

Key

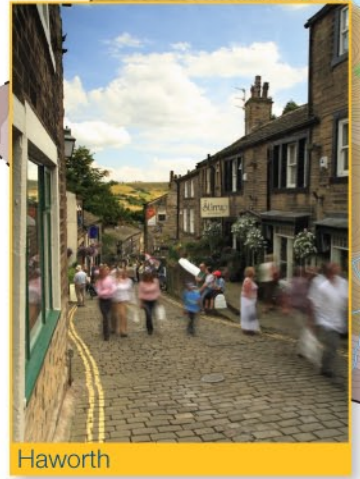
| | |
|--|---|
| | Advisory cycle route (traffic volumes may vary according to the time of day) |
| | Signed cycle route |
| | Pedestrian streets between 10:30 and 16:30 |
| | Routes for confident cyclists |
| | Traffic-free cycle path |
| | Rough bridleway / Cycle track |
| | Path or footway where you should walk your bike |
| | Cycle lane |
| | Bus lane |
| | Cycle parking / lockers |
| | Place of worship |
| | University / College / School |
| | Post office / Library |
| | National Cycle Network |
| | Cycle contraflow |
| | One way |
| | Bike shop |
| | Toucan / Pelican crossing |
| | Bus / Train station |
| | Visitor information / Sports centre |

0 Miles
0 Kilometres

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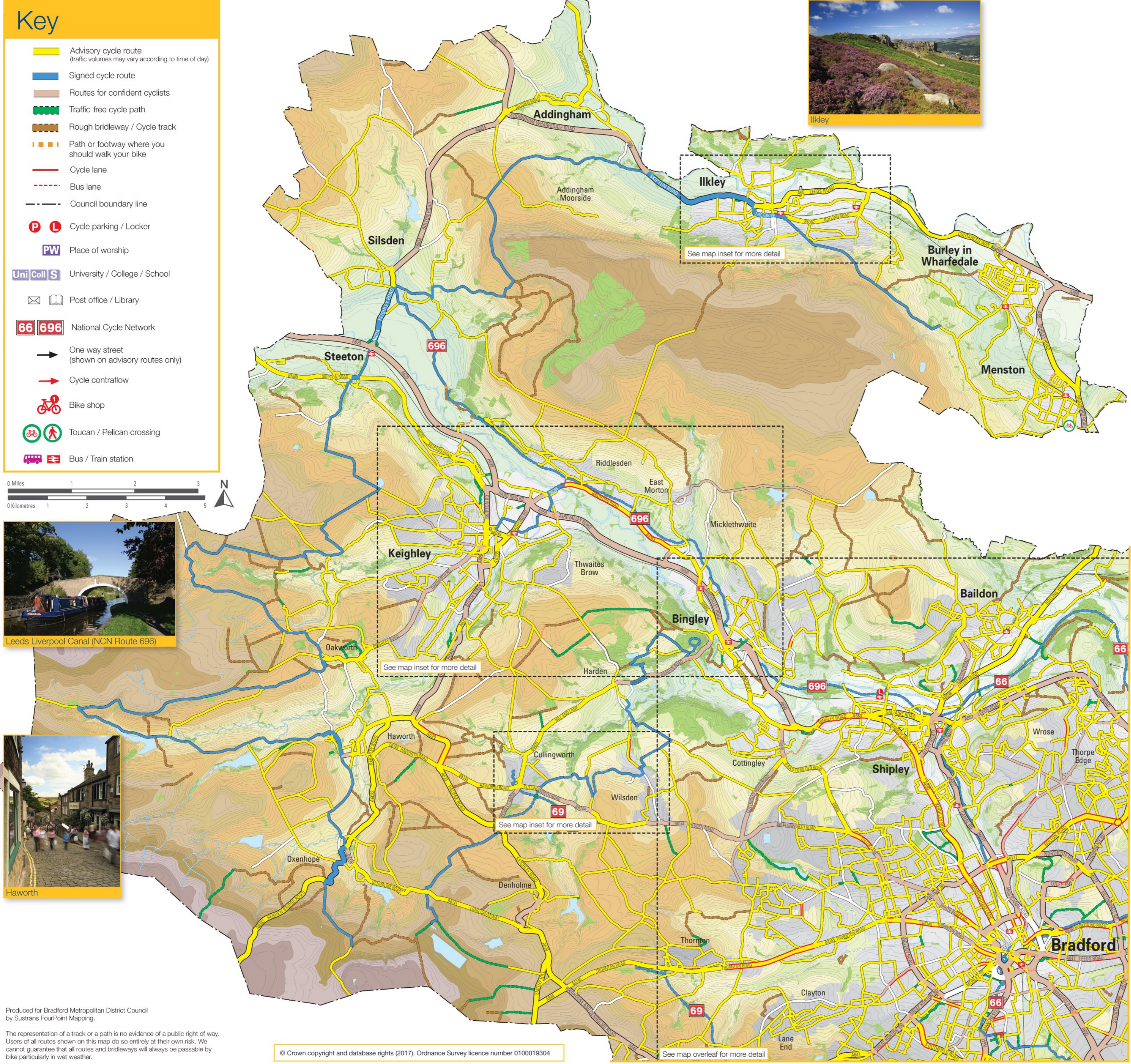
Key

