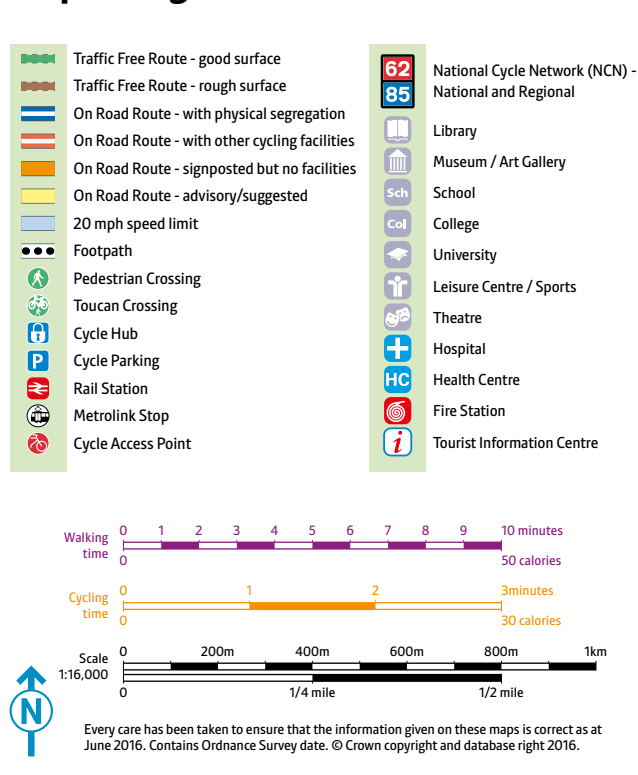


Map 1: Wigan



Why cycle?



 To save money

 Cycling costs 85% less than driving.

 To save time
For journeys up to 600 miles

For journeys from 3 to 5 km cycling is often the quickest form of transport.

 **For health and**
Sustainable development

 Cycling helps to reduce high blood pressure and your chance of having a stroke.

 **For enjoyment**
Cycling is an easy and enjoyable activity with friends and family.



 For the environment
Cycling produces virtually no CO₂.

Cycling produces virtually no atmospheric pollution or noise.

Cycle Training

Whatever your level, we can help you get the best from riding your bike. We offer a range of courses across Greater Manchester, 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 beenetwork.com/cycle-training to find out more.

Please note that this mapping shows location and type of infrastructure. It is not an indication of any particular standard of infrastructure, or for whom the infrastructure may be suitable (beginner cyclist, experienced cyclist etc). In Greater Manchester we have now adopted a clear standard of route provision for which all new active travel infrastructure in GM must comply, as articulated through our Design Guide. This standard is intended that it is suitable for an unaccompanied 12 year old, following completion of level 2 Bikeability, which is offered in most Greater Manchester schools during Year 6. Future versions of this mapping, to be published during 2023, will include an indication of where infrastructure comes up to this adopted standard.

Useful Contacts

For public transport information

0161 244 1000

7am – 8pm Monday to Friday

8am – 8pm Saturd
beenetwork.com

For cycling Information

British Cycling

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

Cycling UK
The national cycling charity.

cyclinguk.org

Trans Pennine Trail

A multi-user route, coast-to-coast across the north of England.

transpenninetrail.org.

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

canalrive

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

sustrans.org.uk

To find our more information about cycling,
including courses, guides and other routes, visit:
beenetwork.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 234 5000 / contact@manchester.gov.uk



