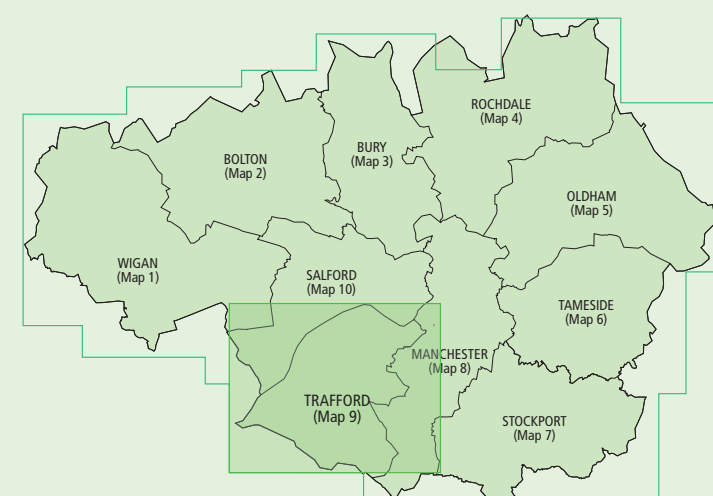




Revised and updated

One of a series of 10 maps covering the whole of Greater Manchester, aimed at encouraging people of all ages and abilities to cycle.

Further cycle maps are available for the following areas:



You can download all of the Greater Manchester cycle maps at www.cyclegm.org or you can get a copy of the maps by contacting the District Cycling Officer for the area on the telephone number shown below:

Bolton (Map 2)	01204 336677
Bury (Map 3)	0161 253 5269
Manchester (Map 8)	0161 234 5000
Oldham (Map 5)	0161 770 4360
Rochdale (Map 4)	01706 924608
Salford (Map 10)	0161 793 3801
Stockport (Map 7)	0161 474 4593
Tameside (Map 6)	0161 342 3704
Trafford (Map 9)	0161 912 4312
Wigan (Map 1)	01942 489 257

This map has been produced in partnership with the Greater Manchester local authorities and Transport for Greater Manchester. This series of Greater Manchester cycle maps is provided by the Transport for Greater Manchester Committee Cycle project and is wholly funded by the Department of Transport.

Designed, produced and printed by Pindar Creative for the Greater Manchester Authorities, March 2012
www.pindarcreative.co.uk 01296 390100
The map is printed on 75% recycled paper with the other 25% coming from renewable resources

Useful Contacts

Cycling in Greater Manchester

Free adult cycle training sessions are now available across Greater Manchester. For information about this and cycling in Greater Manchester, please visit www.tfgm.com/cycling. For information about cycling in your local area you can contact your District Cycling Officer (for details please see back page).

Cycling and Public Transport

For information on train and bus services, or about taking your bike on a train, contact the Traveline on 0871 200 2233, or visit the Transport for Greater Manchester website www.tfgm.com.

Bicycle Lockers

Bike lockers are available at a number of rail stations, Metrolink stops and bus stations throughout Greater Manchester and can be hired from Transport for Greater Manchester. For more information please call 0161 244 1789 or contact facilities.helpdesk@tfgm.com.

Highway Defects

To report potholes or any other surface problems that are a hazard to cyclists in the area covered by this map, please contact the local Highway Authority on 0161 912 2000.

Travel Plans

A wide range of information about Workplace and School Travel Plans is available from your district Travel Coordinator on 0161 912 4399.

Other Useful Contacts:

www.ctc.org.uk
The website of the national cyclists' organisation.
www.britishecycling.org.uk
The national website for sport cycling, including information for everyday cycling.
www.gmcc.org.uk
Greater Manchester's Cycle Campaign website.
www.loveyourbike.org
Manchester Friends of the Earth and Manchester City Council's campaign to encourage people to cycle, and cycle to work in the city centre in particular.

Why Cycle?

For your health:

- Cycling is an effective and low impact form of exercise.
- It improves your strength, stamina and aerobic fitness and reduces the risk of coronary heart disease.
- Regular exercise reduces stress and helps you to feel well.
- It's also cheaper than getting your exercise in a gym!

For the environment:

- Cycling is good for the environment as it produces virtually no atmospheric pollution or noise.
- 50% of all journeys in the UK are less than 2 miles – many of these could be made by bicycle or on foot.

To save time:

- Beat the queues – cycling is often quicker than other types of transport.

Cycle with Confidence!

Follow these few simple tips to make your cycling safer and more enjoyable:

- Use this map to plan your route.
- Make sure your bike is in good working order. Check your brakes and tyres before every ride, and make sure reflectors are clean.
- Obey traffic signs and signals and avoid riding on the footpath.
- Consider protecting yourself with a well-fitting helmet.
- Be seen and be safe. Use lights after dark and use fluorescent and reflective accessories.
- Make sure children are trained to ride safely, and always set them a good example by sticking to the rules.

Road Signs

	Route for Cycles Only		National Cycle Network (NCN) Route number
	Route shared with pedestrians (no separation)		National Cycle Network Regional Route number
	Route shared with pedestrians (cycle track & footpath are separate)		Cycle parking
	Mandatory Cycle Lane (motor vehicles must not enter the lane during hours of operation)		No motor vehicles (cycling permitted)
	Advisory Cycle Lane (motor vehicles should not enter the lane unless it is unavoidable)		No cycling
	Bus and cycle lane		Advanced stop lines
	Directions on recommended route		

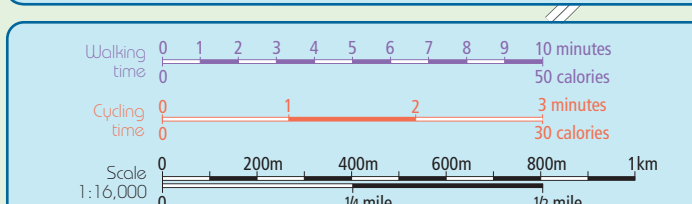
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The information shown on this map has been collated from a number of different sources by Greater Manchester Transportation Unit and cannot be guaranteed to be fully correct.

Map 9 : Trafford

	Traffic Free Route - good surface		NCN National Route
	Traffic Free Route - rough surface		NCN Regional Route
	Traffic Free Route - canal towpath		Library
	On Road Route - with cycling facilities		Museum / Art Gallery
	On Road Route - signed but with no facilities		School
	20 mph speed limit		College
	On Road Route - advisory/quiet route		University
	Footpath - please walk your bike		Leisure Centre / Sports
	Pedestrian Crossing		Theatre
	Toucan Crossing		Hospital
	Bicycle Lockers - BLUC (Bicycle Locker User Club)		Health Centre
	Bicycle Lockers - Non BLUC		Fire Station
	Cycle Parking		Tourist Information Centre
	Cycle Shop		
	Rail Station		
	Metrolink Station		

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Every care has been taken to ensure that the information given on these maps is correct as at February 2012. Contains Ordnance Survey data © Crown copyright and database right 2012.