- Advisory cycle route
Traffic volumes may vary according to time of day
- Signed cycle route
- Routes for confident cyclists
- Traffic-free cycle path
- Rough bridleway / Cycle track
- Path or footway where you should walk your bike
- Cycle lane
- Bus lane
- Council boundary line
- Cycle parking / Locker
- Place of worship
- University / College / School
- Post office / Library
- National Cycle Network
- One way street (shown on advisory routes only)
- Cycle contraflow
- Bike shop
- Toucan / Pelican crossing
- Bus / Train station



Produced for Bradford Metropolitan District Council by Sustrans FourPoint Mapping.
The representation of a track or a path is no evidence of a public right of way. Users of all routes shown on this map do so entirely at their own risk. We cannot guarantee that all routes and bridleways will always be passable by bike particularly in wet weather.

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Bradford District Council



Cycle Map

Bradford

City of Bradford Metropolitan District Council

Cycle Bradford

Cycling can be one of the quickest and easiest ways to get around Bradford. Although Bradford is hilly, there are many reasonable flat areas in the valley bottoms and on the hilltops where cycling is easier. This map shows a network of routes recommended for cycling, consisting of a number of signed routes, quiet roads, traffic calmed areas and traffic-free paths.

Good for your health

Cycling is a great way to keep fit; it increases energy levels and helps to control weight by reducing body fat and increasing your metabolism. According to the British Medical Association (BMA) cycling five miles, four times per week (approximately half an hour journey), can cut risks of coronary heart disease by up to half. Regular activity also reduces chances of strokes, some cancers and osteoporosis.

Cycle training

If you are new to cycling of haven't cycled for some time you may wish to consider undertaking some training. Cycle training can help both children and adults develop the skills needed to cycle safely on today's roads. The national training standard, named Bikeability, is delivered in schools in Bradford. Contact the Bikeability coordinator on 01274 432880 for more information on cycle training available in Bradford.

Good for the environment

Cycling is also good for the environment as it produces no emissions at the point of use. By cycling short journeys you can often bypass traffic jams and help to cut congestion, whilst saving on fuel and parking costs.

Bikes on trains

Most rail services in Bradford are operated by Northern. You can take your bike on any Northern train where there is space. Only one bike is allowed per person. All trains can accommodate up to two bikes and space is allocated on a first come, first served basis. There is no extra charge for bringing your bike. For information on taking bikes on other rail services contact National Rail Enquiries.

Bikes on buses

Only folding bicycles are permitted to be carried on buses in Bradford, providing they can be stored in the luggage area. However there are cycle parking facilities at or close to the main bus and rail stations in the district.

