

Cycle Shops

1

Halfords Superstore

Southampton Road

Salisbury

Tel: 01722 413161

www.halfords.com

2

Hayball Cyclesport

(Cycle hire available)

26-30 Winchester Street

Salisbury

Tel: 01722 411378

www.hayball.co.uk

3

Motabitz

25-27 Brown Street

Salisbury

Tel: 01722 328601

www.motabitz.co.uk

4

Nash's Cycles

81 Wilton Road

Salisbury

Tel: 01722 335887

www.nashcycles.co.uk

5

Stonehenge Cycles

86-88 Fisherton Street

Salisbury

Tel: 01722 334915

www.stonehengecycles.com

Key

Cycle way/path (surfaced)

Cycle way/path (unsurfaced)

Recommended cycle route (on road)

24 45

National Cycle Network

WCW

Wiltshire Cycle Way

WCW

Wiltshire Cycle Way (New Forest Link)

The Golden Way cycle route

BYWAY

National Byway cycle route

P

Cycle Parking

Pedestrian link (cyclists dismount)

Footpaths

Rail Station

i

Information Centre

Leisure Centre

Police Station

Hospital

Council Offices

Library

Toilets

Higher Education

School

Point of Interest

Base map data © OpenStreetMap contributors. Additional data by Wiltshire Council
© Crown copyright and database rights 2016 Ordnance Survey 100049050
Cartography by Steer Davies Gleave Aug 2013. Updated by Wiltshire Council Mar 2016.

Scale 1:15,000

0 400 800 1,200 1,600 metres

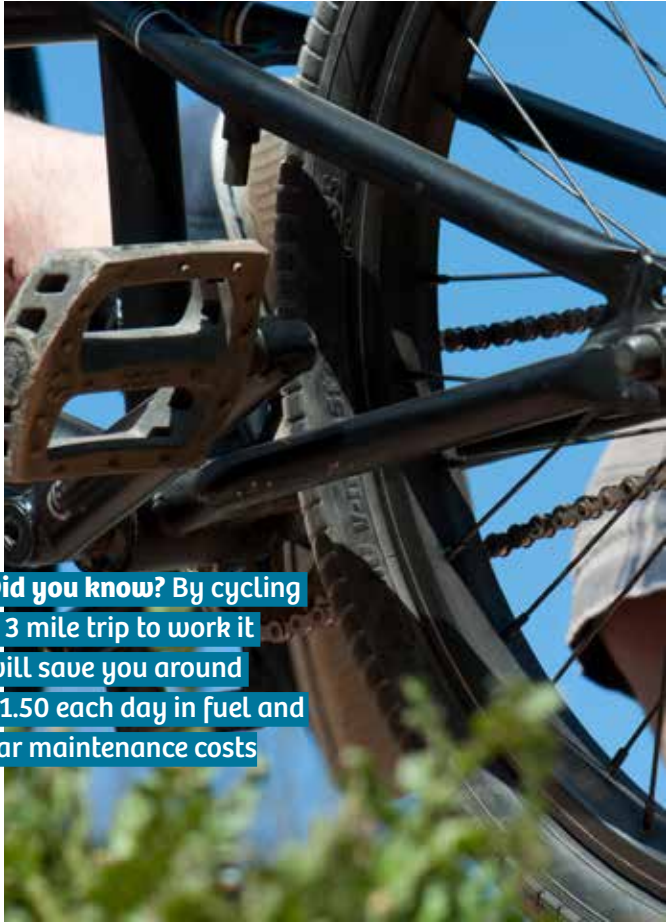
0 5 10 15 20 minutes walk

0 1.5 3 4.5 6 minutes cycle



Why cycle?

Connecting Wiltshire is trying to encourage more people to cycle, whether it be to work, school, shopping or just for leisure. Not only can it improve your health and fitness, help the environment and beat congestion, but it can also save you money.



Did you know? By cycling a 3 mile trip to work it will save you around £1.50 each day in fuel and car maintenance costs

Cycling is a great way to introduce some exercise into your daily routine. It can also help reduce stress and is a great way to clear your head at the end of the day.

