



A map of Greater Manchester divided into ten constituencies, each labeled with a number in a black box. The constituencies and their numbers are: Wigan (1), Bolton (2), Bury (3), Rochdale (4), Oldham (5), Salford (10), Manchester (8), Trafford (9), Stockport (7), and Tameside (6). The map is set against a yellow background.

All maps available to download from www.tfgm.com/cycling or collect from your local Travelshop



Transport for Greater Manchester and Greater Manchester's ten local authorities are working together to build a world class cycling and walking network for the future.

To find out more visit tfgm.com/bee

- **To save money**
Cycling costs 85% less than driving.

- **To save time**
For journeys from 3 to 5 km cycling is often the quickest form of transport.
- **For health and fitness**
Cycling can improve and maintain physical and emotional health.
- **For enjoyment**
Cycling is an easy and enjoyable activity with friends and family.
- **For the environment**
Cycling produces virtually no atmospheric pollution or noise.

Cycle training and practical support

Whatever your level, we can help you get the best from riding your bike. We offer a range of courses, led by expert instructors, to get you up-to-speed whether that be learning to ride, building skills and confidence, looking after your bike or becoming a ride leader.

Visit the website tfgm.com/cycling to find out more about cycle training, lots of useful information and practical support, plus details of cycle parking facilities around Greater Manchester.

For public transport information

0161 244 1000
7am – 8pm Monday to Friday
8am – 8pm Saturday, Sunday & public holidays.
www.tfgm.com

British Cycling
The governing body for cycle sport in the UK.
www.britishcycling.org.uk

Trans Pennine Trail
A multi-user route, coast-to-coast across the north of England.
www.transpenninetrail.org.uk

Canal and River Trust
The charity entrusted with the care of 2000 miles
of inland waterway network in England.
www.canalrivertrust.org.uk

Cycling UK
The national cycling charity.
www.cyclinguk.org

Sustrans
The charity enabling people to travel on foot, by bike
or public transport for more everyday journeys.
www.sustrans.org.uk

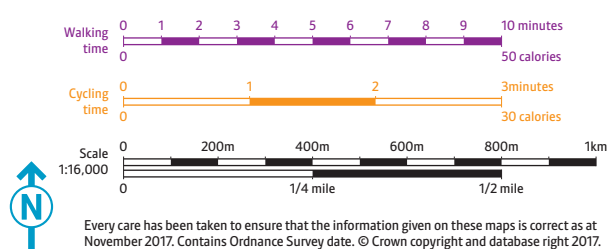
Details of other local groups, forums and organisations that support cycling initiatives can be found at:
www.tfgm.com/cycling

Highway defects

To report potholes or any other surface problems that are a hazard to cyclists please contact your Local Highway Authority
0161 770 4325



	Traffic Free Route - good surface		95	National Cycle Network (NCN)
	Traffic Free Route - rough surface		90	National and Regional
	On Road Route - with physical segregation		85	Cycle Access Point
	On Road Route - with other cycling facilities		80	Library
	On Road Route - supported but no facilities		75	Museum / Art Gallery
	On Road Route - advisory/suggested		70	School
	20 mph speed limit		65	Col
	Footpath - please walk your bike		60	University
	Pedestrian Crossing		55	Leisure Centre / Sports
	Traffic Crossing		50	Theatre
	Tiger Crossing		45	Hospital
	Cycle Lockers - BLUCC (Bicycle Locker User Club)		40	Health Centre
	Cycle Parking		35	Fire Station
	Cycle Shop		30	Tourist Information Centre
	Rail Station			
	MarineLink			



see over

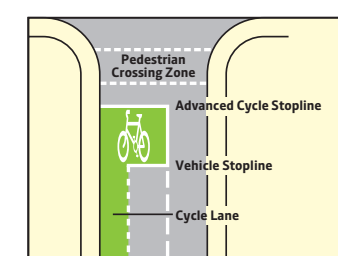
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 Route for cycles only

-  Route shared with pedestrians (no separation)
 -  Route shared with pedestrians (cycle track & footpath are separate)
 -  Mandatory cycle lane (motor vehicles must not enter the lane during hours of operation)
 -  Advisory cycle lane (motor vehicles should not enter this lane unless it is unavoidable)
 -  Bus and cycle lane
 -  Tram and cycles only
-   Marton  Directions on recommended route

- | | |
|---|--|
|  | National Cycle Network (NCN) Route number |
|  | National Cycle Network Regional Route number |
|  | Cycle parking |
|  | |

- No motor vehicles
(cycling permitted) No cycling



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The information shown on this map has been collated from a number of different sources by Transport for Greater Manchester and cannot be guaranteed to be fully correct.

Map 5: Oldham

