There are plenty of opportunities for leisure cycling in the countryside surrounding Rugby, whatever your ability or fitness level. Two circular leisure cycling routes which mainly follow scenic country roads in the countryside surrounding Rugby have been developed by Rugby Borough Council. You can download route maps at www.sustrans.org.uk.

The National Route Network

The National Route Network in your area

National Route 41
Leamington Spa / Warwick – Rugby (The Lias Line) follows a grade 3 route through Warwickshire and Leicestershire. It includes the Oxford Canal, a traffic-free scenic 1 mile route along the former railway line.

National Route 53
Rugby – Coventry – Birmingham (under development). This route is currently being developed as part of a route between Birmingham and Peterborough. Within Warwickshire, Route 53 will provide safe cycling commuter access into Coventry and Rugby, and an attractive cycle route between the two.

Leisure Cycling

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Rugby Borough Council has developed a 16 mile easy ride cycle route which takes the countryside around Rufford Pool Country Park. Visit countrypark.sustrans.warwickshire.gov.uk for more information or email parkswarwickshire@wbcc.gov.uk telephone 02476 305592 for route maps (£1 each, plus postage).

For information on cycle routes further afield in Warwickshire, visit www.countryparks.warwickshire.gov.uk, www.warwickshire.gov.uk/cycling, or telephone National Rail Enquiries on 0845 748 49 50.

Sustrans & the National Cycle Network

Sustrans is a leading UK charity that’s enabling people to travel by foot, bike or public transport for more of the journeys we make every day. Sustrans is behind many groundbreaking projects, including the National Cycle Network (NCN) which now covers more than 14,000 miles of safe, traffic-free, quiet lanes and on-road walking and cycling routes across the UK. The maintenance and development of the National Cycle Network and Sustrans other projects relies on local authority partnerships, voluntary organisations and the kind donations of supporters.

Cycling advice

Out on the road

• Follow the law but with care: ride well clear of the kerb and always look and signal before you pull out.

• Keep your bike in good condition: check the brakes, tyres and other major components regularly.

• Obey traffic and cycle signs and signals.

• Ensure you are visible: wear bright clothing or reflective clothing, especially at night and always use lights after dark or when visibility is poor.

• Do not ride on pavements unless signs show it is safe.

• It is advisable to wear a helmet.

Cycle security tips

• Always use a good quality lock and try to secure your bike to a solid object.

• If the wheels can be easily removed, take off your front wheel and lock it to the back wheel and frame, using a second lock if necessary.

• Remove any accessories, such as lights or panniers, and take them with you.

• Keep a record of the frame number, model, colour and other identifiable features of your bike.

• Get your bike security marked or post-coded.

Bikes and trains

For longer journeys, cycling and train travel is an ideal combination. Cycle parking facilities are available at Rugby Station. Bikes can be carried on trains but each train operator has different policies.

• Virgin Trains: carry bikes free of charge but reservations are required as spaces are limited. Visit www.virgintrains.co.uk for more information.

• London Midlands: carries cycles free of charge when accompanied by a valid ticket holder. Check www.lmtrain.co.uk for more information.

• National cyclists’ organisation which gives cyclists a louder voice locally and nationally on issues which are important to them. Visit www.ctc.org.uk

Cycle shops

- Orbis, Hyde and Sons 151 Railway Terrace Rugby CV21 2PH (01788 568096)

- Heritage and Sons 151 Railway Terrace Rugby CV21 2PH (01788 568096)

- Embee Cycles, 274 Nelson Road Rugby CV2 2DR (01788 568096)

- Pedal Power, Nuneaton – www.pedalpowercycles.co.uk

- Thornhouse Cycle Centre, 101 Cambrian Street Rugby CV21 3AA (01788 568096)

- Velo Cycling Club, Rugby – www.velocyclingclub.co.uk

Advice for drivers

- Give cyclists plenty of space when overtaking

- Be particularly aware of cyclists at roundabouts and junctions

- Look out for cyclists when you are turning left at right

- Always check for cyclists before opening your car door

- Do not park your car in a cycle lane, cycle track or on the pavement.

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Travel information

Visit www.warwickshire.gov.uk/travel for all the information you need on getting around Warwickshire by bike, on foot or using public transport. You can access a free online cycling journey planner for all areas of Warwickshire, which can provide you with the most suitable cycle route to your destination, including a map of your journey.

Sustrans & the National Cycle Network

The National Cycle Network and Sustrans’ other projects are intended to encourage more people to cycle for local journeys. For information on Sustrans below.

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Choose how you move around Warwickshire

Visit www.warwickshire.gov.uk/travel for an easy way to plan your journey and receive live travel updates on your smartphone or tablet.

Welcome to your free Cycling Guide for Rugby

Cycling is a quick, economical and healthy way to travel for local journeys around Rugby. It usually takes about 10 minutes to cycle two miles, which can be faster than using your car!

This Cycling Guide includes a map showing designated cycle routes in Rugby, as well as a network of advisory routes which provide useful links avoiding busy roads and difficult junctions as far as possible. There is also a range of other useful information about cycling to help you make more of your local journeys by bike.

For further information about travel in Warwickshire or to receive further copies of this map, please contact: Transport Planning Unit, Warwickshire County Council, PO Box 43, Shire Hall, Rugby CV22 5BW.

100 Cambridge Street Rugby CV2 1SA

Tel: 01788 221281


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