## Welcome to the Beeston Pocket Map

- Whether you live, work or study in and around Beeston, or if you are visiting to shop or see the sights, this guide is designed to help you find your way around.
- The best way to get around may not be what you expect. Walking and cycling are often the quickest and easiest ways to get where you want. Additionally, if you walk or cycle, you will have the chance to save money, and get yourself fitter.
- 'Active travel' can seriously improve your health. Walking and cycling for local journeys is a great way to boost your activity levels and help towards achieving 30 minutes of moderate physical activity a day recommended for all adults.
- To help you gauge distances and times, the map has a scale with approximate walking and cycling times as well as distance.
- If you drive into the town, please take care. Slow down and take account of the needs of pedestrians and cyclists.

## Be Smart - Plan Ahead

- Use this map to plan ahead. Check out your options - it may be quicker and easier to walk or cycle than drive.
- When walking or cycling, don't head straight for the main roads; cycle lanes and suggested quieter routes may offer a quicker and more pleasant solution.
- Plan your route, note any possible hazards and think about how you will overcome them.
- Refresh your knowledge and road skills - read through the latest Highway Code.
- Book free adult cycle training at www.ridewise.org.uk

## Top Ten Tips for Cycling

- On the road, **ride to the left**-hand side of the carriageway, unless you are making a right turn, or road markings dictate otherwise.
- **Ride in single file** on roads and cycle paths in urban areas, to enable safe overtaking.
- **Keep a safe distance** from other road users, including cyclists, ahead of you. If you wish to overtake, look behind and pull out when it's safe.
- Communicate what you intend to do to other road users using **hand signals** and road positioning. Make **eye contact** with drivers whenever possible.
- **Respect pedestrians, and their space**. Do not cycle along paths and in areas reserved for pedestrians.
- **Watch out for pot holes**, debris, etc, which could destabilise you. Best to ride round such obstacles, but try and avoid sudden, jerky manoeuvres.
- Make sure **your bike is roadworthy and the right size** for you - buy from a reputable source, or get a bike shop to check it over. Learn how to carry out basic maintenance.
- It's very dangerous to ride a bike **after dark** without working **front and rear lights**, and it's against the law.
- A heavy-duty **lock is essential**. Use it whenever you leave your bike, even for a short time.
- If you've regularly **got much to carry, let the bike do the work** with the help of a rack and panniers.

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**Beeston Pocket Map**

## Cycle Facilities in and around Beeston

- **Cycle Routes** (signed) can be found throughout the area.
- **Cycle Lanes** on the carriageway. Dashed lines indicate an **advisory lane** which other vehicles are not allowed to enter unless it is unavoidable. Continuous white lines indicate a **mandatory lane**, which other vehicles are not allowed to enter except in an emergency unless they are taxis picking up or dropping off passengers. In some areas pavements and footpaths have been designated as **shared use areas**, for both cyclists and pedestrians. Look out for pedestrians in these areas and always give way to them. Remember, cycling is not permitted on other footways next to the road and those footways where there are signs forbidding it.
- **Bus Lanes** - Cyclists may use bus lanes where the signs show the cycle symbol or where the cycle logo is marked on the carriageway.
- **Cycle Exemptions** have been made at junctions and road closures to give cyclists an advantage over other vehicles. Take care when rejoining the main traffic flow.
- At some signal-controlled junctions **Advance Stop Lines** are provided. These have a cycle lane on the approach to the junction and an area clearly marked for cyclists to wait for the lights to change in front of other traffic. Position yourself in the appropriate part of the box for the direction you will be travelling in. Try to leave space for other cyclists behind you to be able to come in and use the box as well.
- **On Street Cycle Parking Facilities** have been provided throughout the area. Please lock your bicycle to these racks and not to other street furniture (for on street cycle rack locations, see map overleaf).
- The main street of Beeston town centre is pedestrianised. Cycling is permitted in the pedestrian zone of **Beeston High Road** before10:00am and after 4:00pm, during which cyclists must dismount. However this does still provide a traffic-free route for cyclists.

