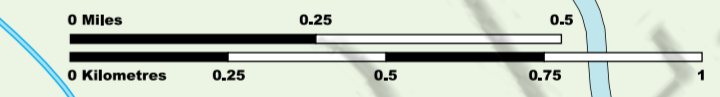
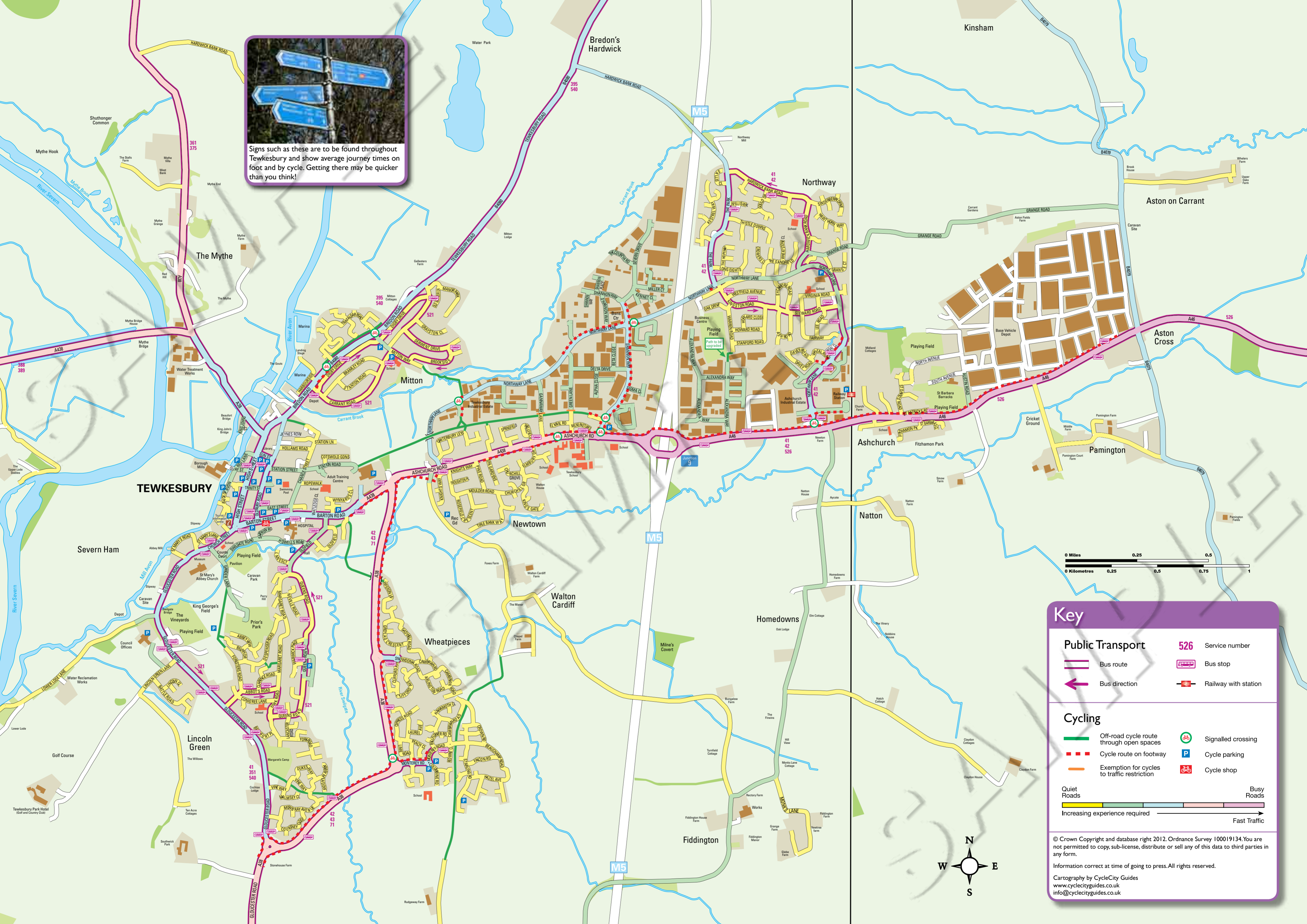




Signs such as these are to be found throughout Tewkesbury and show average journey times on foot and by cycle. Getting there may be quicker than you think!

