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Your help we can beat cycle theft that helps to continue building a cycling-friendly city.

Once you're in the saddle, it's important to make sure that you keep your bike safe and secure. There are five easy steps that we can all agree to make sure your bike is secure.

1. Always secure your bike, even if it's indoors.
2. Use two standard cable locks or hardened locks such as D locks to at least a 5 Star Security Standard.
3. Take cash release items with you like wheels, lights, and so.
4. Permanently mark your bike for identification, we recommend DASH.
5. Immediately register your bike on a property database for free – if you don't log it, you're more information can be found at:

- www.safesecurity.org.au/bike-logging
- www.bikecrime.org.uk/property-logging
- www.mot.gov.au/crime-prevention/keeping-vehicle-safe/your-bike-is-your-life/

Cycle Helmets

Wearing a cycle helmet is not a legal requirement but they are designed to provide protection from a fall or collision with another road user. When worn correctly, they reduce the risk of serious injury to the head when you experience a fall.

When buying a helmet make sure it's your correctly and that it conforms to a recognised safety standard.

Do not buy a used cycle helmet as damage is not always obvious. For more information, visit:

www.tinyurl.com/britishcyclinghelmet

We are the 2024 update of the Nottingham City Parks. This is meant to plan a guide for your next cycle journey or discover what Nottingham has to offer cyclists of all abilities. We have tried to include all you need to know about cycling in Nottingham, as well as helpful information and details of local cycling organisations. We hope you find this synopsi and please visit with the map easy to understand.

We are working to improve cycling facilities across the city, developing our programme of cycle corridors to make routes more attractive for active travel. For the latest information on our projects and all cycling facilities, please see our website:

www.nottinghamcitycycling.org.uk

Transport strategies and links can be found here:

www.nottinghamnirp.org.uk

Cycle Parks

There are 27 secure, covered, and well-lit bike parks specifically designed for short-term, safe parking of your bicycle in Nottingham. You can find a list of all Nottingham City Parks account, ensuring a convenient and secure parking experience for all. For more information and to sign up, please visit:

www.bikeparknottingham.com/en/eng/jour-jour-bike

- 130 Northford
100 Northford Road, Northford, NG8 0BU
- 1301a Retail Park, Northfield NG4 2PE
- 1302 Retail Park, Beccles NG20 6JF
- 1303 Northford
www.northford.com
- 1304 The Elke Shop
147 High Street, Arnold NG5 7DE
Tel: 0115 5004753
- 1305 The Elke Shop
www.thelke.co.uk
- 1306 Hawk Cycles
100 Victoria Road, Northring NG4 2PD
Tel: 0115 9618302
- 1307 www.cyclingcity.co.uk
- 1308 Almonds Interiors
49 Boston Road, Northring NG2 3QN
Tel: 0115 9601572
- 1309 www.almondsinteriors.com
- 1310 Specialised Concept Hire Ltd
Unit 2, Gossington House, Gossington Park,
156 Northring Road, Northring NG2 7BA
Tel: 0115 9600000
- 1311 www.specialisedconceptshires.co.uk/
northford.html
- 1312 Evans Cycles
143 High Street, Wey, Northring NG4 0HG
Tel: 01430 809114
- 1313 www.evanscycles.co.uk
- 1314 Burneys Bikes
Sharnford House, Sharnford Road, Castles, Bk
Northring NG2 1SA
Tel: 0115 9472713
- 1315 www.burneysbikes.com
- 1316 Roadside Road Cycles
115 High Road, West, Northring NG2 3AF
Tel: 0115 962549
- 1317 Rocky Fishes
115 High Road, Humber Road,
Beeston NG9 7JG
Tel: 0115 5170025

The map shows the Tevere River and its delta. The legend indicates the following land use types: Urban (yellow), Agricultural (green), Forest (dark green), Water (blue), and Wetland (light green). The map also shows the location of the Tevere River, Tevere Delta, and various sampling points (1-5). The map is oriented with North at the top.

RIDEWISER The RideWise Community Cycle provides regular cycling activities to help you stay fit and healthy. We continue to provide a programme of free guided rides, cycle information, plans and advice to help you stay safe and enjoy maintenance classes that everyone can take. RideWise's cycling programmes are accredited and will help you to find confidence and enjoy the ride. What's even better is that it's completely free.

