Liverpool Cycle Routes

Let’s TravelWise!

2: National Cycle Network Route 56

Get Cycling!

45% of all car journeys are less than 2 miles which is the equivalent of a ten minute bike ride. Two trips of 15 minutes by bike a day are enough to give you a healthy heart.

National Cycle Route 56 is part of the network of cycle routes throughout the UK. It provides a connecting route from National Cycle Route 62 (the loop line) to the city centre taking advantage of pleasant parks, traffic calmed roads, cycle lanes and a traffic free path along the River.

Why Cycle?

- It’s quick
- It lowers stress
- It’s reliable
- It eases congestion
- It’s healthy
- It reduces pollution
- It’s free
- It’s fun

Tips for Cycling

- Think Ahead! Anticipate drivers and pedestrians actions, catch their eye.
- Ride positively and decisively, it helps motorists understand what you plan to do.
- Ensure your bike is in roadworthy condition and...... follow the Highway Code!

Tips for Motorists

- Always check for cyclists before opening your door.
- Cyclists have a right to be able to use the road safely, keep a special lookout for them.
- Give cyclists space and signal when you overtake them.
- Slow down and drive smoothly. Keep within speed limits and... follow the highway code!

www.LetsTravelWise.org

Adult Cycle Training

www.LetsTravelWise.org

Get Cycling!

Biketime Rides

If you would like to get out and enjoy some fresh air, gentle exercise and meet new friends, why not come along to the TravelWise Biketime Rides. These take place on various Merseyside routes, just sign up to the TravelWise Biketime Rides.

If you would like further information on training and building confidence call: Cycling Solutions: 0151 234 9484.

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In partnership with

TRAVELWISE

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National Cycle Network Route 56

If you would like information on other cycle routes in Liverpool call 233 3007. The maps suggest the best routes around the city on quiet roads and car free tracks.

Remember, bikes go free on trains and ferries. For up to the minute timetables call the Traveline:

Link to Halewood and on to Widnes, Warrington, Manchester and The Peak District

Garthdale Rd