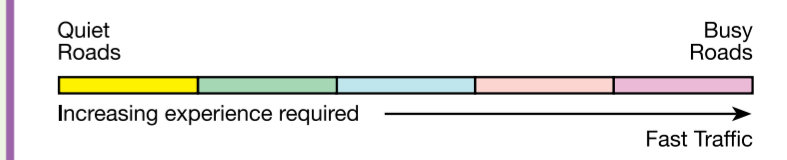


Key

	Public Transport	526	Service number
	Bus route		Bus stop
	Bus direction		Railway with station

Cycling

	Off-road cycle route through open spaces		Signalled crossing
	Cycle route on footway		Cycle parking
	Exemption for cycles to traffic restriction		Cycle shop



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 Cartography by CycleCity Guides
www.cyclecityguides.co.uk
info@cyclecityguides.co.uk

Cycling

Why cycle?

Cycling's healthy. People who cycle regularly live longer, on average, than those who do not and suffer less ill-health. Cycling for as little as 15 minutes a day will significantly reduce your risk of heart disease, many cancers, obesity, stroke, stress and other common disorders.

Cycling's a speedy way of getting about. For many journeys in town, it's quicker by bike than by car and it's much less difficult to find somewhere to park. Travel times are reliable.



Cycling's good for your pocket and good for the environment. Using a bike for many of your everyday journeys will help reduce your CO₂ emissions while saving you money.

Cycling can be fun! Most people find that they enjoy cycling – put some pleasure back into your travelling!

Which routes should I use?

The map overleaf shows the whole road network around Tewkesbury graded according to the degree of skill and experience needed to cycle each route. If you are a beginner or haven't cycled for some time, you should build up your skills and confidence on the yellow roads, where traffic is lighter and speeds are low. As your cycling skills increase, start to explore the green roads.

Cycle training

The best way to keep yourself safe - as well as to make your cycling more enjoyable - is to learn how to share the roads with other traffic. This will be a benefit to all ages, not just children, and is not as difficult as it might seem.

National Standard Cycle Training is delivered through schools to children in the County by Gloucestershire Road Safety Partnership under the Government Bikeability scheme. Adults can book one-to-one sessions with accredited instructors which are tailored to individual needs. You will learn how to be comfortable on your bike, how to control it properly, how to anticipate the behaviour of other road users and how to make manoeuvres safely and confidently. Tuition is also available in the more advanced skills needed to share busy roads with fast traffic.

Cheltenham & Tewkesbury Cycling Campaign and Gloucestershire Road Safety Partnership can advise you whom to contact or visit the CTC website (www.ctc.org.uk) and look for Cycle Training.

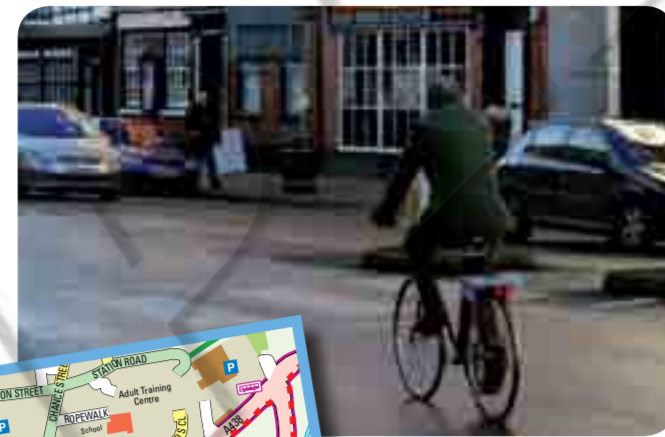
How long to cycle a mile?
10 MINUTES AT LEISURE
5 MINUTES AT A MODERATE PACE
3 MINUTES AT SPEED



Cyclecraft
by John Franklin
(Publisher: The Stationery Office ISBN 978-0-11-703740-3)
The definitive guide to safe and enjoyable cycling for adults and children. It is closely associated with the National Cycle Training Standard.

