

This map highlights some of the main cycling routes in Colchester to help you plan your journey, whether you are biking to school or work or looking for somewhere to cycle in your free time.

The lilac shaded areas show places where the roads are generally quiet and cycle-friendly.

A number of key routes which are good to cycle are marked in different colours on the map, along with links shown in purple to help you plan your journey to key locations.

**1 13 51** National Cycle Network route numbers are also shown on the map.

Route **1** of the National Cycle Network runs from Chelmsford to Ipswich through Colchester

Route **13** links London to Bury St Edmunds, Thetford and Fakenham through Colchester

Route **51** of the National Cycle Network connects Colchester to Harwich

**How long will it take me?**  
View the chart on the reverse side for approximate distances and times from places of interest around Colchester

see inset map  
Superstore  
Retail Park

see Colchester Town map overleaf

**Cycle routes**

- on road
- off road

**Generally quieter areas which are good to cycle**

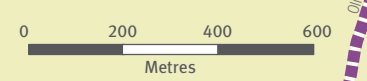
**National Cycle Network** 1 13 51

**Cycle Crossing** C

**Cycle Parking** P

**Subway** S

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## Cycling in Colchester

There are lots of great places to cycle in Colchester.

Whether you're travelling to work or school, looking for a fun way to spend a day out or trying to get fit, cycling is a great option.

By encouraging more cycling in the town it will help reduce congestion on our roads.

It's low cost, convenient, healthy - and it's a carbon neutral way to travel, so why not give cycling a try?

Improvements have been made to a variety of routes throughout the town, making it easier to plan your journey by bike.

## Taking your bike on the train

It's free of charge to take your bike on National Express East Anglia Trains.

However, you need to book a place in advance on some trains as space is limited, and there are some restrictions during peak times.

Alternatively there is now more cycle parking available at Colchester Station including a secure cycle parking area.

To find out more phone National Express East Anglia on 0845 600 7245.



## Why not try cycling to...



### Abbey Field

This great area of open space right in the heart of Colchester is a lovely spot for a picnic in the summer.

You can travel there using the Garrison Route.



## Community Stadium

As well as the home of Colchester United, the Community Stadium also hosts a wide range of events such as comedy nights, conferences, business meetings and sports activities. You can travel there using the High Woods Route.



### The adiZone

This is a giant multi-sports and outdoor gym venue which aims to inspire the local community to get involved in sport. You can travel there using the Boadicea Route.