Code of conduct for shared use paths

When you are cycling, please:

- Give way to walkers and wheelchair users and leave them plenty of room.
- Take care around horse riders especially when approaching from behind.
- Be prepared to slow down or stop.
- Don't cycle at excessive speed.
- Be careful at junctions, bends, entrances or any other places where people could appear without warning.
- Don't assume that everyone can see or hear you.
- Use your bell or call out. Don't surprise people. Acknowledge those who give way to you.
- Keep to your side of any dividing line.
- Use lights when it gets dark or in dull weather. Carry a spare set of lights or batteries with you.

When you are walking, please:

- Listen for bells. Bells are not an order for you to get out of the way. They are to make you aware that cyclists are looking for a safe opportunity to pass.
- Allow cyclists to pass when it's safe. Remember cyclists need time to brake and stop.
- Keep your dog under control.
- Keep to your side of any dividing line. Please be tolerant where space is limited.

Keep your bike safe

- Buy a good lock and make sure you always lock the frame of the bike to the parking stand.
- Take removable lights with you.
- A good rule of thumb is that your lock should cost around 10% of the value of your bike, or to look out for 'Sold Secure' ratings.
- You can insure your bike on your home insurance policy or buy specialist cycle cover.
- Make sure you record your cycle frame number which will help you recover it if it's stolen.

Bike Maintenance

There are many friendly bike shops in Wiltshire who can help you keep your bike running smoothly.

Learning some basic bike maintenance is useful for keeping your bike in good condition:

Every time you use your bike

- Check the air pressure in your tyres and pump up if needed.
- Make sure your brakes are working

Weekly (for frequent cyclists)

- Oil your chain

Less frequently

- Oil any moving parts of the bike. Take care not to get oil on your brake pads or wheel rims.
- Check your brake pads for wear. They should contact squarely with the wheel rim not the tyre.
- Check the frame for damage and make sure any bolts are securely tightened.

It is worth making sure you carry some basic equipment with you on any rides such as repair patches, tyre levers and a pump and valve.

