKINGHAM BOROUGH COUNCIL

My Journey — HELPING WOKINGHAM GET AROUND

- CR1 — Cycling Route 1
- CR2 — Cycling Route 2
- CR3 -- Cycling Route 3 (NCN422)
- CR4 — Cycling Route 4 (NCN4/NCN 23)
- CR5 -- Cycling Route 5

- Bike Shop
- Rail Station
- University
- Primary School
- Secondary School
- Park & Ride
- Borough Boundary
- Wokingham Bike Hub
- Ford
- Hospital
- Country Park
- Cafe
- Supermarket