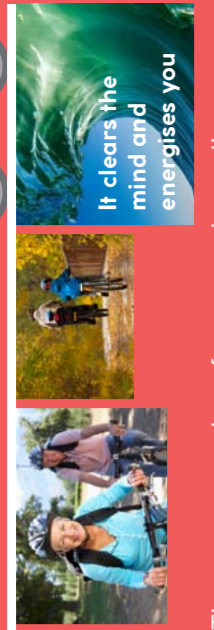


In this map you'll find:

- Why cycle?
- Discovering St Helens by bike
- Make cycling work for you
- Cycling resources
- What we're doing to help
- Keep cyclists safe
- Reporting cycling issues

Why cycle?



It clears the mind and you sunglasses you

There are a number of reasons why cycling is a great way to get around Merseyside.

It's healthier for us

- Cycling regularly
- Lowers your chances of developing heart disease by 50%.
- Helps to protect you from some cancers, diabetes, arthritis, obesity and reduces the risk of a heart attack or stroke.
- Increases your heart rate, which in turn strengthens your heart muscle and lowers your blood pressure.
- Reduces your levels of cortisol – known as the 'stress hormone'.
- Allows for the rapid spread of good substances like endorphins, etc. to boost your positive mental state.
- Promotes healthy weight management, increasing your metabolism to help you burn calories.

What you'll discover

Cycling can reward you with a real sense of freedom. The physical, mental, financial and environmental benefits are well documented. Put simply, cycling is good for you and fun!



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Our Road Safety Pledge

Why not join us by taking the Pledge to show your commitment to road safety? You'll find more information about it on our website.



