

## Why cycle?

Cycling is a great way to travel for your local journeys in and around Rugby. Many of the everyday journeys that we make are less than 5 miles and could therefore potentially be made by bike.

There are many dedicated cycle routes in Rugby, both on-road and off-road, which provide links to workplaces, schools, stations and leisure destinations. Several routes go through green open spaces and are also enjoyable leisure cycle routes for all the family.

National Cycle Network routes 41 passes through Rugby – see the map overleaf and the information on Sustrans below.

Warwickshire County Council continues to work to improve conditions for cycling to encourage and enable more people to cycle for local journeys. For more information, visit

[www.warwickshire.gov.uk/cycling](http://www.warwickshire.gov.uk/cycling)

Here are some good reasons to try cycling for some of your journeys in and around town:

- Cycling can save you money
- Cycling improves your strength, stamina and aerobic fitness with little risk of over-exertion
- At 10-20mph door to door, it is the fastest travel mode in urban peak hours
- According to the British Medical Association (BMA), cycling five miles four times a week can cut risks of coronary heart disease by up to half. Regular activity also reduces chances of strokes, colon cancers and osteoporosis
- Riding your bike to work is a great way to make two aerobic workouts part of your daily routine
- Cycling produces no atmospheric pollution and virtually no noise
- Cycle instead of going by car and you'll help cut congestion
- Around three quarters of all journeys made in the UK are less than 5 miles. Many of these journeys could be made by bicycle.



## Leisure Cycling

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.enjoyrugby.co.uk](http://www.enjoyrugby.co.uk).

Warwickshire County Council has developed a 16 mile mountain bike ride which takes in the countryside around Ryton Pools Country Park. Visit [countryparks.warwickshire.gov.uk](http://countryparks.warwickshire.gov.uk) for more information or email [parks@warwickshire.gov.uk](mailto:parks@warwickshire.gov.uk) / phone 02476 305592 for route maps (50p each, plus postage).

For information on cycle routes further afield in Warwickshire, visit [www.countryparks.warwickshire.gov.uk](http://www.countryparks.warwickshire.gov.uk)

## 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 14,700 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, volunteer rangers and the kind donations of supporters.

### The National Cycle Network in your area



**National Route 41**  
Leamington Spa / Warwick – Rugby (The Lias Line) follows a

mixture of quiet lanes, disused railway lines and canal towpaths via Long Itchington, Birdingbury and Draycote Water. The route includes the Offchurch Greenway, a traffic-free scenic 1.5 mile route along the former railway line near Leamington Spa.



**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.

The Leicester Road Viaduct Cycleway, developed in partnership with Rugby Borough Council, forms part of Route 53 in Rugby. This largely traffic-free cycle route follows the old railway line to link the industrial and residential areas in the north west of Rugby to the town centre.

For maps and further details on National Cycle Network routes and other Sustrans projects, visit [www.sustrans.org.uk](http://www.sustrans.org.uk)

Stay in touch with Sustrans on:

[facebook.com/Sustrans](https://www.facebook.com/Sustrans)

[@sustrans](https://twitter.com/sustrans)

## Cycling advice

### Out on the road

- Ride assertively 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 cycle on pavements unless signs show it is allowed
- It is advisable to wear a helmet.

### Cycle security tips

- Always use a good quality, solid lock and try to secure your bike's frame 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.



### Cycling on shared use paths

- Give way to pedestrians and wheelchair users and take care around horse-riders leaving them plenty of room, especially when approaching from behind
- Be courteous and patient with pedestrians and other path users who are moving more slowly than you – shared paths are for sharing, not speeding
- Slow down as needed when space is limited or if you cannot see clearly ahead
- Be particularly careful at junctions, bends, entrances onto the path, or any other 'blind spots' where people (including children) could appear in front of you without warning
- Keep to your side of any dividing line
- Carry a bell and use it or an audible greeting – avoid surprising people, or horses
- However, don't assume people can see or hear you – remember that many people are hard of hearing or visually impaired
- In dull and dark weather make sure you have lights so you can be seen
- For more information about cycling on canal towpaths, visit [www.canalrivertrust.org.uk](http://www.canalrivertrust.org.uk)
- See Signs & lines panel for more information.

## 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 or 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.

## Cycle signs & lines



**Shared Use Paths (un-segregated)**  
for pedal cycles & pedestrians only



**Shared Use Paths (segregated)**  
for pedal cycles & pedestrians only (please keep to the correct side)



**Cycle path**  
(cyclists only)



**Cycle lanes**



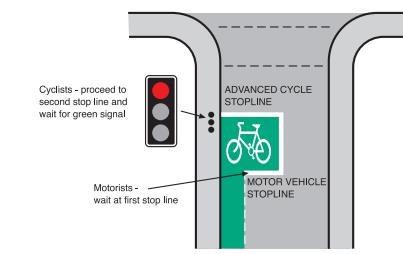
**Cycle route crossing the footway**  
(warning sign for pedestrians)



**No cycling**

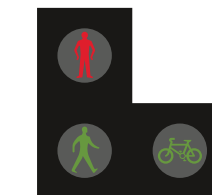


**Cycle route ahead**  
(sign for motorists)



### Advanced Stop Lines

These provide cyclists with a safe, visible space to wait signalled junctions allowing them to move off in front of other vehicles.



