

CYCLE CRAWLEY

Crawley is fairly flat and cycle facilities make cycling even easier and safer. With panniers or a trailer, most shopping can be done by bike. Most trips are short enough to go easily by bike, often much quicker than by car. Cycle parking is free, readily available and you can stop and walk at any time.

Cycling:

- Is quick and direct
- Avoids traffic jams
- Helps keep you fit
- Saves money
- Avoids parking problems
- Is good for the planet
- Is a great way to socialise.

Resources

The Cycle Crawley Map details all cycle routes and facilities in the town.

The Cycle Crawley Easy Way map is a handy folding graphic guide to easy, quieter routes around the town.

There is a leaflet on tips for looking after your bike and safe riding.

Information on leisure routes is also available.

These are available from the Town Hall reception, libraries, railway and bus stations, K2 Crawley leisure, The Hawth and other locations, and can be downloaded from www.crawley.gov.uk/cycling



TIPS

✓ Security

Buy a good quality lock and use it – even better, use two different types of lock.

Lock at least one wheel and the bike frame to a stand – not just a wheel. Lock any quick-release parts or take them with you, e.g. saddle, lights.

✓ Be seen

Use lights in mist and rain as well as the dark. Ensure lights work properly and are not obscured by clothing or bags. A bright rear light is useful even in daylight. High visibility wear and reflectors are a good idea.

✓ Helmets

Make sure they are the right size and conform to BSEN1078 or Snell Foundation B90 standards. Damage to used helmets may not be obvious.

✓ Maintenance

Check brakes, cables, tyres, chain and lights regularly. Ensure tyres are at high enough pressure, usually at least 60psi, as this helps stop punctures and reduces effort in cycling.

✓ Sitting comfortably

A good riding position makes the world of difference. The best saddle height for least effort allows your legs to be almost fully extended when the pedal is at the bottom of its cycle, but position the saddle where you are comfortable, and, as you become more confident, raise it to the optimum level.

There are free leaflets with useful information to download at www.crawley.gov.uk/cycling

ON YOUR BIKE

People driving cars typically look for other cars or lorries on the road and may not notice you on your bike, even when you are directly in front of them. Make sure you are seen by positioning yourself well in view – the 'primary' position is about one metre from the kerb – and observing where drivers are looking when you want to turn.

Think carefully about overtaking on the inside, even when vehicles are stationary. Be aware that lorry and bus drivers cannot see you there.

On shared paths, people walking can be taken by surprise by people passing them quickly on bikes. A sudden appearance can be an unpleasant shock, particularly for people with visual or hearing impairment, even if you allow enough space. Bear in mind that people may not know you're there, so slow down and let them know you're coming, or stop if necessary.

A good thing about riding a bike is you can instantly become a pedestrian. If in doubt, just get off and walk.



CYCLE ROUTES

Off-road cycle path

These can be a dedicated cycle track or a shared use path. They are signposted and may have cycle markings on the ground. Shared use paths may not have markings showing separation of walking and cycling.

On-road cycle lane

Advisory lanes have a dashed line. Mandatory lanes have a solid line.

Drivers must not drive or park in mandatory cycle lanes and only in advisory cycle lanes if unavoidable.

Advisory cycle route

These are relatively quiet residential and country roads suitable for cycling. They are signposted to aid cyclists, but also to raise drivers' awareness of cyclists.

Toucan crossing

These are provided where pedestrians and cyclists share a road crossing, with no formal separation.

Cyclists can ride across, but should give way to pedestrians.

National Cycle Network route

Indicated by blue signs such as:



Maps can be viewed online and ordered from Sustrans. Go to www.sustrans.org.uk

Visit <http://cyclejourneyplanner.westsussex.gov.uk> to plan your cycle route or use the Cycle Crawley Easy Way map.

COMMON SIGNS

- Circular red signs give orders or are prohibitive.
- Triangular signs are usually warnings.
- Blue signs are advisory or for information.



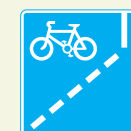
Route for pedal cycles only



Recommended cycle route on roads



Contra-flow cycle lane ahead



Start of cycle lane



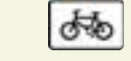
Segregated cycle track and pedestrian path ahead



Shared route for cyclists and pedestrians



Cycle parking available



No cycling



Motor vehicles prohibited (cycles permitted)