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St Helens

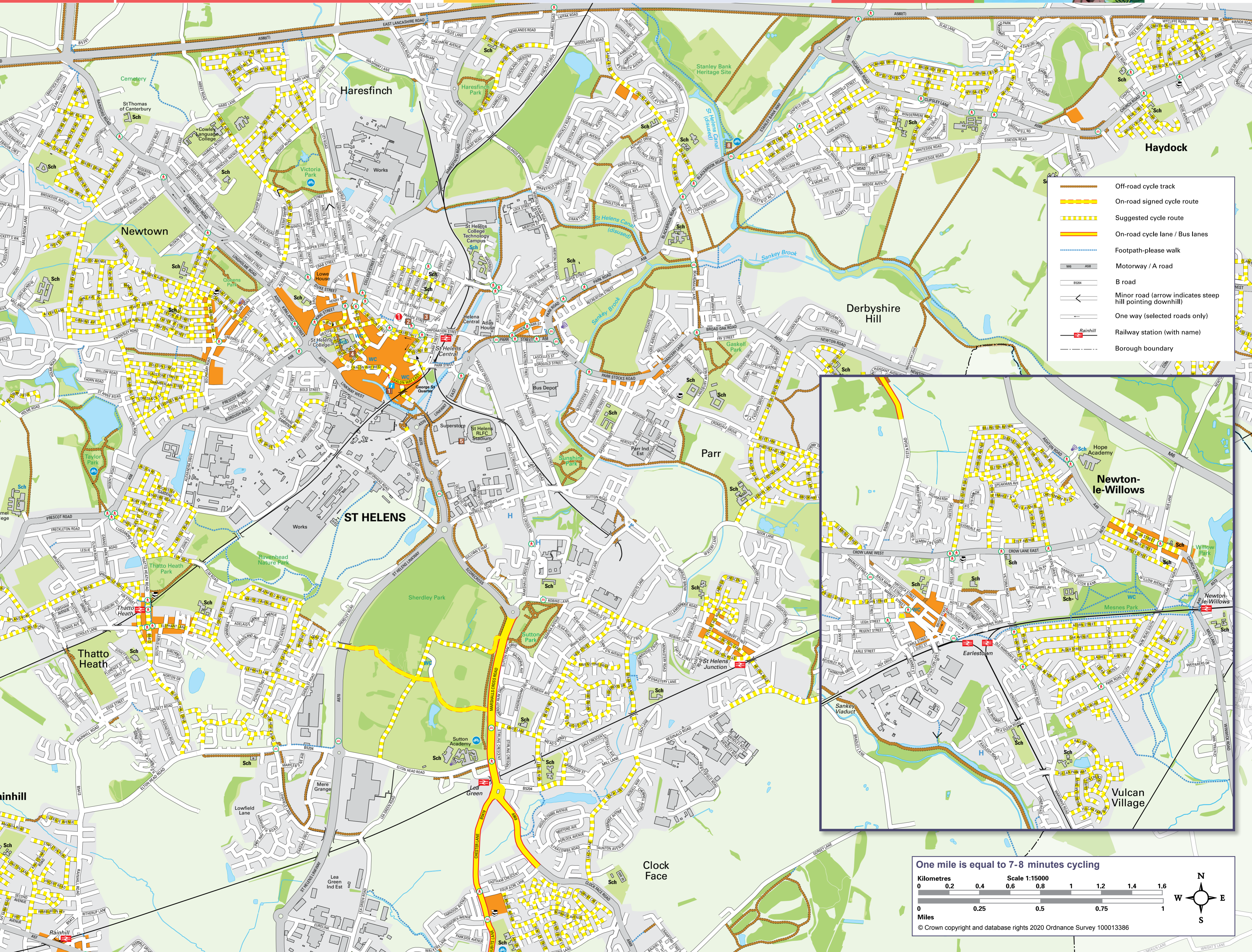
Cycle Route Map

& Road Safety Information

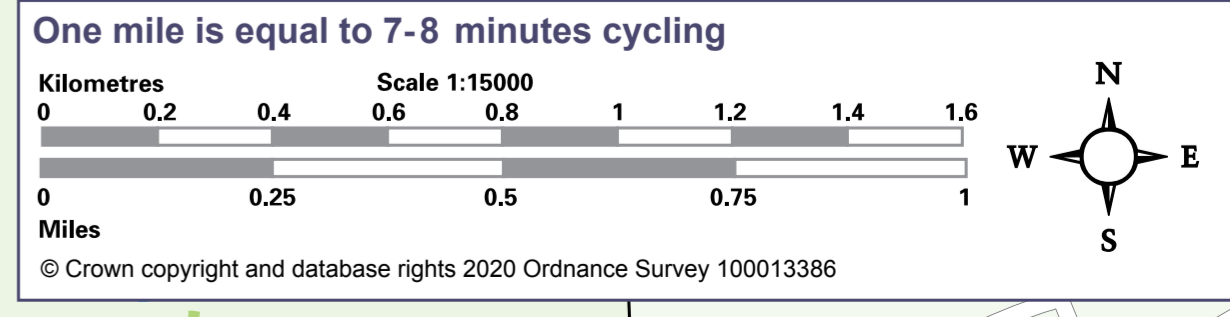
Opening up miles of cycling in Merseyside



Whether you're cycling to work, joining up a journey or cycling for leisure, St Helens has a wide variety of routes for everyone.



- Off-road cycle track
- On-road signed cycle route
- Suggested cycle route
- On-road cycle lane / Bus lanes
- Footpath-please walk
- Motorway / A road
- B road
- Minor road (arrow indicates steep hill pointing downhill)
- One way (selected roads only)
- Railway station (with name)
- Borough boundary



Discovering St Helens by bike

JOIN UP A JOURNEY

PARKS & GREEN SPACES

TOURIST ATTRACTIONS

Whether you're a regular cyclist, a leisure rider or new to cycling we want you to enjoy all that St Helens has to offer. There are a range of off road and on road routes to discover and whatever your reason is for cycling we want you to have a safe and enjoyable experience.

If your journey to work is too far to cycle or you fancy going further afield, why not combine it with a train or ferry ride. Bikes go free on Merseyside's trains and ferries and many stations have cycle parking. Just remember that during peak times trains are busier.
For details of services and storage facilities visit:
merseysideroadsafety.org/resources

Sankey Valley Country Park & Visitor Centre
Sankey Valley Country park is recognised as a site of special scientific interest. It's a 7 mile linear park, running from Carr Mill Dam to Newton-Le-Willows. There's a visitor centre, the Stanley Bank nature reserve and no shortage of footpaths and cycleways.

Carr Mill Dam
Carr Mill Dam is an ancient woodland north of St Helens town centre. It's home to the country's largest body of inland water and offers picturesque lakeside trails and walks. It also plays host to national competitive powerboating and angling events.

The Dream, Sutton Manor Community Woodland
The community woodland is set in 230 acres of land, on the former site of a highly productive colliery. Nestled at the top of the hill is The Dream, an imposing permanent sculpture by artist Jaume Plensa. The woodland offers great cycling opportunities and views over St Helens and beyond.