Information & further copies

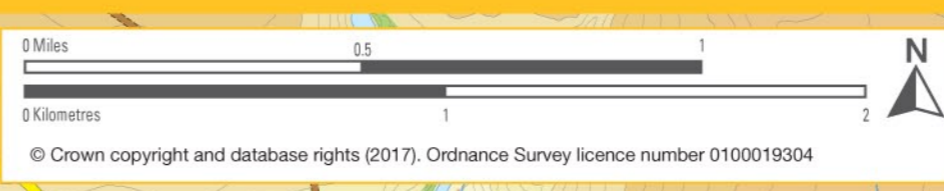
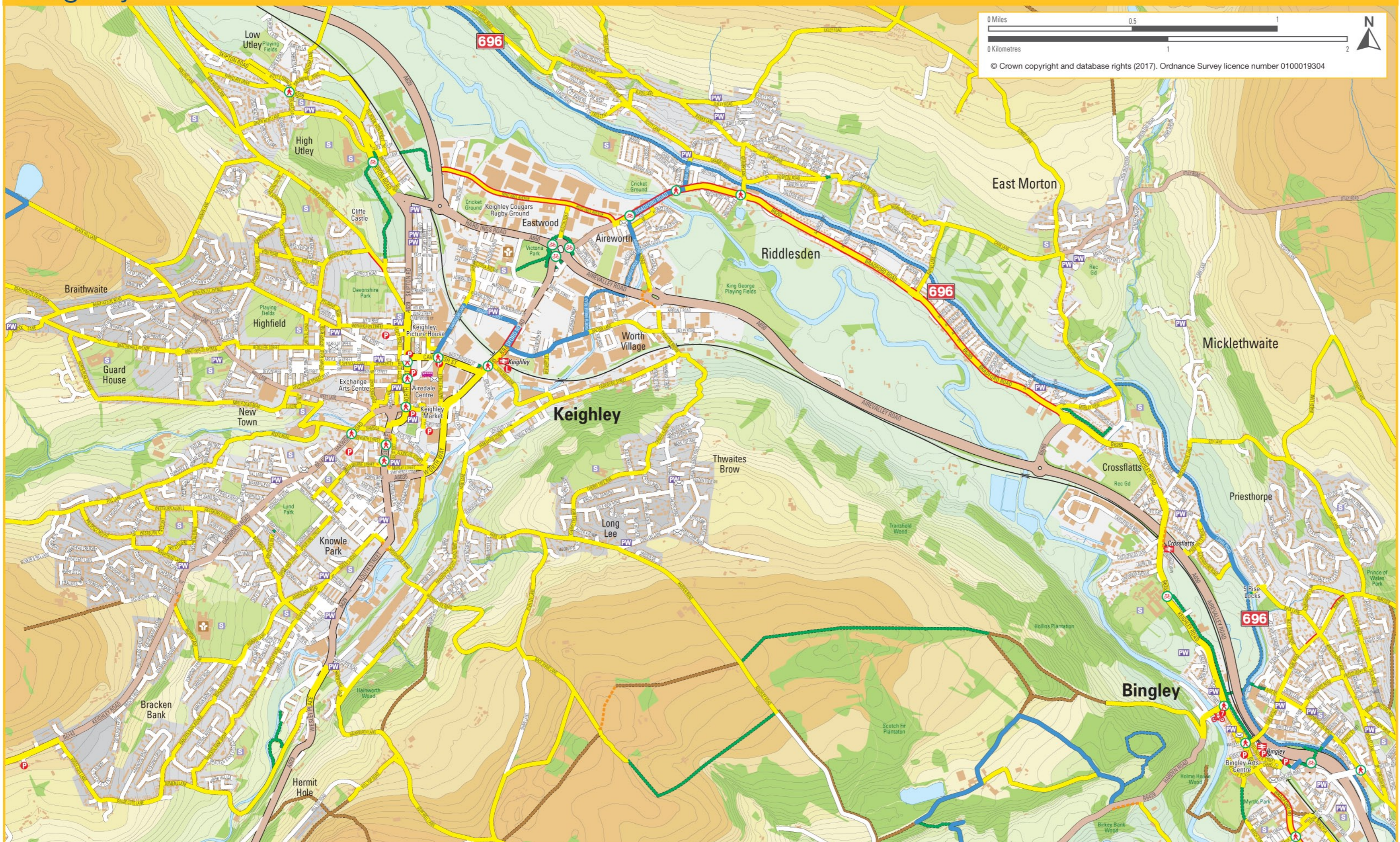
For further information on the wide range of opportunities to get involved in cycling in Bradford District go to www.cyclebradford.org.uk. This signposting website has information on purchasing a bike, club and social riding, maintenance tips, training, routes and more besides.

