

Date: Sept 2010

Reference Number:

Ten new cycle routes and maps launched in Chester

Brightly coloured routes and maps guide cyclists around the city

Ten new cycle routes and maps have been launched in Chester to help local people and visitors with suggested routes in and around the city.

Produced by Cheshire West and Chester Council's Cycle Chester, the brightly coloured routes use off road and shared use paths, along with traffic calmed and low traffic roads. They provide direct and safe cycle access to the city centre from residential areas in and around Chester.

The launch involved the Council together with the Chester Go Ride Club. The Club offers weekly youth coaching sessions for 4-16 year olds at the Upton Youth Club, Wealstone Lane in Upton, concentrating on teaching bike handling skills, road safety knowledge and having fun.

The innovative card- sized pop out maps are available for free from the Visitor Information Centre in Chester and can be available to order or download online at www.cyclechester.com

Brightly coloured cycling signs have begun to be put in place along the routes for people to follow complimenting the maps. The suggested routes aim to encourage more people to get out on their bike whether it be commuting to work or school or to follow as a leisure route.

It is well recognised that cycling provides many health benefits. A cycle ride of fifteen minutes - at least two miles for most cyclists- to work, to the shops or to a friend's house and back would meet the daily recommendation of physical activity for adults.

Councillor Lynn Riley, Executive Member for Community and Environment, said: "Cycling around Chester is a real travel option for many residents and visitors because the city is quite compact so most urban journeys are under four miles.

"The new user friendly maps show residents and visitors how easily they can travel throughout the city by bike using some of the new cycle ways that are quiet, scenic and miss out most of the traffic.

"Encouraging more people to travel to work, school or to the local shops by bike will help to reduce the traffic congestion in the city, improve fitness levels and promote a healthier way of living".

The Chester Go Ride Club helped launch the routes and maps. Its Chairman Paul Evans said "The new maps and routes are a great addition to the cycling infrastructure around Chester.

"Go Ride aims to encourage regular bike riders whether it be for transport, health and fitness or competition.

"The simple designs of these maps will make them ideal for new cyclists and young people to use and understand as well as provide useful information to give new cyclists confidence when setting off on a cycle ride."

For more information contact Cycle Chester on 01244 973948 or apply online at www.cyclechester.com.

For more information on Chester Go-Ride Cycling Club log on to www.chestergoride.co.uk
Chester Go-Ride Cycling Club was formed in September 2009 to encourage children and their families into the wonderful sport and recreational activity of cycling. They currently have 65 junior members ranging in age from 4-16yrs. They have successfully attracted support from The Bike Factory, Cheshire West and Chester Council, the Grassroots Fund (distributed by Cheshire Community Action) and the Co-operative Community Fund to help with coach/volunteer training and clothing, cycling kit, and equipment.

For more information on Chester Go-Ride Cycling Club log on to www.chestergoride.co.uk

.



PHOTO: Chester Go Ride Club, Dave Reeves from Cheshire West and Chester Council and Councillor Lynn Riley launch the new cycle maps.

For more information contact Cycle Chester on 01244 973948 or apply online at www.cyclechester.com