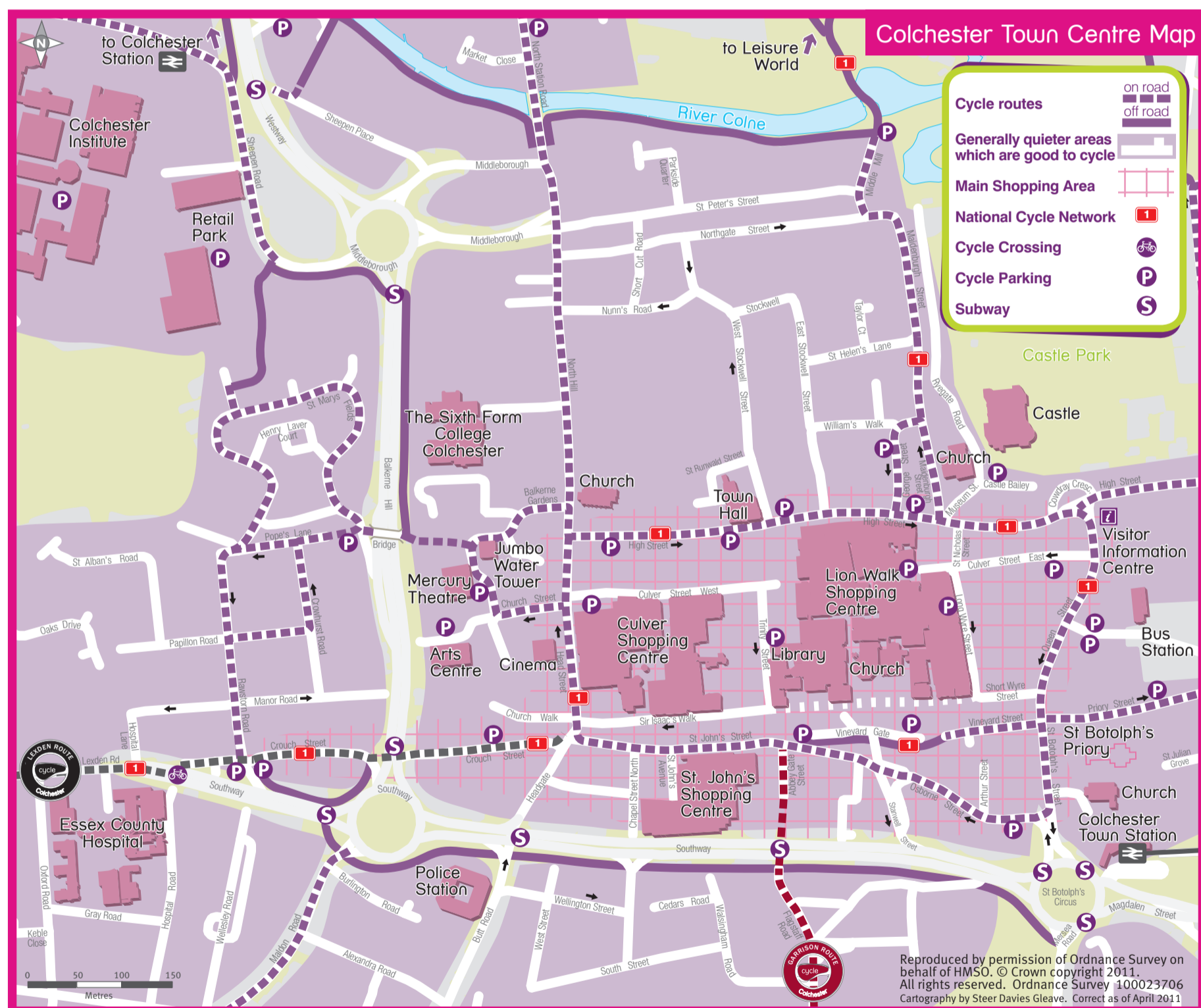
### High Woods Country Park

A great place to picnic, walk and cycle, fish, feel close to nature or simply unwind and relax. Travel here with the High Woods Route.



### Wivenhoe

A great place to wander around, with its charming small shops, pubs, restaurants and picturesque waterfront. Travel there via the Salary Brook Route and Wivenhoe Trail.



There's a lot to do in Colchester town centre, whether you're going there for work, shopping, meeting friends for a coffee or a meal or heading to one of our great attractions such as Colchester Castle or the Mercury Theatre.

Instead of jumping in the car take the stress out of your journey and try travelling to town by bike. You won't have to pay for petrol or parking and there are lots of quiet routes you can use to make your journey far more enjoyable.

Cycle parking is available in various places throughout the town. Look out for the parking symbol P on the maps.

When cycling on a shared use path, ring your bell twice to alert people that you are approaching, especially if that you are pedestrians might not hear your bell, so take care when passing others and ride at a sensible speed.

For more information about what Colchester has to offer visit [www.visitcolchester.com](http://www.visitcolchester.com)

## How long will it take me?

When cycling regularly you will soon find the route that suits you - you may choose the most direct option, or perhaps find a route that's mainly off road or more picturesque.

This chart shows you some rough distances and times to key locations to help you plan your journey, though the exact time will depend on the route you take and how quickly you pedal.

Start	Finish								
	Town Centre	Colchester Station	General Hospital	Stadium	Greenstead	Wivenhoe	Maypole Green	Prettygate	Stanway
<b>Town Centre</b>									
<b>Colchester Station</b>	1.1 9		1.0 8	2.0 19	2.7 27	5.4 48	4.0 35	2.7 24	3.7 32
<b>General Hospital</b>	1.7 12	1.0 5		1.6 8	3.5 20	6.1 53	4.8 41	3.5 30	4.4 37
<b>Stadium</b>	2.9 24	2.0 19	1.6 8		3.7 19	7.2 63	5.9 51	4.6 39	5.5 48
<b>Greenstead</b>	2.1 11	2.7 14	3.5 20	3.7 19		3.5 18	4.3 36	4.2 35	5.8 49
<b>Wivenhoe</b>	4.1 24	5.4 27	6.1 35	7.2 38	3.5 21		6.0 51	6.2 52	7.8 65
<b>Maypole Green</b>	2.9 14	3.5 20	4.3 25	5.4 31	4.3 25	6.0 31		2.2 11	2.7 14
<b>Prettygate</b>	2.0 10	2.7 14	3.5 20	4.6 25	4.2 25	6.2 33	2.2 11		1.5 8
<b>Stanway</b>	3.2 17	3.7 19	4.4 26	5.5 30	5.8 33	7.8 41	2.7 14	1.5 8	

Measurements use the main cycle routes where they coincide with the trip, or safe routes on ordinary roads where there is no designated route. Timings are based on an average cycling speed of 12mph (with extra time added for inclines and hills) as recommended by Cycling England.

## Keeping on track

Route markers have been put in place to help you find your way along a series of Cycle Colchester routes and these are marked in different colours on the map.



The markings shown below are being used at some key junctions to highlight the direction of routes for cyclists and other road users.

It's important to note that they don't indicate that cyclists have the right of way, but they do raise awareness of the presence of cyclists.

Here are some of the road signs you may see when you are out on your bike:

- Cycle route**
- Segregated route**
- Shared routes for cyclists and pedestrians**
- Bus lane (cycles permitted)**
- Cycles permitted (motor vehicles prohibited)**
- No cycling**
- No entry for all vehicles (including cycles)**

Please cycle safely and respect other road and path users when you're travelling by bike.



For more information about cycling in Colchester visit [www.cyclecolchester.org.uk](http://www.cyclecolchester.org.uk) or [www.colchester-cycling.org.uk](http://www.colchester-cycling.org.uk)

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For more information about Bikaability and how you can take part call the road safety team on 08457 430430 or visit [www.bikaability.org.uk](http://www.bikaability.org.uk)

The training is split into three levels: > Basic bike-handling skills (off road) > Making short journeys on local minor roads > Dealing with more complex journeys and junctions by bike.

Bikaability training is helping children throughout Colchester to gain the skills and confidence they need to cycle in everyday situations.