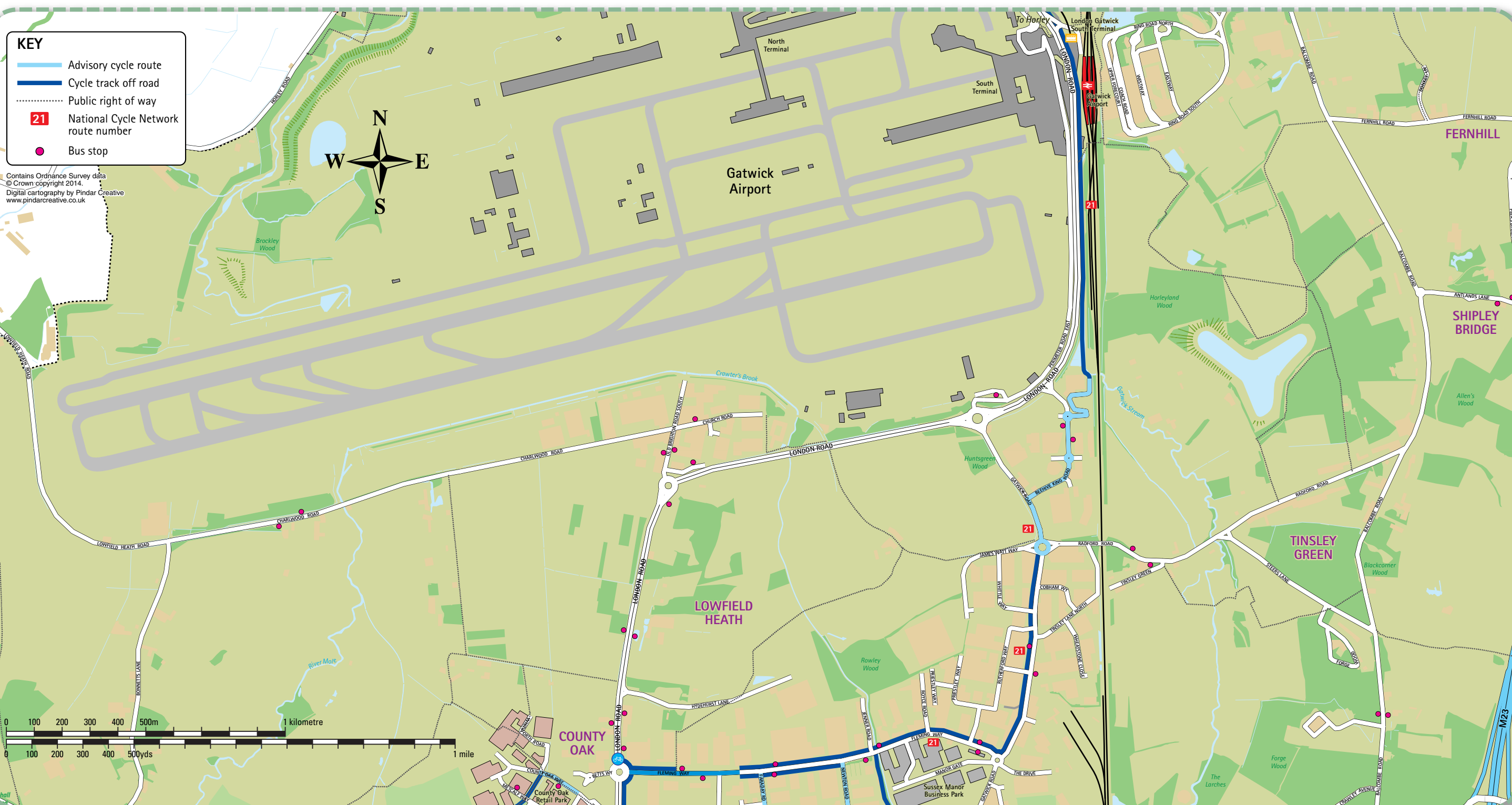


Cycle route ahead (warning motorists)

KEY

- Advisory cycle route
- Cycle track off road
- Public right of way
- 21 National Cycle Network route number
- Bus stop

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CRAWLEY LEISURE ROUTES

Crawley to East Grinstead – the Worth Way

The former rail line from Three Bridges is now a shared use route for walkers, horse riders and cyclists. It is part of the National Cycle Route 21 from London to Eastbourne via Gatwick Airport.

It is mostly rural and part is designated Country Park (bylaws apply). It links to a path to Imberhorne School. It is easily accessed by rail stations, including Three Bridges and Crawley, and joins a cycle route to Crawley town centre and National Cycle Route 20 to Brighton and Hove. At East Grinstead, a signed route links to the Forest Way Country Park shared use route, which continues into East Sussex.

Visit www.crawley.gov.uk/cycling to download a map and information.

Tilgate Forest

National Cycle Route 20 links paths from Furnace Green to Pease Pottage, through Tilgate Park and across the M23 to the surrounding forest paths.

Avenue Verte

The Avenue Verte route is an Anglo-French project to sign and promote a route to cycle between London and Paris. Part of this route runs through Crawley along National Cycle Route 21.

Visit <http://avenuertelondonparis.co.uk> for more information

Crawley to Horsham

This is a signed route from Crawley town centre to Horsham, going through Goffs Park, across the A23 into Gossops Green, around Ifield Mill Pond, crossing the railway line, passing Ifield West playing fields as far as Wimlands Lane outside Horsham.

The connection into Horsham has yet to be completed. Extra care should be taken if approaching the Horsham northern bypass.

Crawley Cycle Map

with pedestrian and public transport information

September 2014



CONTACTS

Crawley Borough Council01293 438545
Cycling development - www.crawley.gov.uk/cycling

West Sussex County Council Cycle Journey Planner:
<http://cyclejourneyplanner.westsussex.gov.uk>

CTC - the UK national cyclists' voluntary organisation:
Local group organises rides and provides advice.
www.horshamandcrawleyctc.org.uk

Crawley BikeIT - cycling to school schemes:
southeast@sustrans.org.uk

Crawley Wheelers Cycling Club - leisure and competitive cycling:
www.crawleywheelers.co.uk

Dynamic Adventures - training and bike hire:
www.dynamicadventures.co.uk

Metrobus - bus timetables:
www.metrobus.co.uk/travel-info

Public transport and cycle journey planner:
www.travelinesoutheast.org.uk

Report cycle path problem:
<http://love.westsussex.gov.uk>

Skyride - organise groups for people to ride together:
www.goskyride.com

Southern Railway - planning journeys and tickets:
www.southernrailway.com

Sustrans - develops the national cycle network:
www.sustrans.org.uk

Wheels for Wellbeing for people with disabilities:
www.crawley.gov.uk/disabilitysport



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