

Northwich

Bikeability Levels

1

Level 1
Traffic-free routes, paths and crossings plus shared spaces with very low traffic flows – suitable for cyclists of all Bikeability Levels. May be adjacent to carriageways or an off-road route.

2

Level 2
Roads, tracks and crossings suitable for cyclists at Bikeability Level 2.

3

Level 3
Roads, tracks and crossings suitable for cyclists at Bikeability Level 3.

3+

Level 3+
Roads and crossings with a very high level of risk even for highly experienced Level 3 cyclists.

key to symbols

- Zebra Crossings
- Signalised Crossings
- Pedestrian Refuge
- Cycle Parking (Sheffield Stands)
- National Cycle Network
- Regional Cycle Network
- Hospitals
- Schools
- Higher Education/College
- Leisure
- Supermarkets
- Library

Weaverham

Scale 1 : 12,000
0 100 200 300 400 500 Meters

see overleaf for Winsford

see inset for Weaverham

Winsford

Bikeability Levels

- Level 1**
Traffic-free routes, paths and crossings plus shared spaces with very low traffic flows – suitable for cyclists of all Bikeability Levels. May be adjacent to carriageways or an off-road route.
- Level 2**
Roads, tracks and crossings suitable for cyclists at Bikeability Level 2.
- Level 3**
Roads, tracks and crossings suitable for cyclists at Bikeability Level 3.
- Level 3+**
Roads and crossings with a very high level of risk even for highly experienced Level 3 cyclists.

see overleaf for Northwich

Bike shops

If you are new or returning to cycling, your local bike shop can provide more information and advice on choosing a bike and advising you on how to make your cycling more comfortable. The Bike Hub website can help you find your nearest bike shop - www.bikehub.co.uk

Cyclists organisations

Cyclists Touring Club – National cyclists organisation www.ctc.org.uk

Sustrans – National Cycle Network www.sustrans.org.uk

There's a **brand new world** for you to **discover** when you get in the saddle

There are three Bikeability levels. A child will typically start to learn to ride a bike, with 10-11 year olds progressing through secondary school (11-18 year olds). Certificates and shiny luminous badges for each level are awarded to children who successfully complete each course and inspired to achieve all three levels, recognising that there is always more to learn and to enjoy on a bike.

Bikeability is cycling proficiency for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads.

What is Bikeability?



Cheshire West and Chester

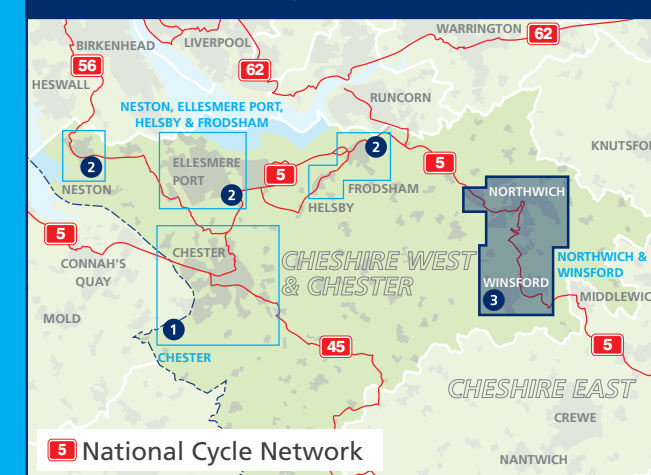


BIKEABILITY MAP Northwich & Winsford



3

Further cycle maps are available for the following areas:



For more information visit: www.cyclechester.com

More about Bikeability

Bikeability was developed by more than 20 professional organisations including the Royal Society for Prevention against Accidents and is supported by cross-Government departments including the Department for Transport, Department of Health and Department for Children, Schools and Families.

So far, more than 250,000 young cyclists have been trained and hundreds of thousands of coveted Bikeability badges have been awarded. The aim is for half a million children to be Bikeability trained by 2012 and the ultimate vision is that no child should leave primary school without the opportunity to take part in Bikeability training.

If you want to find out more about Bikeability courses, please contact Cheshire West and Chester Council on **0300 123 7036** or visit our website www.cheshirewestandchester.gov.uk



The Three Bikeability levels

There's a Bikeability level to match every ability, whether you're just starting out or already have some good skills and just want to use your bike more safely and more often. You might start from the beginning at Level 1 and train all the way through to Level 3, or you might dive in with Level 3 if you already have lots of cycling experience. It's important to remember that there's always something new to learn, and that the right level of Bikeability training will help you to develop the best habits that will keep you safe whenever you cycle.



Level 1

1 During Level 1 Bikeability training, you learn to control and master your bike. The training takes place in an environment away from cars or traffic – usually in a playground or closed car park.

Level 2

2 During Level 2 Bikeability training you will get out on the roads! Level 2 gives you a real cycling experience so that you are able to deal with traffic on short journeys such as cycling to schools.

Level 3

3 During Bikeability Level 3 training you will learn the skills to tackle a wider variety of traffic conditions than on Level 2. When you reach Level 3 standard you will be able to deal with all types of road conditions and more challenging traffic situations.

You can find out more about the Bikeability levels here www.dft.gov.uk/bikeability

Why cycle?

- ▶ Cycling is so much faster than walking, meaning you can get to school in half the time – that means more time in bed!
- ▶ You'll get fit – cycling is one of the best forms of exercise you can get.
- ▶ Cycling is good for the planet – bikes don't pollute the air with exhaust fumes, the only energy they use is pedal power!
- ▶ Cycling gives you loads of freedom – you can pop round to a mate's house without having to wait for a lift.
- ▶ More children cycling will lead to improved health and fitness, reduced congestion and pollution and hopefully even more Olympic champions!
- ▶ There's a brand new world for you to discover when you get in the saddle, whether you're cycling to school or riding around in your free time with your mates.
- ▶ Cycling at least twenty miles a week reduces the risk of heart disease to less than half that for non-cyclists who take no other exercise.
- ▶ Kids who cycle are more confident, more independent and perform better at school!
- ▶ Because it's fun and it's free – what more do you need!

Cycling helps improve your health and fitness

