

Colchester

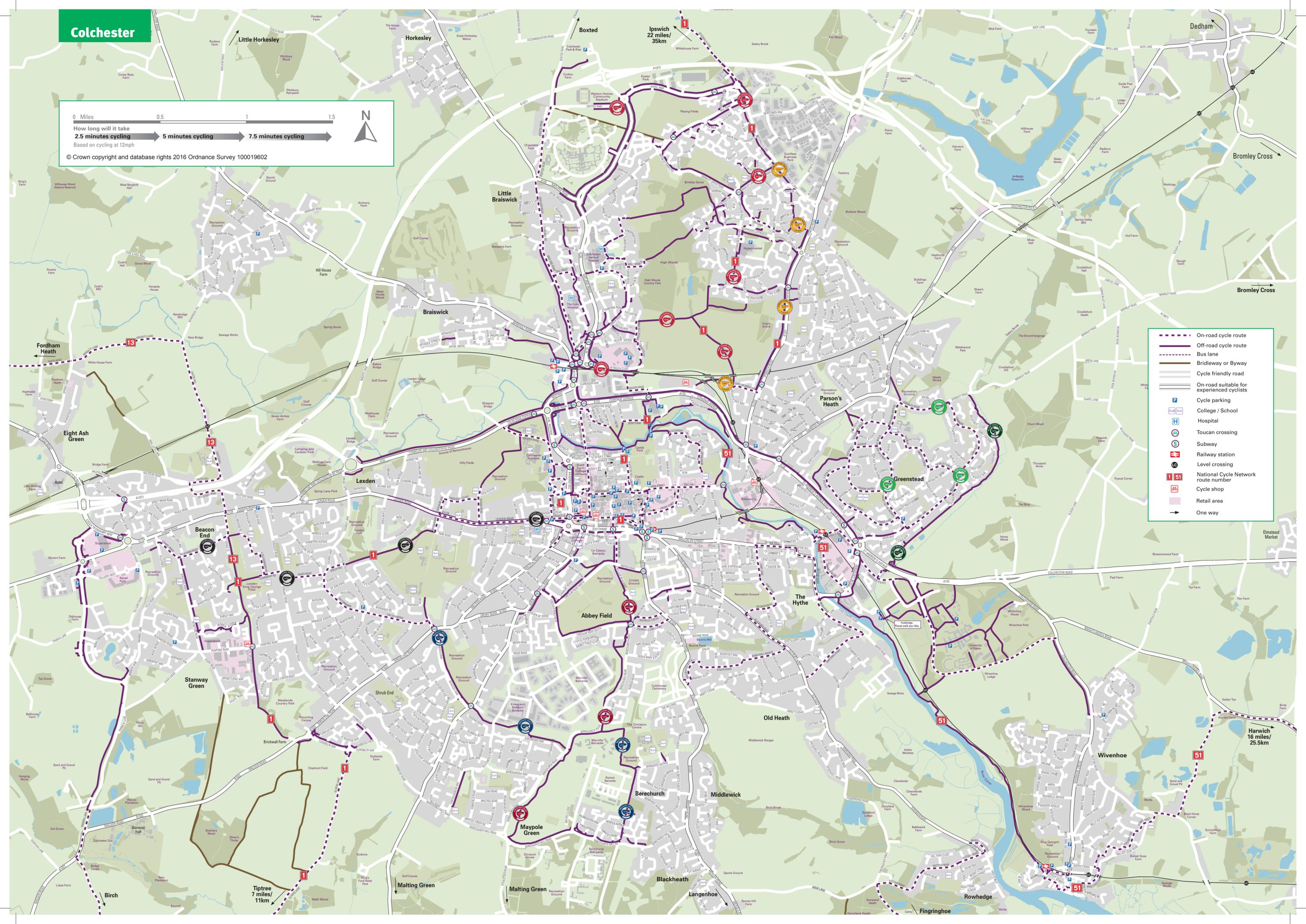
0 Miles 0.5 1 1.5

How long will it take
2.5 minutes cycling → **5 minutes cycling** → **7.5 minutes cycling** →

Based on cycling at 12mph

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- On-road cycle route
- Off-road cycle route
- Bus lane
- Bridleway or Byway
- Cycle friendly road
- On-road suitable for experienced cyclists
- Cycle parking
- College / School
- Hospital
- Toucan crossing
- Subway
- Railway station
- Level crossing
- National Cycle Network route number
- Cycle shop
- Retail area
- One way





Colchester cycling map

This information is issued by Essex County Council, Sustainable Travel Team.