### Toucan crossing

Signalled crossing for use by both cyclists & pedestrians (cyclists must dismount to use other types of crossing).

## Bikes & trains

For longer journeys, cycling and train travel is an ideal combination. Secure covered cycle parking facilities are available at Rugby Station. Cycles 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](http://www.virgintrains.co.uk) for more information.
- **London Northwestern Railway** carry bikes free of charge but spaces may be limited and bikes are not permitted on certain peak time trains. Visit [www.londonnorthwesternrailway.co.uk](http://www.londonnorthwesternrailway.co.uk) for more information.

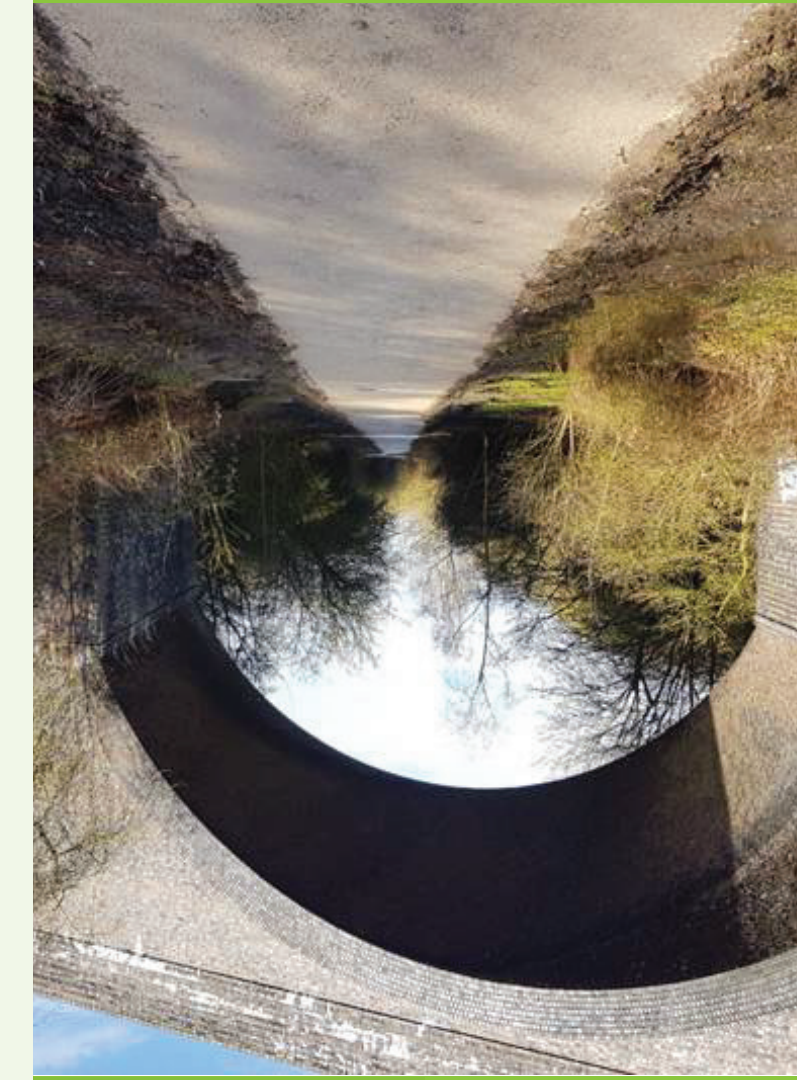
For train timetables, visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or [www.warwickshire.gov.uk/travel](http://www.warwickshire.gov.uk/travel). Telephone National Rail Enquiries on 08457 48 49 50.

Folding bikes are carried on all trains with no restrictions



## Choose how you move

Visit [warwickshire.gov.uk/activetravel](http://warwickshire.gov.uk/activetravel) for information and advice to help you plan your active travel journey, and to join us on Twitter and Facebook.