Only when you are able to deal with heavier and faster traffic should you venture progressively onto the blue and red routes.

You can use the map as a do-it-yourself tool to plot your routes across town according to the kind of roads that you wish to use at any particular time.



The map also shows where special facilities have been provided for cyclists. Some of these routes may be useful to you, but they are not necessarily safer routes or speedy ones. Pavement paths in particular require much caution and a low speed, especially near junctions. Where paths are shared with pedestrians, please be considerate: make sure that others are aware of you and pass slowly leaving as much room as possible.

Cycle parking and security

Whenever you leave your bike in a public place, ensure that you lock it well, by securing the frame to an immovable object, such as a cycle stand. It is best to use a D-lock for good security and it's worth paying a little more for one that is sturdy. You can find ratings for bicycle locks at www.soldsecure.com/Leisure.htm. When you park your bike, take care not to cause an obstruction to pedestrians.

CycleTewkesbury

CycleTewkesbury - part of the Cheltenham & Tewkesbury Cycling Campaign

CycleTewkesbury exists to promote the interests of cyclists in Tewkesbury, through liaison with the County and Borough councils and by undertaking other activities to encourage and support cycling.

It is affiliated to **cyclenation**, the UK-wide federation that is seeking to create a nation of cycle-friendly communities.

If you need advice about cycling or believe that your journeys by cycle could be improved, please get in touch via our website feedback form.

You can help us to help you by becoming a member of cycleTewkesbury, in order to create a strong body representative of cyclists in the area. You may join on-line or download an application form.