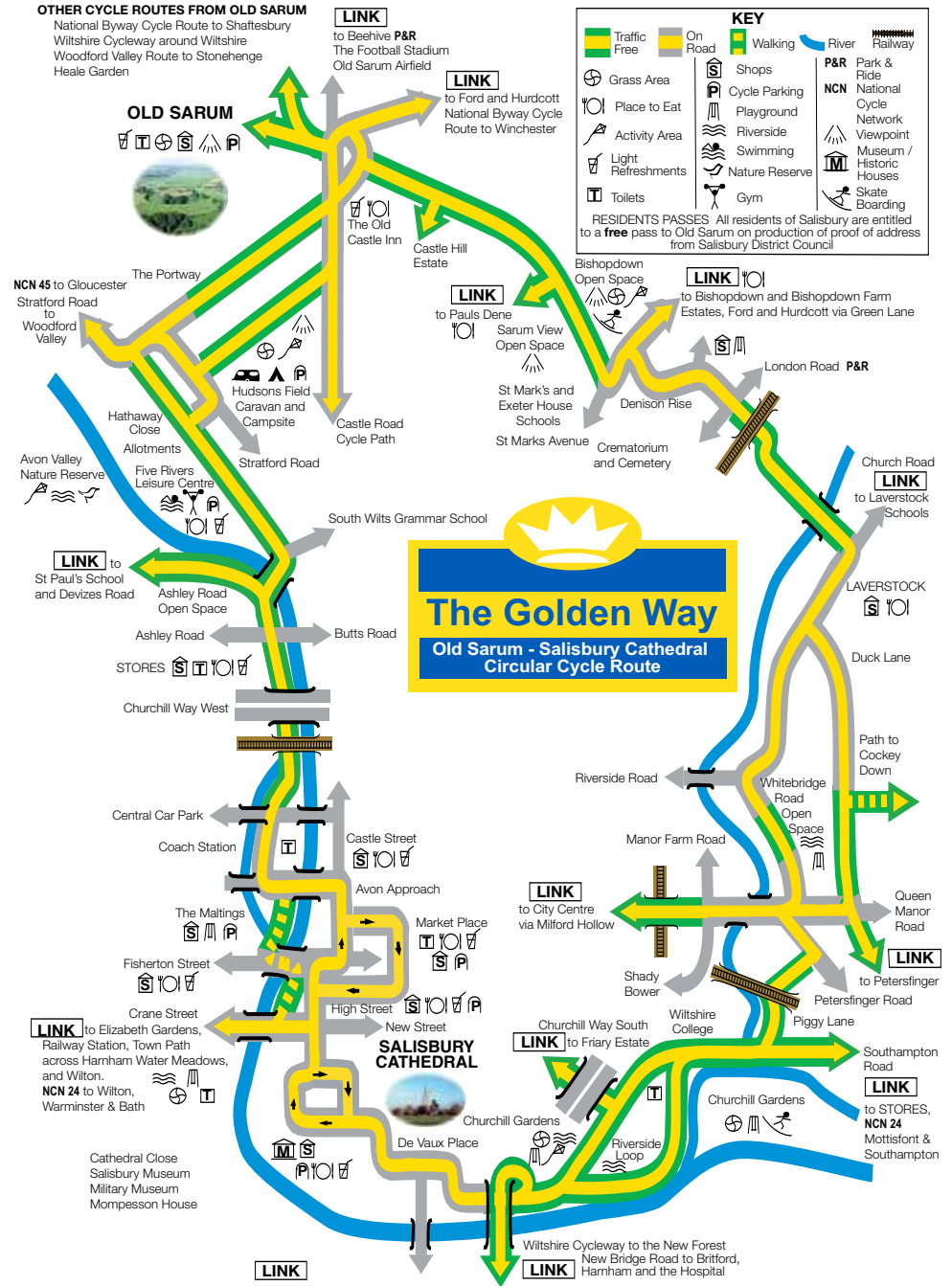


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 - 24 45 National Cycle Network
 - WCW Wiltshire Cycle Way
 - WCW Wiltshire Cycle Way (New Forest link)
 - The Golden Way cycle route
 - P Cycle Parking
 - Pedestrian link (cyclists dismount)
 - Footpaths
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 - 🎓 Higher Education
 - 🎓 School
 - ★ Point of Interest

The Golden Way

The Golden Way

A circular cycle route linked to all radial routes that approach the city from all directions. The route is 11 kilometres (7 miles) long and is well marked in both directions by the Golden Way logo and direction arrows. As well as commuters and those accessing the countryside, the route is especially suited to families who want to spend leisure time without going far from home. Families can stop off at playgrounds, somewhere to eat and drink, whilst enjoying and appreciating the local scenery.



Travel made simple
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Cycle map
Salisbury and Wilton

Leisure routes

Several of Sustrans' National Cycle Network (NCN) routes pass through Wiltshire:

NCN 4 is a long distance route between London and Fishguard via Reading, Bath, Bristol, Newport, Swansea, Carmarthen, Tenby, Haverfordwest and St. Davids.

NCN 24 will run from Bath through Radstock and Frome in Somerset, then Warminster and Salisbury to join with NCN 23 at Eastleigh in Hampshire

NCN 45 will connect Salisbury in Wiltshire with Chester in Cheshire, via Swindon, Cirencester, Gloucester, Worcester and Whitchurch

There are also many local routes. The Wiltshire Cycleway is a circular route passing through many of Wiltshire's towns.

Look for the blue route signs or visit www.connectingwiltshire.co.uk



Time/Distance/Calorie Counter

The times and distances to the right are based on following the recommended cycle routes where possible and with a cycling speed of 10mph (this is an unhurried speed on the flat). If you cycle quicker, your journey time can be even shorter and you can burn more calories.