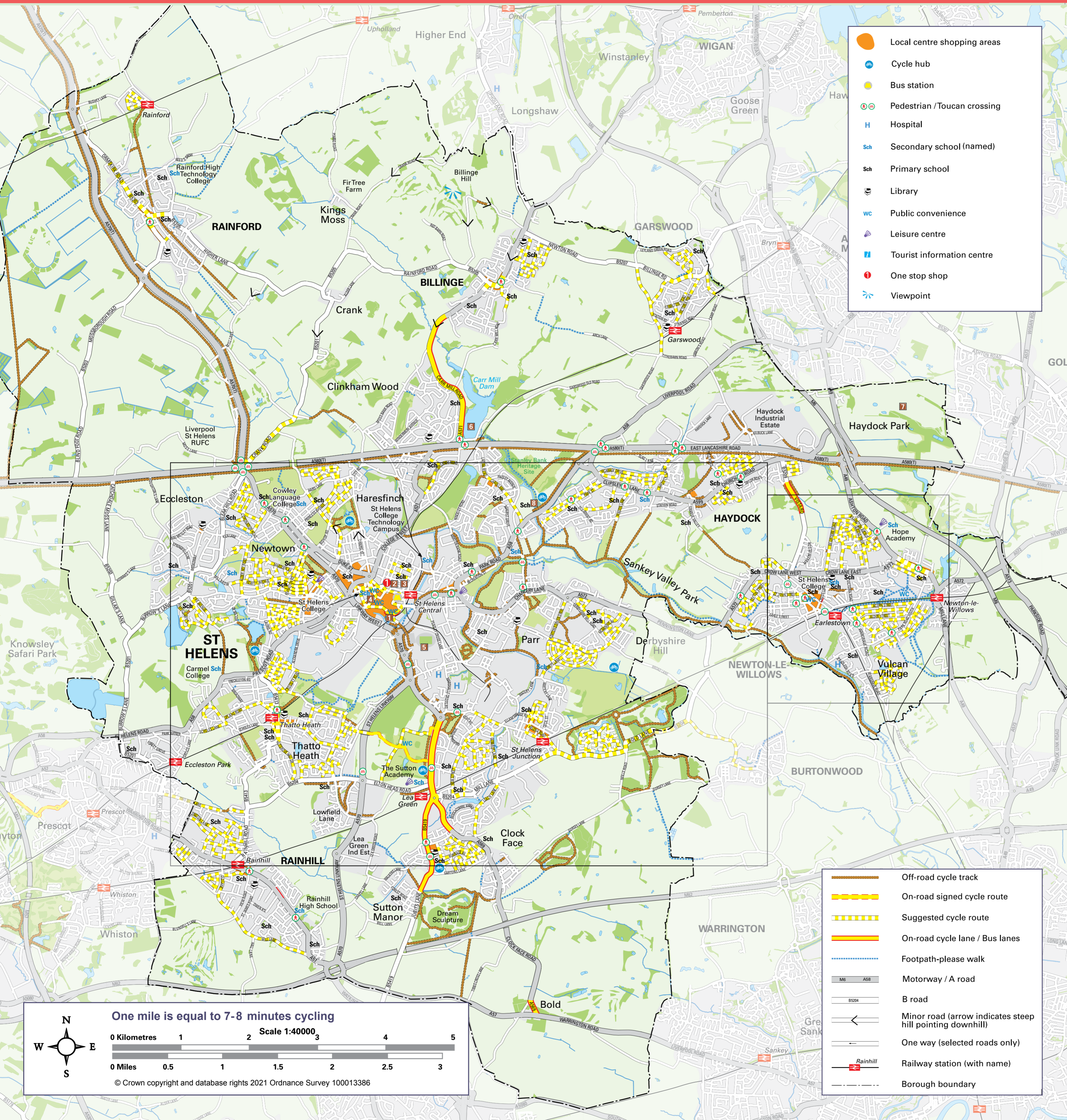
Clock Face Country Park
On the site of a former colliery Clock Face Country park occupies 57 acres of developing woodlands, paths, meadow areas and a fishing pond. It's linked to Sutton Manor Community Woodland along the 'Miners Way' - a reclaimed mineral railway route.

World of Glass Museum
The museum is home to two galleries, glassblowing demonstrations, the world's first regenerative furnace, underground tunnels and the Mirror Maze, complete with its resident Wizard!

North West Museum of Road Transport
From buses, trucks, cars, fire engines to transport artefacts, the museum is 'tram-packed' and will delight any transport enthusiast.

St Helens Rugby League Football Club
St Helens Rugby League Football Club is sited at Peasley Cross. The grounds opened in 2011 and has a capacity of 18,000.

Haydock Park Racecourse
The racecourse is set in an area of parkland sandwiched between Haydock, Ashton-in-Makerfield, Golborne and Newton-Le-Willows. The area has a great history of horse racing and the current racecourse was opened in 1899. The parkland provides a good routes for cyclists and walkers.