## Contra-flow cycle lane

The new contra-flow cycle lane on the one-way section of Beeston High Road allows cyclists to access the town centre from the east, without having to negotiate the one-way system. To use this facility, follow the lane markings and traffic signals at the junction with Broadgate and keep to the marked cycle lane when travelling towards the town centre.

## Public Transport Information

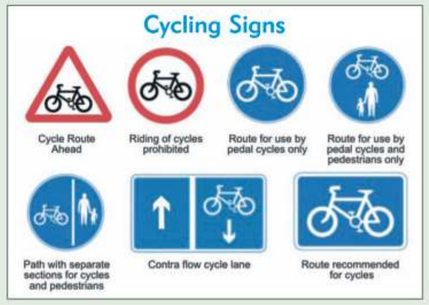
Bus on **0870 608 2 608** or www.traveline.org.uk
National Rail Enquiries on **08457 48 49 50** (24 hour, local rate) or www.nationalrail.co.uk

## Bikes on trains

Cycles can be carried on the trains of all National Rail companies, although each company has its own specific policy. For details, contact:

- National Rail Enquiries (08457 48 49 50) or www.nationalrail.co.uk
- Trains in the Nottingham area are operated by Midland Mainline (08457 125 678) or www.midlandmainline.com and Central Trains (0870 609 60 60) or www.centraltrains.co.uk.
- Cycles are allowed during off-peak travel times on most trains. When undertaking longer improved journeys involving several companies, reservations should be made as far in advance as possible. Compact folding bikes are carried free, without restriction, on most rail services. For details, please refer to the conditions of carriage for the company concerned.

## Cycling Signs




## Promoting sustainable travel

For more information contact:

*Email*
urban.cycling@nottscc.gov.uk

*Phone*
0845 330 4256

*Post*
Nottinghamshire County Council
Trent Bridge House, Fox Road, West Bridgford, Nottingham NG2 6BJ

*Internet*
www.nottinghamshire.gov.uk

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## Contacts

*Walking*
Living Streets (Pedestrian's Association)
*020 7820 1010* or www.livingstreets.org.uk

*Cycling*
Cyclists' Touring Club:
*0870 873 0060* or www.ctc.org.uk
Pedals (Nottingham cycle campaign group):
Hugh McClintock *0115 981 6206* or www.pedals.org.uk

*Leisure rides*
Nottinghamshire County Council Rural rides programme:
*0115 977 2166*
CTC (Notts): Terry Scott
*0115 986 3214*

*Local authorities*
Broxtowe Borough Council:
*0115 917 7777*
Nottinghamshire County Council:
*0115 977 4585*
Nottingham City Council:
*0115 915 6596*

# Your guide to walking and cycling in and around Beeston

## Promoting Sustainable Travel

Nottinghamshire County Council is working to increase the number of journeys made by bike and on foot, to reduce the effects of traffic congestion and pollution and to improve the quality of life in the County.

This publication can be made available upon request in alternative formats and languages.

Nottinghamshire County Council

Cycling in Nottinghamshire

The University of Nottingham

BEESTON BUSINESS FORUM

## KEY

- Off road cycle (e.g.canalpath, track)
- 6 National cycle route
- Suggested road for cycling
- Off road shared path (pedestrian/cycle)
- On road cycle lane
- On road cycle/bus lane
- P Cycle Parking
- Pedestrianised area (Cyclists banned 10am-4pm)
- → One way
- Cycle shop
- Pe Pelican crossing
- T Toucan crossing
- A Access to canal path