You can contact us in the following ways:

By email:
contact@essex.gov.uk

Visit our website:
essex.gov.uk/cycling

By telephone:
0345 603 7631

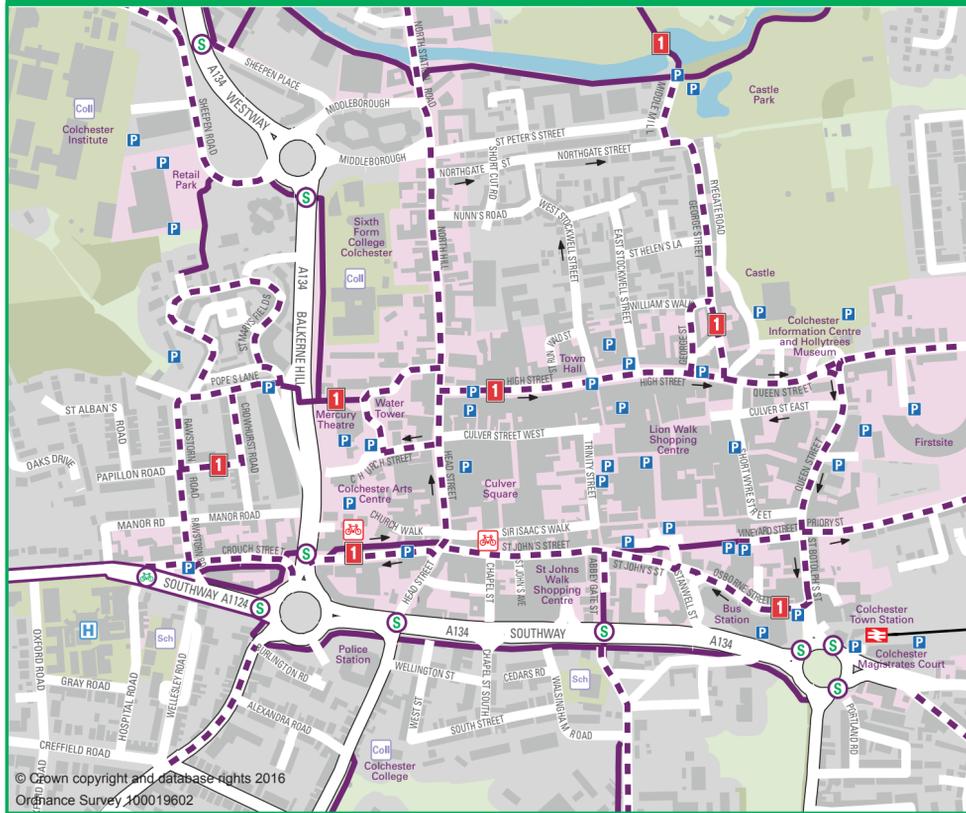
By post:
Essex County Council
Transportation, Planning and Development
County Hall
Chelmsford
Essex CM1 1QH

The information contained in this document can be translated, and / or made available in alternative formats, on request.

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Colchester town centre



Key

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Keeping on track

Route markers have been put in place to help you find your way along a series of Cycle Colchester routes and these are shown on the map.



The markings shown below are being used at some key junctions to highlight the direction of routes for cyclists and other road users.



It's important to note that they don't indicate that cyclists have the right of way, but they do raise awareness of the presence of cyclists.

Share the space

Whether you cycle on the road or on designated cycle paths you will have to share the space.

On shared off-road facilities please remember:

- Pedestrians are more vulnerable than a cyclist
- Keep an appropriate speed for the type of route you are using and the number of other users
- Lights are required at night, even on cycle paths – other users need to see you and you need to see where you are going.



On the road:

- We all have an equal right to the road space whether on two wheels or four
- Be confident and decisive, communicate your intentions clearly, and use correct road positioning whenever safe to do so
- Cycling and cyclists benefit everybody by reducing congestion and maximising road capacity
- Jumping red traffic lights and riding on pavements is not only illegal it is also dangerous and reinforces negative attitudes about cycling
- Advance stop lines and cycle lanes are for cyclists' safety
- As a driver, look out for cyclists and give them lots of room
- Cyclists should take extra care around large vehicles – do not undertake on the inside; they may not see you
- Treat others as you would wish to be treated yourself
- Don't forget - we all make mistakes sometimes, so forgive others as you would wish to be forgiven.



Image courtesy of Transport for London

Why cycle?

It's good for your health:

Cycling can be easily incorporated into your daily routine and brings you and your family closer to recommended daily activity targets.

It's good for your wallet:

With the cost of motoring rising ever higher, think how much you'll save if you make some journeys by bike.

It's good for the environment:

Cycling is almost carbon neutral, so there's no need to worry about the impact your journeys are having on the environment.