MAKE CYCLING WORK FOR YOU

CYCLING RESOURCES

WHAT WE'RE DOING TO HELP KEEP CYCLISTS SAFE

REPORTING CYCLING ISSUES

Cycle Routes

St Helens's cycling routes have been created to incorporate short cuts, quiet residential streets and parks to help improve your cycle journey.
Facilities being introduced or improved in Knowsley to benefit cyclists include:
On-road cycle lanes
These are marked out lanes which provide space for cyclists on the road providing direct, safer routes to key places. Some cycle lanes link to Advanced Stop lines to give cyclists priority at junctions.
Off-road cycle tracks
Off-road routes that can be used for leisure or as part of your commuting journey are being improved, maintained and extended. They are good places to cycle as a family,

to teach youngsters or to brush up on your own cycling skills, as well as running through some of St Helens's best view points.
Traffic Calming
Measures like road humps improve the links between cycle routes via streets where traffic speeds are likely to be slower.
Remember! The route you drive to work won't necessarily be the route you will cycle. Cycling can create alternative routes that aren't possible in a car, such as being able to take a short cut through a park or a traffic calmed housing estate. Finding the right routes to suit your journey can help make travelling a more enjoyable experience.

Interested in joining a local cycling group?

In St Helens and throughout Merseyside there are local cycling groups who meet regularly. It's a great way to exercise and socialise with other cyclists. New members are always welcome.
For details of cycling groups in your area go to: merseysideroadsafety.org/resources

Cycling Organisations

National cycling organisations provide cyclists with a number of services from technical advice to legal aid. They also campaign on behalf of all cyclists.
For more information and contact details go to: merseysideroadsafety.org/resources

Cycle Shops and Cycle Maintenance Services

If you're looking for a new bike or your existing one requires maintenance there are lots of cycle shops and cycle maintenance services throughout Merseyside.
To find shops/services in your area go to: merseysideroadsafety.org/resources

Education & Promotion

Drivers who don't cycle can sometimes find it hard to understand what it's like to ride a bike on the road. To help educate drivers we produce year round campaigns to highlight the issues cyclists face travelling in Merseyside. There's also a section dedicated to **drivers and other road users** on our website, to help explain things in more detail. merseysideroadsafety.org/considering-other-road-users
Here's a few things to keep in mind:
• Cyclists must have a minimum of 1.5m of space on the road.
• Cyclists are allowed to ride in the centre of the road and two abreast - this can often help inexperienced cyclists feel safe.
• Most collisions between cyclists and drivers happen at traffic lights, road junctions and when overtaking.

Cycling Safety Tips

- Before each journey it is advisable to spend a few minutes ensuring that your bike is in good working order, paying particular attention to the brakes, tyres and steering.
- When riding on roads always follow the Highway Code and it is recommended that you wear bright clothing and a cycle helmet. At night you are legally required to display front and rear lights and a red rear reflector.
- Be confident in your cycling and stay out from the kerb. Cycling fast in the traffic flow is safer than being trapped against the kerb. Remember, you are also traffic so claim your lane.
- Give plenty of room when passing parked vehicles as doors can open unexpectedly. Be alert and where necessary be prepared to take evasive action.



We created the adverts above to educate drivers about issues such as overtaking cyclists safely and being patient if a cyclist is in front of you.

Cycle Training & Cycle Skills Sessions

Merseyside Road Safety Partnership work with Liverpool Combined Authority and cycle training organisations to deliver:
• Cycle training for children in schools and during school holidays.
• Cycle training for families.
• One-to-one and group cycle skills sessions for adults of all ages.
These **FREE** sessions are vital for new cyclists or for someone wanting to brush up on their cycle skills.
To check if there are cycle sessions available in your area, visit merseysideroadsafety.org/resources

Reporting anti-social driving

An important part of improving the roads for cyclists is gathering information about dangerous or anti-social driving to Merseyside Police. Video footage can be submitted on the force's website. Without video footage, it's hard for the police to take action. It's incredibly helpful, therefore, for cyclists to have a camera fitted either on their helmet or bike so that any incidents are captured, and can be dealt with by Merseyside Police.
When collisions or near miss incidents are reported this information can be used to help to inform local councils of potential locations that may need to be improved. Every reported incident helps them to build a clearer picture. You can find out more information about how to report here: merseysideroadsafety.org/resources

How to report a road defect

Poor surface quality or potholes can be dangerous for cyclists.
Please log on to our resources page - merseysideroadsafety.org/resources to find out how to report such an issue in St Helens.



▲ See Wigan & Greater
Manchester Cycle Map
Available on ?

▼ See Warrington Cycle Map
Available on ?

◀ See Knowsley Cycle Map
Available on ?

▼ See Halton Cycle Map
Available on ?