### UNIVERSITY OF NOTTINGHAM

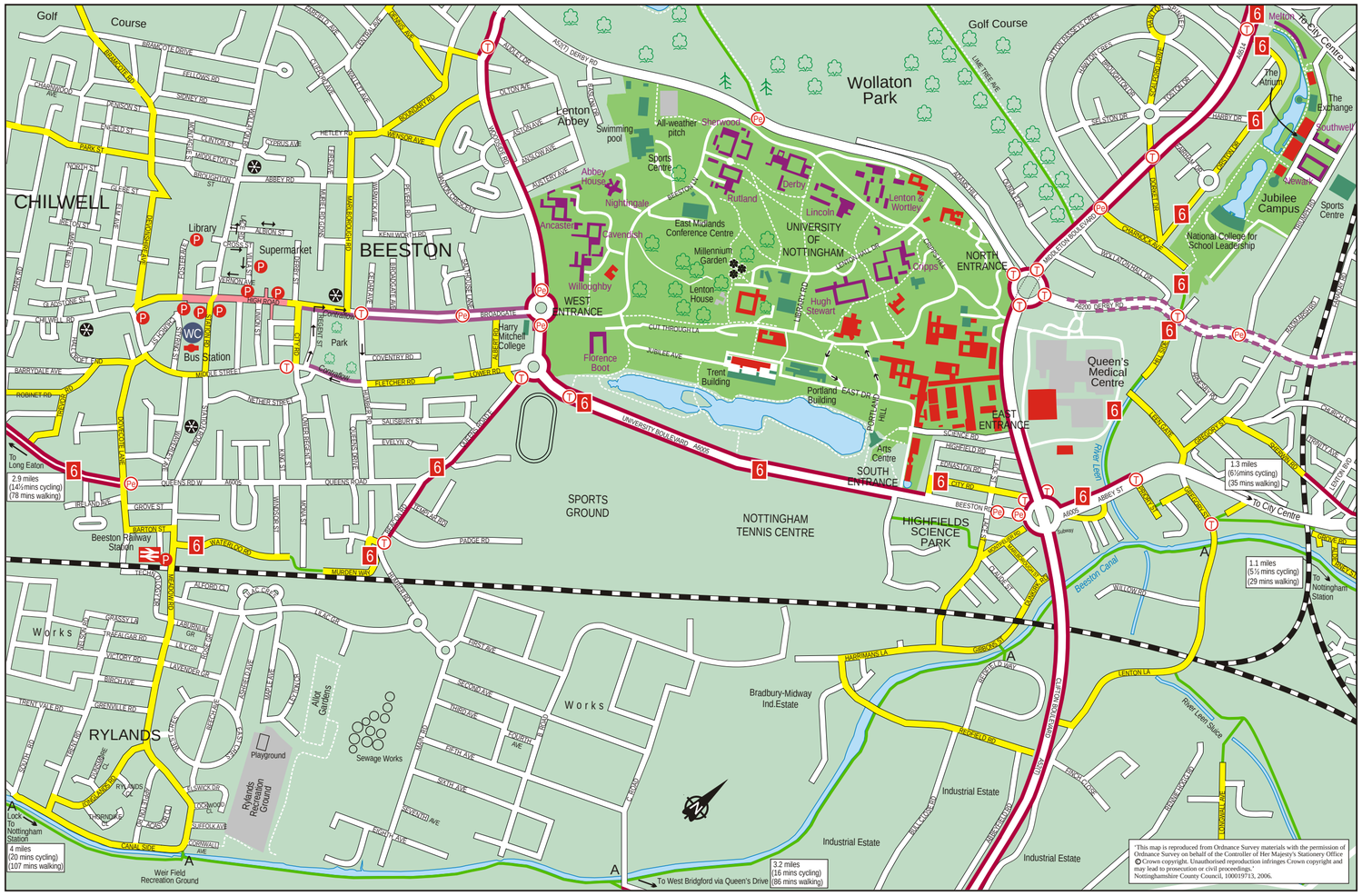
- Academic Buildings
- Halls of residence
- Other services

Most buildings on the campus have cycle parking facilities. For more information visit http://www.nottingham.ac.uk/estate/environment/cycling.htm

Whilst every care has been taken to ensure the accuracy of the information, there will be future changes to the infrastructure in the area and to the information provided in the guide, and Nottinghamshire County Council and their partners can accept no liability for the accuracy of the information.

Scale

0 | 300m | 600m | 1 kilometre | 1200m | 1 mile

walking 5min | 10min | 20min

5 mins cycling