It's good for the town:

Cycling helps to reduce congestion and one car space could provide parking for 5-10 bikes. Cyclists also tend to visit local shops more frequently than motorists, which helps to support the local economy.

Why not cycle to...

Colchester is surrounded by Essex Countryside which can be easily accessed by bike; along quiet lanes, Byways and Bridleways.



Abbey Field

This great area of open space right in the heart of Colchester is a lovely spot for a picnic in the summer. You can travel there using the Garrison Route.

Community Stadium

As well as the home of Colchester United, the Community Stadium also hosts a wide range of events such as comedy nights, conferences, business meetings and sports activities. You can travel there using the High Woods Route.

The adiZone

This is a giant multi-sports and outdoor gym venue which aims to inspire the local community to get involved in sport. You can travel there using the Boadicea Route.



High Woods Country Park

A great place to picnic, walk and cycle, fish, feel close to nature or simply unwind and relax. Travel here with the High Woods Route.

Wivenhoe

A great place to wander around, with its charming small shops, pubs, restaurants and picturesque waterfront. Travel there via the Salary Brook Route, the Wivenhoe Trail or the University to Wivenhoe facilities.



Cycle Colchester

For more information on cycling in the area whether you are a beginner, looking to cycle more, or into the sporty/competitive side of cycling visit: www.cyclecolchester.co.uk

Cyclists' training



Cyclist Training is available throughout the county to a wide range of ages and abilities.

Essex County Council provides training through the Bikeability Scheme. Bikeability is cycling proficiency for the 21st Century, designed to give the next generation the skills and confidence to ride their bikes on today's roads.

Training is available for both adults and children and can be focused around your needs; child training is offered to all primary and secondary schools, and we can help you find a provider of adult training in your local area.

If you are interested in finding out more about the training that is available please contact RoadSafety@essexhighways.org

Or for more information about Bikeability www.dft.gov.uk/bikeability

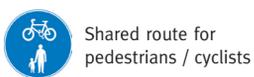


Common signs

A few other signs you may see when out cycling, and what they mean...



Cycle route



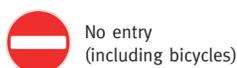
Shared route for pedestrians / cyclists



Segregated route for pedestrians / cyclists



Bus Lane (bicycles allowed)



No entry (including bicycles)



No cycling

Always cycle safely and respect other road and path users.

Be Safe, Be Seen

Ensure you are visible to others. Wear fluorescent items in the daytime and reflective at night. The extra visibility given by these materials can give other road users a few extra seconds of 'reaction time'.

When cycling at night you must have a white front light, red back light and red reflector – all in good working order. Aside from the safety risks, it is an offence to cycle at night without lights and reflectors.

Keep all lights and reflectors clean and clear of obstruction. You can also use spoke and pedal reflectors with most types of wheels and pedals.

Road position can also make a huge difference to your visibility whilst cycling, ride at least one metre from the kerb and consider taking the primary position (in the centre of the lane) at junctions and pinch points, especially in low light conditions.

Cycling times between major destinations

Numbers indicate: Miles Minutes (based on 12mph)	Colchester Town Centre	Colchester Rail Station	General Hospital	Stadium	Greenstead	Wivenhoe	Maypole Green	Prettygate	Stanway
Colchester Town Centre		1.1 6	1.7 11	2.9 24	2.1 11	4.1 21	2.9 15	2.0 11	3.2 18
Colchester Rail Station	1.1 9		1.0 8	2.0 19	2.7 17	5.4 27	4.0 24	2.7 17	3.7 22
General Hospital	1.7 12	1.0 5		1.6 8	3.5 20	6.1 31	4.8 28	3.5 20	4.4 26
Stadium	2.9 24	2.0 19	1.6 8		3.7 19	7.2 35	5.9 32	4.6 24	5.5 29
Greenstead	2.1 11	2.7 14	3.5 20	3.7 19		3.5 18	4.3 25	4.2 25	5.8 33
Wivenhoe	4.1 24	5.4 27	6.1 35	7.2 38	3.5 21		6.0 33	6.2 35	7.8 44
Maypole Green	2.9 14	3.5 20	4.3 25	5.4 31	4.3 25	6.0 31		2.2 11	2.7 14
Prettygate	2.0 10	2.7 14	3.5 20	4.6 25	4.2 25	6.2 33	2.2 11		1.5 8
Stanway	3.2 17	3.7 19	4.4 26	5.5 30	5.8 33	7.8 41	2.7 14	1.5 8	

Measurements use the main cycle routes where they coincide with the trip, or safe routes on ordinary roads where there is no designated route. Timings are based on an average cycling speed of 12mph (with extra time added for inclines and hills) as recommended by Cycling England.