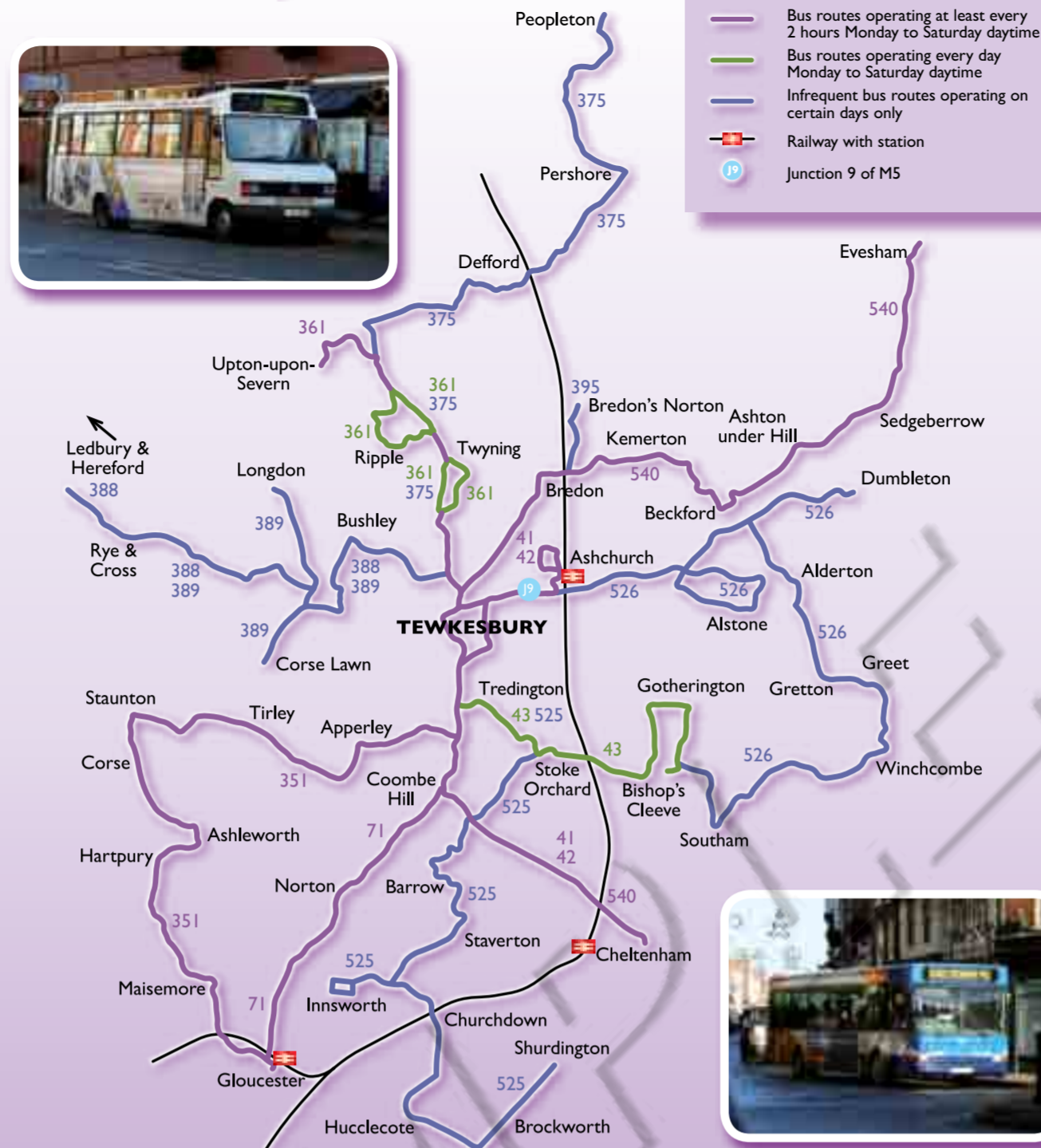


www.cycleTewkesbury.org.uk

Potholes? Bad surfaces?

Report all defects to Gloucestershire Highways on **08000 514514**. Also consider logging faults on the CTC's national **Fill That Hole!** website at www.fillthathole.org.uk. Reports can provide a valuable record to assist future claims for compensation.

Public Transport



Route	Destination	Frequency	Operator	Enquiries
41	Cheltenham	15 mins, Mon - Sat, Hourly Sun.	Stagecoach	www.stagecoachbus.com/cheltenham
42	Cheltenham	15 mins, Mon - Sat.	Stagecoach	www.stagecoachbus.com/cheltenham
43	Bishop's Cleeve	4 per day, Mon - Sat.	Stagecoach	www.stagecoachbus.com/cheltenham
71	Gloucester	Hourly, Mon - Sat.	Stagecoach	www.stagecoachbus.com/gloucester
351	Gloucester	7 per day, Mon - Sat.	Astons Coaches	01905 820201
361	Upton-upon-Severn	5 per day, Mon - Sat.	Astons Coaches	01905 820201
375	Pershore, Peopleton	1 trip, Wed only.	Cresswell	01386 48655
388	Ledbury, Hereford	2 trips Ledbury, 1 trip Hereford, Sat only.	Abbey Cars	01981 570301
388	Cheltenham	2 trips, Sat only.	Abbey Cars	01981 570301
389	Rye Cross, Longdon, Corse Lawn	1 trip, Wed only.	Worcestershire County Council	01905 765765
395	Bredon's Norton	1 trip, Wed only.	Worcestershire County Council	01905 765765
521	Mitton & Prior's Park town service	11 per day, Mon-Fri; 9 per day, Sat.	Swanbrook	01452 712386; www.swanbrook.co.uk
525	Shurdington	1 trip, Wed, Sat.	Mike's Travel	01454 281417
526	Winchcombe, Bishop's Cleeve	1 trip, Wed, Sat.	Mike's Travel	01454 281417
540	Evesham	Hourly, Mon - Sat.	Astons Coaches	01905 820201



Rail services operate daily from Ashchurch for Tewkesbury station to Cheltenham, Gloucester, Worcester, Birmingham and Bristol, with onward connections throughout the country. For train times and fares: **08457 484950**, www.nationalrail.co.uk. Text **ASC** to **84950** for Ashchurch departures. Ashchurch for Tewkesbury station is an easy cycle ride from all parts of Tewkesbury. There is cycle parking at the station. Buses 41 and 42 stop nearby.



