

Athersley



To Trans-Pennine Trail



Key

- Advisory cycle route (traffic volumes may vary according to the time of day)
- Traffic-free cycle route
- Unsurfaced bridleway (may be muddy and mountain bike recommended)
- Footpath (may be muddy and require walking boots)
- On-road cycle lane
- On-road bus lane
- Carlton Community College 'Routes To School' 1
- Carlton Community College 'Routes To School' 2
- Carlton Community College 'Routes To School' 3
- School
- Building
- Place of Worship
- Post office
- Library
- Shop
- NHS LIFT centre
- Motormouth Roundhouse community partnership
- Romero Project
- Roundhouse lifelong learning centre
- Pelican crossing
- Toucan crossing



Athersley

Local Cycling and Walking Map

2012

Get Smart - Get Active in

Get Cycling and Walking!

Keeping active is crucial for both your physical and mental well-being. Regular physical activity such as walking or cycling can help protect you against heart disease, stroke, obesity, diabetes, osteoporosis, some cancers and poor mental health. But just as importantly, it's great fun and can be done alone or with family and friends.

Adults should aim to be moderately active for 30 minutes a day, on five or more days of the week. Young people should achieve at least 60 minutes of moderate activity every day of the week. One very simple way to get your 30 minutes is with active travel – walking and cycling for those everyday journeys.

Building regular physical activity into your normal daily routine will help you lead a longer, healthier life. Why not start by swapping a journey you normally make by car and try walking or cycling instead?

Reasons to walk

- Walking is good for your heart and lungs, and is great for strengthening your muscles, bones and joints
- Walking helps improve your mood and boosts self-esteem
- Walking burns as many calories as jogging over the same distance.

Reasons to cycle

- Cycling is perfect for travelling short distances in urban areas
- On average, cyclists live two years longer than non-cyclists
- Cycling firms the thighs and bottom, and can even help tone the tummy muscles.

Did you know?

If you cycle at least 20 miles a week you are half as likely to have heart problems as those who don't cycle at all.

Did you know?

Cycling burns 300 calories an hour, so if you do it twice a day, the numbers soon add up.

Get prepared !

Look after your bike

Check:

- moving parts often
- your brakes
- your tyres
- for damage
- Get your bike serviced.

Plan your journey

- Use this map to plan your route
- Use cycle routes provided for cyclists
- Avoid hazardous areas
- Find a safe place to cross the road
- Use pedestrian crossings whenever possible.

Cycling at night

- Wear something bright or reflective
- By law you must use front and rear lights and a red rear reflector at night
- Make sure all lights and reflectors are clean and are working properly.

Cycle helmets

- Consider wearing a cycle helmet, especially children. Make sure your helmet is the right size, is properly fitted and conforms to a recognised standard i.e. BS EN 1078.



Useful contacts

Travel South Yorkshire

The partnership delivering public transport in the area; includes timetables, ticket and pass details, and travel information.

Tel: 01709 51 51 51

www.travelsouthyorkshire.com

Sustrans

Regional Office (Yorkshire) Sustrans, 1st Floor, Leeds Bridge House, Hunslet Road, Leeds LS10 1JN

Tel: 0113 245 0006

www.sustrans.org.uk

CTC (Cyclists' Touring Club)

The UK's National Cyclists' Organisation.

Tel: 0844 736 8450

www.ctc.org.uk

Barnsley Active Travel

www.barnsley.gov.uk/activetravel

Walking for Health

www.wfh.naturalengland.org.uk

Local Health Walks

Community Health Development Workers

alan.rouane@priory-campus.co.uk

rebecca.bibbs@priory-campus.co.uk

Barnsley & Penistone Ramblers

val.cleaver@gmail.com

White Cross Walkers

Tel: 01709 890341

terrygriffiths@talktalk.net

Get trained - Bikeability

Bikeability Barnsley has been established to provide cycle training to the new National Standard for Cycle Training. It is a partnership between Barnsley MBC, SportActiv and the School Sport Partnership.

Bikeability is Cycling Proficiency for the 21st Century. It provides appeal and incentive for children and parents alike to undertake quality cycle training to gain the knowledge to ride safely and well on today's roads.

Cycle training is the vital life-skill required before **"more children cycling, more safely, more often"** can become a reality, and all the associated benefits of a new generation of young people cycling can be realised including better health and fitness for cyclists and less congestion for us all.

To try to reduce the number of cycling casualties, we organise three levels of cyclist training for both children and adults.

1. Bikeability Level 1

a basic cyclist training course for 7-9 year olds

2. Bikeability Level 2

off and on-road training for 10-16 year olds

3. Adult Cyclist Training - all levels

17 years and above

To book your school for Bikeability sessions please contact Chris Peel on 01226 736644 or email c.peel@activebarnsley.com

(please allow at least four weeks notice for a new session).



Get legal!

A cyclist must exercise due care and attention at all times, and obey the Highway Code, including all traffic signs and traffic signals. The Highway Code has a special section for cyclists.

You CAN cycle.....

- on bridleways and byways but you must give way to walkers and horse riders
- on canal towpaths but a British Waterways Permit is required
- on cycle tracks and bus lanes if the lane signs include a cycle symbol.

You CANNOT cycle.....

- on a pavement or a footpath unless there is a right to do so
- on open land without the permission of the landowner
- at night without appropriate lights and reflectors.

On all routes.....

- Please be courteous! Always cycle with respect for other cyclists, motorists, pedestrians, people in wheelchairs and horse riders and acknowledge those who give way to you.

Cycle security advice

- Always lock your bike when you leave it and lock it to something solid like a cycle stand
- Lock your cycle in a well lit area
- Ensure your cycle is easily identifiable. Make a note of the frame number, model, colour and accessories.

