

## CYCLE CRAWLEY

Crawley is fairly flat and cycle facilities make cycling even easier and safer. With panniers or a trailer, a lot of shopping can be done by bike. Many trips are short enough to go easily by bike, often more quickly 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.

Maps and other information can be downloaded at [www.crawley.gov.uk/cycling](http://www.crawley.gov.uk/cycling)

National network maps can be viewed and ordered at [www.sustrans.org.uk](http://www.sustrans.org.uk)

Visit [cyclejourneyplanner.westsussex.gov.uk](http://cyclejourneyplanner.westsussex.gov.uk) to plan your cycle route or use the Cycle Crawley Easy Way map.

## 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](http://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 [www.avenuevertelondonparis.co.uk](http://www.avenuevertelondonparis.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.



## ON YOUR BIKE

People driving cars typically look for other vehicles and may not notice you on your bike, even when you are 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, a sudden appearance of a bike can be an unpleasant shock for a pedestrian, particularly for people with visual or hearing impairment, even if you allow enough space. 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.

## 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, to reduce punctures and cycling effort.

### ✓ Sitting comfortably

A good riding position makes all the 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. Start with the saddle at the most comfortable level and raise it as you become more confident.

## 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

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

Crossing shared by pedestrians and cyclists with no formal separation. Cyclists can ride across, but should give way to pedestrians.

### National Cycle Network route

Indicated by blue signs such as:



## COMMON SIGNS



Route for pedal cycles only



Shared route for cyclists and pedestrians



Recommended cycle route on roads



Cycle parking available



Contra-flow cycle lane ahead



No cycling



Start of cycle lane



Motor vehicles prohibited (cycles permitted)



Segregated cycle track and pedestrian path ahead



Cycle route ahead (warning motorists)

# map



# cycling, pedestrian and public transport information

October 2016



[www.crawley.gov.uk/cycling](http://www.crawley.gov.uk/cycling)



## CONTACTS

Crawley Borough Council: [cycling@crawley.gov.uk](mailto:cycling@crawley.gov.uk)  
Cycling information: [www.crawley.gov.uk/cycling](http://www.crawley.gov.uk/cycling)

West Sussex County Council Cycle Journey Planner:  
[cyclejourneyplanner.westsussex.gov.uk](http://cyclejourneyplanner.westsussex.gov.uk)

Cycling UK - national cyclists’ organisation. Local group organises rides and provides advice:  
[www.cyclinguk.org/local-groups/horsham-cycling-club](http://www.cyclinguk.org/local-groups/horsham-cycling-club)

Crawley BikeIT - cycling to school schemes:  
[south@sustrans.org.uk](mailto:south@sustrans.org.uk)

Crawley Wheelers Cycling Club - leisure and competitive cycling: [www.crawleywheelers.co.uk](http://www.crawleywheelers.co.uk)

Dynamic Adventures - training and bike hire:  
[www.dynamicadventures.co.uk](http://www.dynamicadventures.co.uk)

Metrobus - bus timetables:  
[www.metrobus.co.uk/travel-info](http://www.metrobus.co.uk/travel-info)

Public transport and cycle journey planner:  
[www.travelwestsussex.co.uk](http://www.travelwestsussex.co.uk)

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

Rail journey planning and tickets:  
[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

Sustrans - develops the National Cycle Network:  
[www.sustrans.org.uk](http://www.sustrans.org.uk)

Wheels for Wellbeing for people with disabilities:  
[www.crawley.gov.uk/wfw](http://www.crawley.gov.uk/wfw)

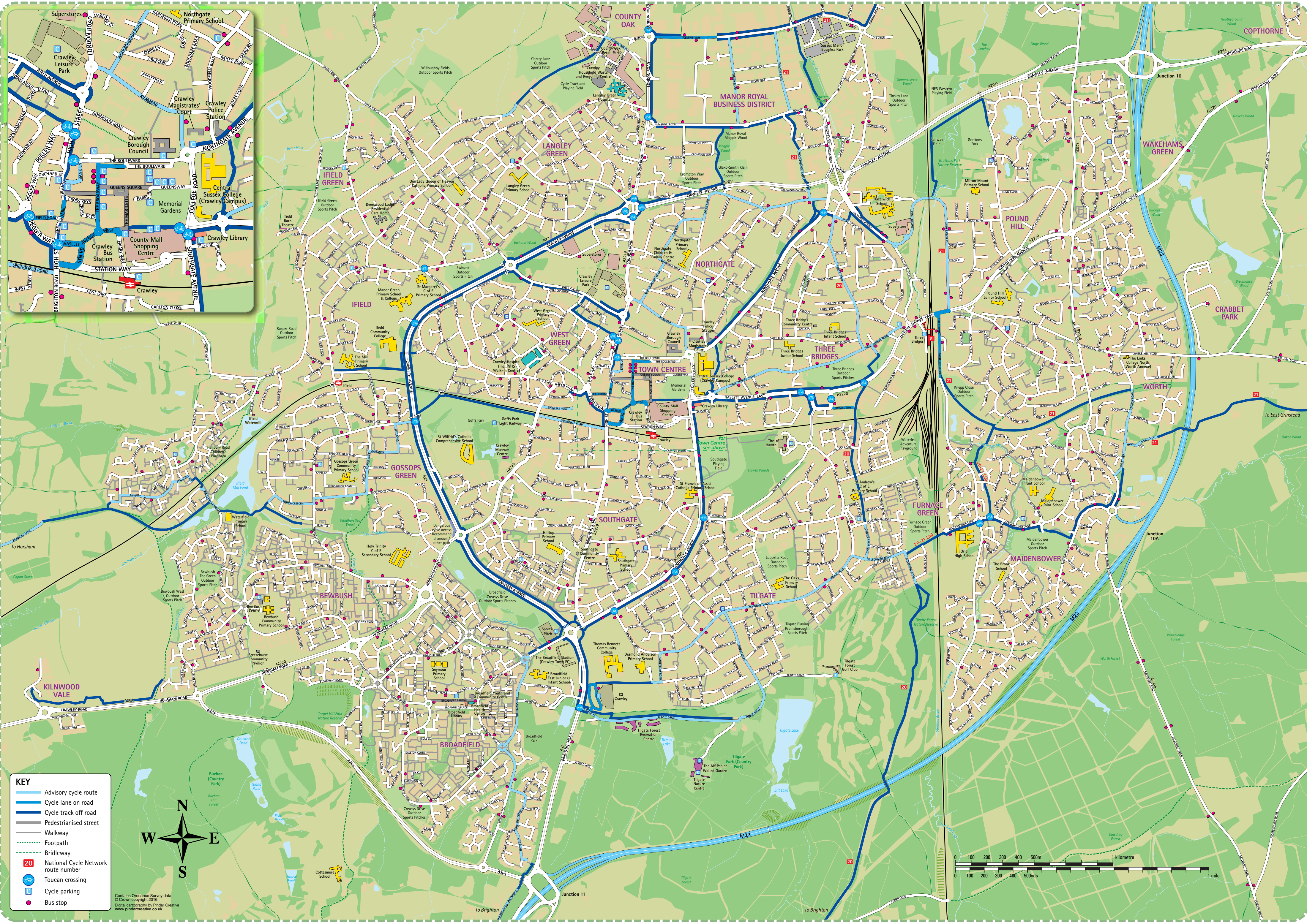


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**KEY**

- Advisory cycle route
- Cycle lane on road
- Cycle track off road
- Pedestrianised street
- Walkway
- Footpath
- Bridleway
- 20** National Cycle Network route number
- Toucan crossing
- Cycle parking
- Bus stop

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