PUBLIC TRANSPORT INFORMATION
Traveline 0871 200 2233 calls cost 10p per minute plus network extras, www.traveline.org.uk
Transport Direct: www.transportdirect.info

Smart Driving

Driving Skills for saving money

Smarter driving or eco-driving could save you up to £220 a year in fuel costs. That's because smarter driving means driving your car more efficiently. Your car will produce less carbon dioxide (CO₂), the main gas contributing to climate change.

Top tips for smarter driving

- Check your revs - change up before 2,500rpm (petrol) and 2,000rpm (diesel).
- Anticipate road conditions and drive smoothly, avoiding sharp acceleration and heavy braking. This saves fuel and reduces accident rates.

See www.energysavingtrust.org.uk/Travel for more top tips.

Car Sharing

What is car-sharing?

Car sharing is when two or more people share a car and travel together. It allows people to benefit from the convenience of the car, whilst alleviating the associated problems of congestion and pollution.

You can share a car for any journey - getting to work, doing the weekly shop, taking the children to school or getting to the airport.

- It saves you money - travelling with others can enable you to half your transport costs.
- It reduces the number of cars on the roads - meaning fewer parking problems.

What can I save?

If you car-share to work with a colleague from Gloucester to Tewkesbury and back, you can save approx £1,200 in money and 0.7 tonnes of CO₂ annually compared with driving alone.

Find out more

Visit www.carsharegloucestershire.com for answers to all your questions. Register to car-share in just a few minutes.

www.carsharegloucestershire.com

Helping you with your journey

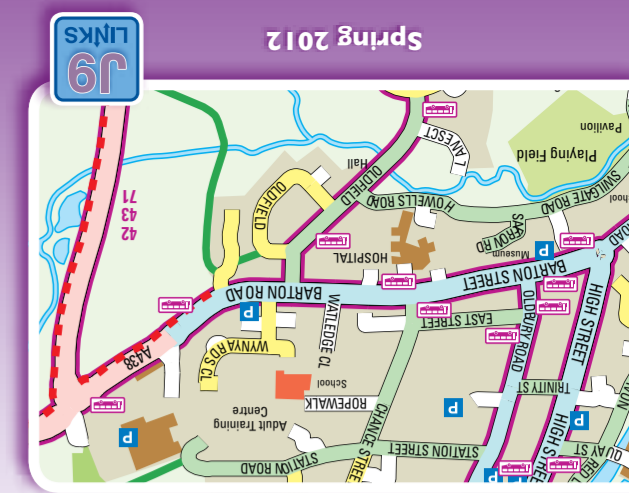
How the Highways Agency can help with your journey on the strategic road network

Before you travel

- Check real time travel information with updates on current incidents and planned works at www.highways.gov.uk/trafficinfo
- Alternatively try our automated telephone service for advice information on **08700 660 115**
- Check out National Geographic road for the South West which contains advice on how to travel safely and enjoy your journey. Tel: **08457 50 40 30**
- Consider other ways of travelling - possibly a short railway trip. The website www.transportdirect.info provides A to B journey options.

During your Journey

- Look out for the new road signage signs.
- Check the traffic lights you see. **08457 50 40 30**



● SMART DRIVING
● PUBLIC TRANSPORT
● CYCLING



Tewkesbury

SMARTER TRAVEL
Guide & Map

Your guide to cycling, public transport and car-share in Tewkesbury, with useful information and a comprehensive map

The Highways Agency has teamed up with Gloucestershire County Council and Cheltenham & Tewkesbury Cycling Campaign to provide information on smarter travel choices in the Tewkesbury area. This is part of a programme to influence travel behaviour to reduce congestion on the strategic road network.

When you're thinking about travelling by car, especially for local trips, consider whether you could make the journey instead by cycling or public transport. If these two options are not possible, how about sharing a car with someone else? This guide gives information on all these options.

The map, which is part of this guide, grades the road network according to how easy it is for cycling and shows the bus routes that operate and where the bus stops are. In this way you see whether cycling or bus travel can be a practical alternative for your journey.

