Cycle Merseyside
If you feel your journey to work is too far to cycle, why not combine it with the train or ferry. Bicycles are welcome on both with many stations having cycle parking, visit www.northernrail.org/traveloptions for details on storage facilities. Bikes go free on Merseytravel's trains and ferries although it is advisable to reserve a space in peak times. For details of services call Traveline on 0871 200 2233 or visit www.merseytravel.gov.uk.

Cycle Maps
Cycle maps are available for all areas in Merseyside. To order free copies call 0151 335 7553 or visit www.LetsTravelWise.org where you can also find information on cycle routes, cycling to work and school and cycle training.

Contact Details
For cycling issues in Knowsley contact The Sustainable Travel Team T: 0151 448 2230 E: cycling@knowsley.gov.uk For repairs or road defects please contact Knowsley MBC T: 0151 448 2400 E: pothole@knowsley.gov.uk

Cycle Networks
CTC is the country’s largest cycling organisation, campaigning on behalf of all cyclists. Members receive free third-party insurance, a magazine, technical advice and cycling related legal aid.
T: 0870 877 0060 E: cycling@ctc.org.uk www.ctc.org.uk
Sustrans is the UK’s leading sustainable transport charity behind the National Cycle Network and Connect2.
T: 0845 113 5965 E: info@sustrans.org.uk www.sustrans.org.uk

Local Groups
The following groups meet regularly and welcome new members.
Menepepe Cycle Campaign
E: menepepecyclecampaign@hotmail.co.uk www.menepepe.com
Menepepe CTC District Association (fun regular cycle rides)
E: menepepelectric.com
Knowsley Cycle Forum
E: cycling@knowsley.gov.uk

Knowsley Cycle Map
Cycling is great because it...
- Fun and relaxing
- Door to door
- When you want it
- Easy exercise
- For the whole family
- Cheap travel
- Pollution free
This map shows the suggested cycle routes around Knowsley. It’s easy to get around on your bike, for work, shopping, leisure, visiting local tourist attractions or just for fun. You can also venture further afield by taking your bike on the train, for local services.
More cycling will help make you healthier and happier and make our communities safer and less polluted for all residents and visitors.

www.LetsTravelWise.org
Published 2011 although content has been made to ensure the accuracy of any advice or information provided. Local authority is not responsible for any errors or omissions.
www.knowsley.gov.uk
www.cyclenw.org

Cycle Knowsley

This map is for everyone, from those who cycle regularly to those who are just thinking about riding a bike. It aims to help you find your way around Knowsley. The suggested cycle routes provide enjoyable cycling for work, study, shopping or leisure journeys to many of the area’s parks and tourist attractions.

Tourist Attractions

Accrington

Home to a wide range of farm animals including sheep, cattle, pigs, horses, poultry and game

Knowsley Safari Park

This vast reserve is home to many different animals including elephants, giraffes, lions, tigers, rhinoceros, hippos, crouching tigers, open and a stork.

Wildflower Centre

A seasonal visitor attraction that showcases wildflowers in all their glory, this centre is dedicated to promoting the conservation and management of wildflower species.

Prescot Museum

Reflecting the legacy of the clock and watch makers, Prescot Museum tells the story of an important industry that once became known as the capital of the world. The museum also contains a wide range of other local industries, such as pottery manufacturing, cotton weaving, and farming.

Route Planning and Cycle Training

Cycle routes can take short cuts, use quiet residential areas, parks and very different from routes used by buses and cars. Improving your confidence can also help you find the right route to help you and your family cycle.

We can give you advice and skills courses to help you and your family cycle. Call us on 0151 430 2523 or visit the website www.lancashire.gov.uk

Discover Knowsley

You can travel by bike to our parks and visitor attractions shown on the map.

Parks and Green Spaces:

Halwood Park

Halwood Park or the Triangle as it is known locally is an oasis of naturally regenerating oak woodland and includes:

- A network of paths suitable for cyclists
- Pond habitats
- Environment Centre
- Trans Pennine Trail

The Trans Pennine Trail is a 235-mile national route for recreation and transport. It provides a coast to coast facility linking Southport to Hull. The whole of the trail is for walkers and cyclists with many sections having easy access for people with disabilities and it is also particularly suitable for families.

Stadt Moers Park

Stadt Moers Park is the largest area of public open space within the Borough and lies between Whiston and Huyton, and includes:

- Meadowood woodland
- Pond habitats
- A network of paths suitable for cyclists
- Environment Centre

Cycle Tips

- Before each journey spend a few minutes ensuring your bike is in great working order, taking particular attention to brakes, tires and the steering system.
- Wear bright clothing and a cycle helmet. It is the law to wear a helmet and a cycle helmet is also a legal requirement.
- Be confident and brave in your cycling. Stay out from the kerb and parked vehicles. Cycle in the traffic to the right rather than being trapped by the kerb.
- Keep quiet when cycling and, where necessary, be prepared to take evasive action.
- Invest in a good lock or a double-bolted padlock. Double-bolted padlocks mean the bike takes the weight and not you.
- When leaving your bike, choose a well-lit spot, not blocking the pavement and use a good lock.
- Park bicycles securely in the cycle parking facilities available in Knowsley district and travel.movingonlancs.co.uk

Why Cycle?

Healthy!

Cycling can greatly improve your health. Even moderate cycling every week can give you a boost and fitness of someone ten years younger. Regular cycling can:

- Help lower the chances of suffering from heart disease.
- Help to prevent diabetes and some types of cancer.
- Lower your blood pressure and resting heart rate.
- Increase the likelihood of you losing weight or keeping your weight down.
- Lower the risk of dying from cancer and type 2 diabetes.
- Reduce stress and makes you feel great.

Cheap!

Bikes are very cheap to run, especially compared to cars. You can even buy them cheaper than buy and maintain, and you don’t have the added costs of fuel, VED, tax, Extra Duty or parking.

Enjoyment!

Cycling is fun. Regular exercise stimulates the pleasure centre of your brain so the more you cycle, the more you want to cycle.

Cycling is fast. For short journeys, there is nothing to beat a cycle. In urban areas, for distances under five miles, it’s quicker to cycle than to go by car.