If you would like further copies of this map or other information about cycling in Bradford District then please contact: **Transport Planning, 4th Floor, Britannia House, Bradford BD1 1HX. Tel: 01274 434983**

West Yorkshire Cycle Map

There is also a cycle map for all of West Yorkshire. This online resource is mobile friendly and covers cycle routes for the whole region. Users should be aware that although similar to the Bradford paper map the online West Yorkshire version uses a slightly different key. You can find the map at: <https://tinyurl.com/wycyclemap>

Keighley



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Cycle safety

Cycling on Cycle Superhighways

There are now new routes being built in Bradford which are to a higher standard of safety that allow cycling in segregated space that is separate from car traffic. The first such route has been built along the road corridor between Bradford and Leeds and the second will head north from the city centre along the Canal Road / Valley Road corridor.

These routes offer a major improvement in the quality of safe cycle route provision. Guidance on the new highway priorities on these routes can be found at www.tinyurl.com/NewHighwayPriorities

Cycling on the carriageway

When cycling on the roads you should always adhere to the Highway Code. Specific rules and advice for cyclists can be found at www.gov.uk/guidance/the-highway-code

Cycling on shared-use paths, towpaths and bridleways

When using these routes take care when passing pedestrians and allow them plenty of room. Slow down and be prepared to stop if necessary. Courteous cyclists should observe the below guidelines when using these routes:

- **Warn pedestrians of your approach – by ringing your bell or offering a polite hello.** Making people aware of your presence is not an order to pedestrians to get out of your way. Be aware that some pedestrians may have visual or hearing impairments and always approach with caution.
- **Pass people slowly. Give people space.** Slow down when approaching pedestrians and only pass when it is safe to do so. Be patient and courteous. Saying 'thank you' to pedestrians who move to let you pass will make them more likely to do so next time.
- **Ride at a sensible speed.** These routes are never suitable for cycling fast as there are many other users, narrow sections and (particularly on towpaths) low bridges. If you are in a hurry use an alternative route.
- **Never pass a pedestrian or another cyclist underneath a towpath bridge.** There is not room to do so safely.



Safety tips - maintenance

Make sure that you feel confident of your ability to ride safely on the road. Be sure that:

- You choose the right size and type of cycle for comfort and safety
 - Lights and reflectors are kept clean and in good working order (it is illegal to ride in the dark without lights.)
 - Your breaks are efficient
 - Your tyres are in good condition and inflated to the pressure shown on the tyre
 - Gears are working correctly
 - The chain is properly adjusted and oiled
 - The saddle and handlebars are adjusted to the correct height.
- If in doubt take your bike to your local bike shop for a check up.**

It is recommended that you fit a bell to your bike, especially if you are planning to ride on shared-use paths.

It is recommended that you wear a helmet that conforms to current regulations, is the correct size and securely fastened. Avoid wearing clothing that might get tangled or may obscure your lights. Light coloured or fluorescent clothes will help others to see you. Wear reflective clothing and/or accessories in the dark.