## Rugby Cycling Guide

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 dedicated 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 request further copies of this map, please contact:

Transport Planning Unit  
Communities Group  
Warwickshire County Council  
PO Box 43, Shire Hall,  
Warwick CV34 4SX  
Telephone: (01926) 410410  
Email: [tpu@warwickshire.gov.uk](mailto:tpu@warwickshire.gov.uk)  
[www.warwickshire.gov.uk/cycling](http://www.warwickshire.gov.uk/cycling)

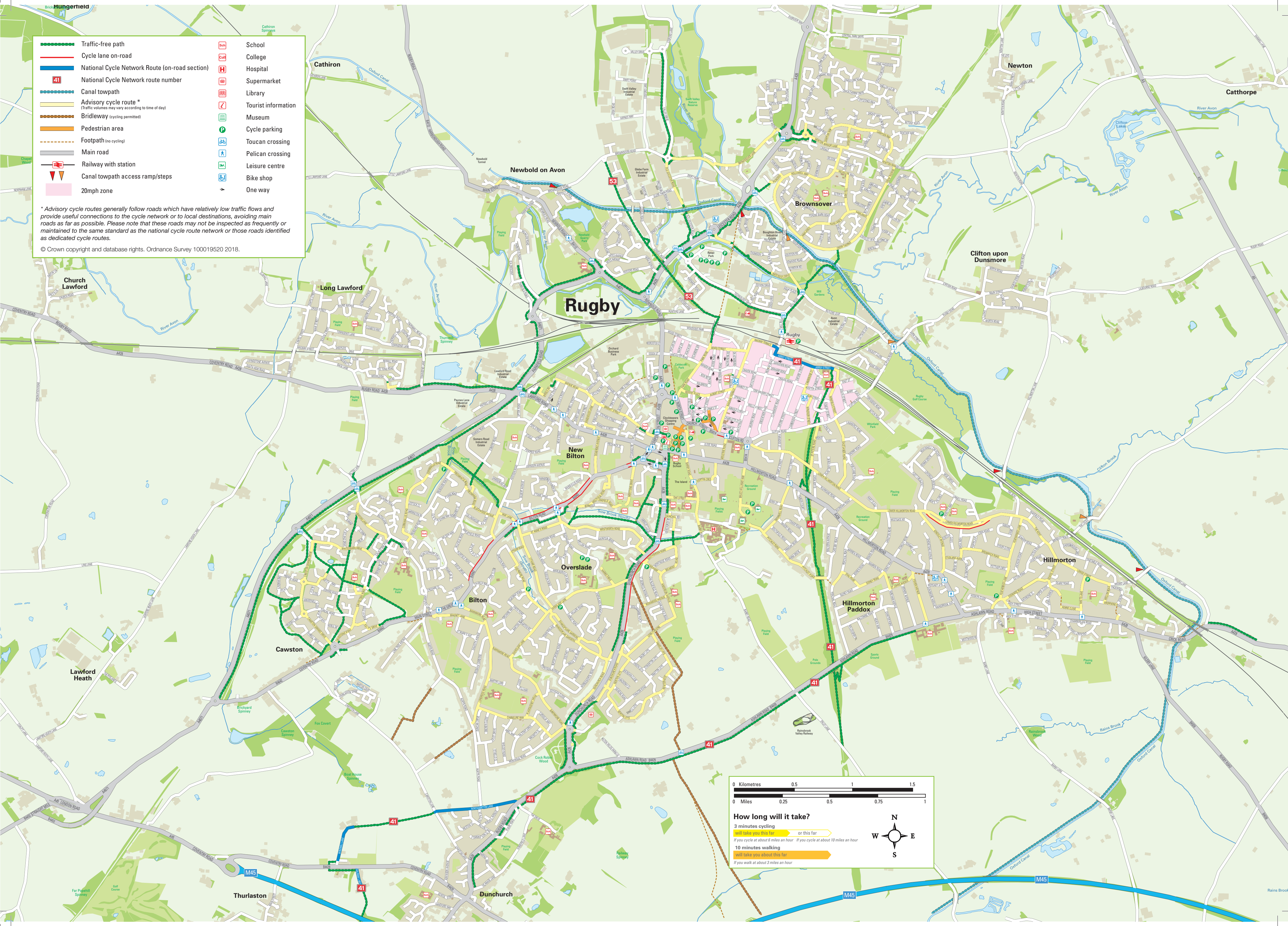


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- |  |   |  |                     |
|--|---|--|---------------------|
|  | Traffic-free path   |  | School              |
|  | Cycle lane on-road  |  | College             |
|  | National Cycle Network Route (on-road section)                                |  | Hospital            |
|  | National Cycle Network route number   |  | Supermarket         |
|  | Canal towpath   |  | Library             |
|  | Advisory cycle route *<br>(Traffic volumes may vary according to time of day) |  | Tourist information |
|  | Bridleway (cycling permitted)   |  | Museum              |
|  | Pedestrian area   |  | Cycle parking       |
|  | Footpath (no cycling)   |  | Toucan crossing     |
|  | Main road   |  | Pelican crossing    |
|  | Railway with station  |  | Leisure centre      |
|  | Canal towpath access ramp/steps   |  | Bike shop           |
|  | 20mph zone  |  | One way             |

\* Advisory cycle routes generally follow roads which have relatively low traffic flows and provide useful connections to the cycle network or to local destinations, avoiding main roads as far as possible. Please note that these roads may not be inspected as frequently or maintained to the same standard as the national cycle route network or those roads identified as dedicated cycle routes.

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