Cycle can be found in The Meadows, London, and in the following locations:

RideWise can be found in the London Borough Park Ride WISE at RideWise Park 2500 where you can book regular rides, drop in for a ride, or hire a bike or receive advice on mechanical issues. RideWise can be found in the following locations: London and Hertfordshire and residents to help you to gain confidence you can find out more on the website. These sessions can be one-to-one, or for a group of up to six people.

For more information including bookings, costs and locations, visit www.ridewise.org.uk/cycling or search RideWise on Facebook.

Closed Road Cycle Circuit

A 1.5km closed road cycling circuit is available at Henry Madden Sports Village and can be booked for private hire at a single day or play and playing until you cycle is as simple as email, cash on arrival.

For more information on booking and availability, visit www.ridewise.org.uk/cycling

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The Big Track

The Big Track is a ten-mile car free route that runs between Trent Bridge and Edgbaston Marina along the River Trent and Canal. The route is great for cycling and walking and connects lots of places around the city, as well as providing easy access to many of Nottingham's sporting, arts, and leisure venues.

For more information see:
www.thetrentandcanalproject.com/cycling/
 you'll find all sorts of useful information on sustainable travel and all things cycling in Nottingham.

British Cycling Guided Rides

We give you the free Guided Rides into three types:

- Easygoing, Stressing or Challenging. So whether you're looking for a challenge or want to improve your fitness, there's something for you.

British Cycling Breeze Rides

Breeze Rides are the perfect way to get fit as well as plenty of support and inspiration – for women of all abilities, at across the UK.

British Cycling Road Rides

At British Cycling, we know how important it is to start early every day so come to riding a bike. The local cycling programme focuses on fun, local coaching sessions with young riders.

British Cycling Community Groups

British Cycling's Community Groups is a place to meet other cyclists who share your passion for cycling. Our Community Group programme connects you with like-minded people who can help you reach your goals within your local community and ride together. Our Community Group programme lets you search for groups near you, find out more about them and bookable and sign-up to ride with them. British Cycling wants to connect like-minded people in your area who can help you reach your goals. Whether you're new to cycling, looking to improve your skills or just want to ride with some new people, and enjoy riding together. Look for a group near you today!

Find out more on the British Cycling East Midlands page: www.bcceastmidlands.co.uk

You can't find out more information on Facebook: <https://www.facebook.com/bcc-east-midlands/>

• Leicestershire
• Leicestershire & Rutland
• Leicestershire Midlands

21 **Creation Cycle**
 Dufourville Square, Main Road,
 Radcliffe on Trent NG12 2PD
 Tel: 07979 656689
 www.creationcycle.org.uk

22 **Cycle Clinic Huddington**
 18 Church Street, Huddington NG11 6HA
 Tel: 07790 025110
 www.cyclinghuddington.co.uk

23 **Cycle Clinic Leicestershire**
 35-37 Loughborough Road,
 Huddington NG11 2JY
 Tel: 0115 5483955
 www.leicestershirecycling.org.uk

24 **The Bike Lounge**
 146 Islington Road, Bearton NG32 2PH
 Tel: 01509 822009
 www.thebikelounge.co.uk

25 **Shoredown Cycle Repair**
 43 Church Street, Shoredown NG32 2LW
 Tel: 07808 023054
 www.shoredowncyclingrepair.com

Cycle Hire: Lime Bikes
 Lime Bikes hire operator Lime has launched an electric bike (e-bike) rental scheme in Nottingham, in partnership with Nottingham City Council. Users can pick up a Lime e-bike from a network of designated e-bike-hire bases across the city.
 www.transportstrategies.com/cycling/hire-a-bike

The map shows the Erewash Valley Trail route, which is a 27-mile walking and cycling route starting at the River Trent near the award-winning Atterborough Nature Centre and crossing the Erewash Valley at Amberley Pass. The route is marked with a red line and connects to the northern end of the Erewash Valley trail at Langley Mill. The map includes various towns and villages such as Hucknall, Kimberley, Eastwood, Heanor, Eakring, Stapleford, Beeston, and Long Eaton. The route is divided into sections: Erewash Valley Trail (red line), Erewash Valley Trail and sections (red line with dots), Erewash Valley Trail (dashed red line), Erewash Valley Trail (dotted red line), Erewash Valley Trail (dashed red line with dots), The Big Walk (red line with dots), Erewash Valley Trail (dashed red line), Erewash Valley Trail (dotted red line), and Erewash Valley Trail (dashed red line with dots). The map also shows the Erewash Valley Trail (dashed red line) and the Erewash Valley Trail (dotted red line). The map includes a key for the route and a scale bar.