For time, distance, calorie information and gradient profiles for other cycle journeys, use our journey planner at www.connectingwiltshire.co.uk

	Town centre/ Library	Rail station	Wiltshire Council Office (Bourne Hill)	Five Rivers Health and Wellbeing Centre	Wilton Village Centre	Salisbury Hospital	Southampton Road Retail Park	Churchfields Industrial Estate	Business Parks, Old Sarum	Wiltshire College	Laverstock Schools Campus	Sarum Academy
Town centre/ Library												
Rail station	5 mins 0.5 miles 14 cals											
Wiltshire Council Office (Bourne Hill)	3 mins 0.4 miles 14 cals	5 mins 0.8 miles 22 cals										
Five Rivers Health and Wellbeing Centre	5 mins 0.8 miles 23 cals	6 mins 1 mile 29 cals	6 mins 1 mile 25 cals									
Wilton Village Centre	25 mins 3.5 miles 100 cals	21 mins 3.2 miles 84 cals	27 mins 4.2 miles 112 cals	27 mins 4.2 miles 112 cals								
Salisbury Hospital	20 mins 2.2 miles 93 cals	20 mins 2.6 miles 99 cals	20 mins 2.3 miles 90 cals	24 mins 2.9 miles 107 cals	40 mins 5.6 miles 177 cals							
Southampton Road Retail Park	8 mins 1.3 mile 35 cals	11 mins 1.8 miles 42 cals	9 mins 1.2 mile 37 cals	13 mins 2 miles 57 cals	30 mins 4.7 miles 119 cals	20 mins 2.4 miles 100 cals						
Churchfields Industrial Estate	8 mins 1.1 mile 28 cals	4 mins 0.7 miles 16 cals	9 mins 1.5 miles 35 cals	10 mins 1.7 miles 46 cals	18 mins 2.9 miles 72 cals	23 mins 3.1 miles 111 cals	13 mins 2.2 miles 56 cals					
Business Parks, Old Sarum	23 mins 2.9 miles 112 cals	23 mins 3.1 miles 117 cals	22 mins 2.8 miles 114 cals	18 mins 2.3 miles 98 cals	43 mins 6.2 miles 199 cals	38 mins 5 miles 160 cals	30 mins 4 miles 150 cals	37 mins 4.7 miles 133 cals				
Wiltshire College	5 mins 0.8 miles 23 cals	8 mins 1.2 miles 30 cals	5 mins 0.7 miles 22 cals	10 mins 1.5 miles 44 cals	28 mins 4.3 miles 110 cals	16 mins 1.9 miles 86 cals	3 mins 0.5 miles 13 cals	11 mins 1.7 miles 42 cals	27 mins 3.5 miles 137 cals			
Laverstock Schools Campus	13 mins 1.7 miles 65 cals	16 mins 2.1 miles 74 cals	11 mins 1.6 miles 55 cals	15 mins 2.2 miles 82 cals	37 mins 5.4 miles 157 cals	28 mins 3.7 miles 140 cals	11 mins 1.7 miles 57 cals	20 mins 2.8 miles 90 cals	16 mins 2.4 miles 79 cals	13 mins 2 miles 64 cals		
Sarum Academy	23 mins 2.6 miles 121 cals	19 mins 2.5 miles 109 cals	24 mins 3 miles 127 cals	20 mins 2.5 miles 118 cals	20 mins 2.5 miles 80 cals	32 mins 4.6 miles 149 cals	28 mins 3.7 miles 149 cals	17 mins 2 miles 100 cals	31 mins 4.6 miles 153 cals	25 mins 3.3 miles 136 cals	35 mins 4.4 miles 179 cals	

Plan your journey and find information for all travel into and around Wiltshire at www.connectingwiltshire.co.uk. You can look up leisure cycling routes, find local cycling groups and cycle training, report problems on the roads, or find out about taking your bike on trains.

www.connectingwiltshire.co.uk
connectingwiltshire@wiltshire.gov.uk



Stay in the Loop

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📘 www.facebook.com/connectingwiltshire

Connecting Wiltshire
Travel made simple

Wiltshire Council
Where everybody matters

This leaflet has been produced by Steer Davies Gleave on behalf of Wiltshire Council.
Updated by Wiltshire Council in March 2016