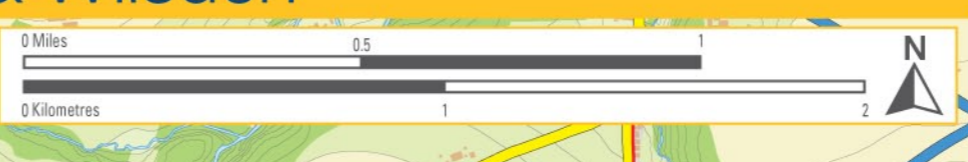
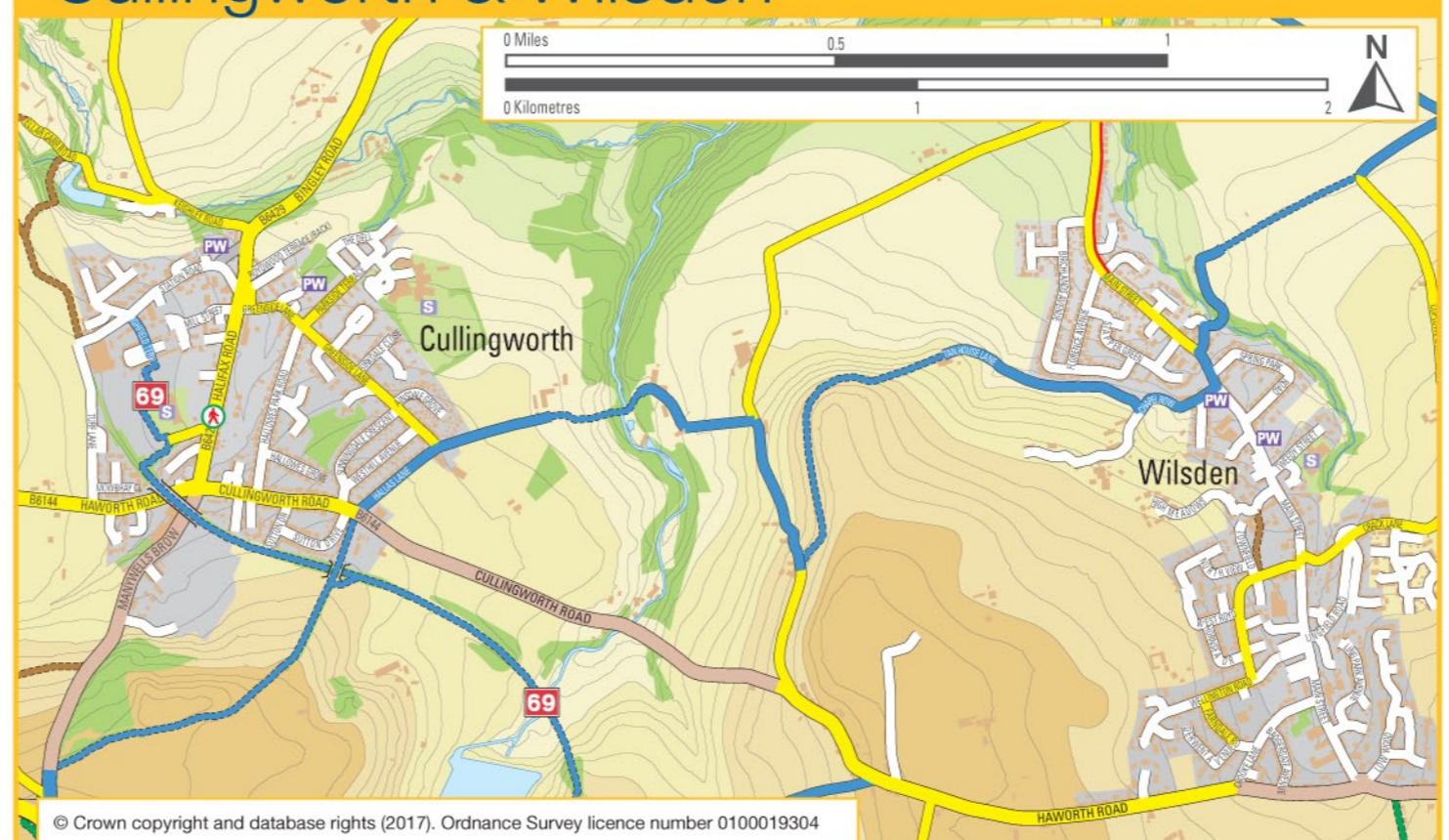
Use cycle superhighways, cycle lanes, advance stop lines, cycle boxes and toucan crossings where they are available. Use of these facilities is not compulsory and will depend on your experience and skills, but they can make your journey safer.

Ilkley



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Cullingworth & Wilsden



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Bike shops

- | | |
|---|---|
| All Terrain Cycles Tel: 01274 588488 | Keith Lambert Cycle Sports Tel: 01274 560605 |
| Cycle-re-Cycle Tel: 07835 840989 | Paul Milnes Cycles Tel: 01274 308860 |
| Ellis Briggs Ltd Tel: 01274 583221 | Pennine Cycles Ltd Tel: 01274 588112 |
| Firth Cycles Tel: 01274 817483 | Saltire Cycles (cycle repair) Tel: 01274 447024 |
| Highfield Cycles (online sales) Tel: 01274 674333 | Wisbey Cycle Centre Tel: 01274 676037 |
| Ilkley Cycles Tel: 01943 816101 | |