Key

- Erewash Valley Trail
- Erewash Valley Trail and sections
- Erewash Valley Trail (dashed red line)
- Erewash Valley Trail (dotted red line)
- Erewash Valley Trail (dashed red line with dots)
- The Big Walk
- Erewash Valley Trail
- Erewash Valley Trail (dotted red line)
- Erewash Valley Trail (dashed red line with dots)
- Erewash Valley Trail

The Erewash Valley Trail is a 27 mile walking and cycling route starting alongside the River Trent near the award winning Atterborough Nature Centre connecting with various locations in Nottinghamshire and crossing the Erewash Valley at Amberley Pass. The trail then reconnects to the northern end of the Erewash Valley trail at Langley Mill.

The Erewash Valley Trail takes in over 30 miles of waterways and countryside on the Nottinghamshire and Derbyshire borders.

Both of these routes take in fantastic wildlife and heritage features.

For more information on both of these trails, please see <https://www.broxtowe.gov.uk/tbn/gov/parish-and-culture-conservation-walking-and-cycling> or call Broxtowe Borough Council on 0115 9177777

- When you have time to cycling, or an experienced cyclist around town routes, here are some tips to help you:
- **Plan ahead** and familiarise yourself with the route before starting your journey.
- **Use new** train fares and tickets and stay clear of the rails.
- **Travel safely** and signal early.
- **With both hands** on the handlebars, cross tracks at a wide angle – preferably 90 degrees – to give you the widest path for getting in the rail grooves.
- **Use the correct** cycle path, use cycle paths and crossing points shared and stay out of the others.
- **Use the correct** gear and actuate the gears using shared facilities with other groups.
- **Don't gamble** – wait for the green light at junctions.
- **When possible**, wear brightly coloured clothing to increase your visibility to other road users.
- **Avoid cycling** on the rails as they are too slippery, especially when they are wet.
- **Concentrate** at all times.
- **Don't drink** and ride to lose, so dismount and cross the railway on foot.
- **More information** on cycle safety can be found at www.railnet.net/safety/cycling.aspx

- Check brakes – they should stop the wheel fully when the lever is only partly pulled.
- Release the lever and pump the handle 5 times to check the brakes are working. Any wobble or a less than perfect spinning circle suggests a problem. It's critical.
- Oil the chain – for smoother gear transaction, it's best to oil the bottom of the leading plate.
- Listen for noise – squeaks, rattles and scraping suggests something needs attention. If the noise is loud and persistent, stop and secure it, it will prolong its life and reduce maintenance.
- Get the seat height right – having too low will make cycling hard work.
- Get your gear set up right – having something you may need professional help to adjust. If you think you must get the lighting requirements when cycling in the dark. For more information on this visit www.cyclecycling.org/lighting-requirements
- Information on where to securely park your bike is available on www.transportmatters.com/cycling/

If you would like to say more information on cycle safety or have some helpful hints:

- www.bike.gov.uk/cycle-safety/
- www.gov.uk/govservice/driving-highway-code-road-safety
- www.northhampshire.gov.uk/transport/road-safety/cycle/road-safety

Summer 2024 Edition

Comments

Whilst we have tried to ensure everything in this map is correct, if you feel we have missed anything, or have any comments on cycling in general please email info@nottinghamhishire.org.uk

We welcome comments and feedback, especially if your local knowledge can help improve future versions of the map.

Useful Websites

For electronic versions of the map and other useful information, please visit www.bikefriendlynottingham.org.uk/cycling

For more information on the Greater City of Nottingham's Local Cycling and Walking Infrastructure Plan, please visit www.bikefriendlynottingham.org.uk

For online journey planning information please see www.cyclecycling.net

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 @Transport_Notts

 Nottinghamshire
County Council

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