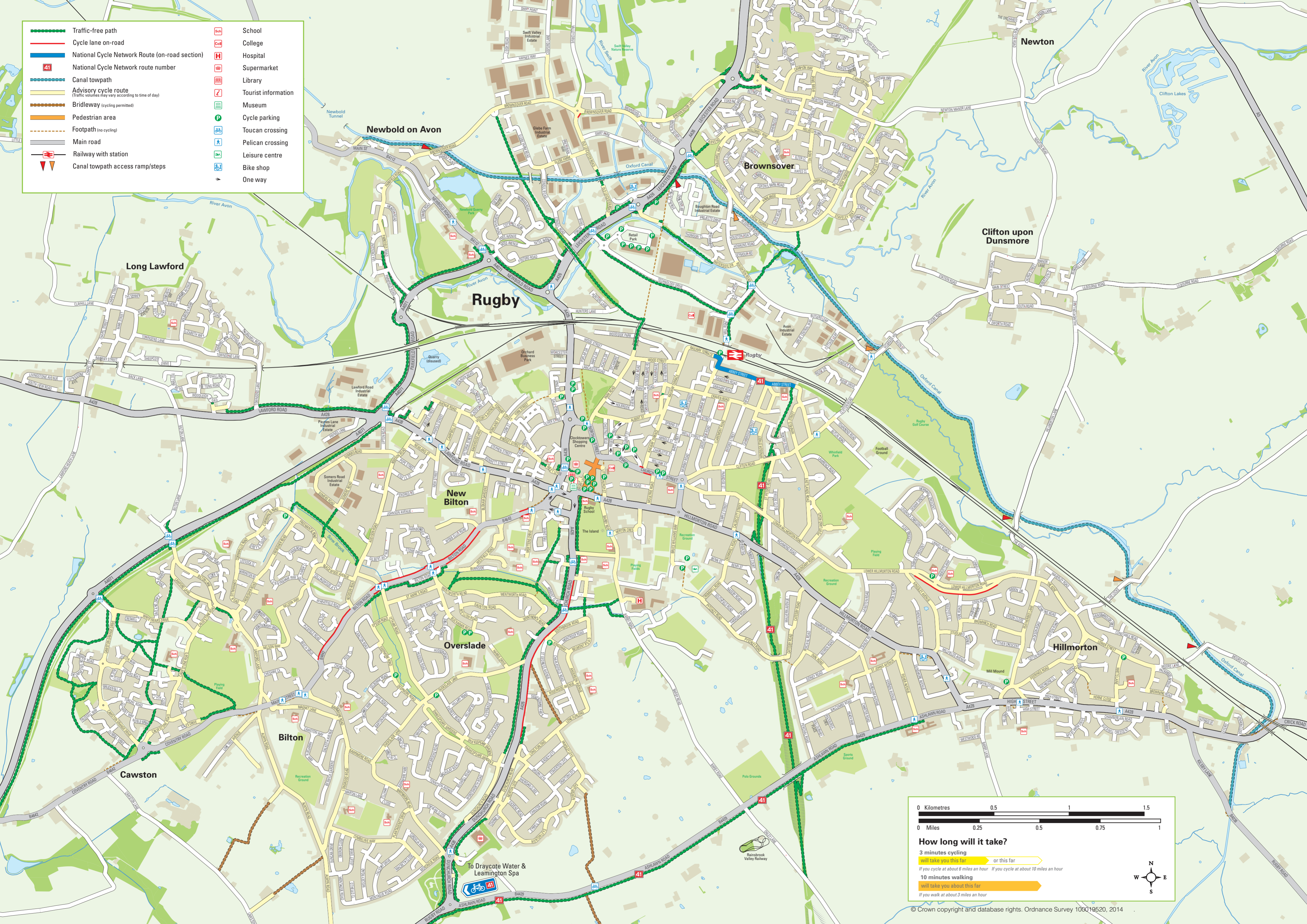


	Traffic-free path		School
	Cycle lane on-road		College
	National Cycle Network Route (on-road section)		Hospital
	National Cycle Network route number		Supermarket
	Canal towpath		Library
	Advisory cycle route (Traffic volumes may vary according to time of day)		Tourist information
	Bridleway (cycling permitted)		Museum
	Pedestrian area		Cycle parking
	Footpath (no cycling)		Toucan crossing
	Main road		Pelican crossing
	Railway with station		Leisure centre
	Canal towpath access ramp/steps		Bike shop
			One way



0 Kilometres 0.5 1 1.5  
0 Miles 0.25 0.5 0.75 1

**How long will it take?**  
 3 minutes cycling  
 will take you this far or this far  
 If you cycle at about 6 miles an hour If you cycle at about 10 miles an hour  
 10 minutes walking  
 will take you about this far  
 If you walk at about 3 miles an hour



## Why cycle?

Cycling is a great way to travel for your local journeys in and around Rugby. Many of the everyday journeys that we make are less than 5 miles and could therefore potentially be made by bike.

There are many dedicated cycle routes in Rugby, both on-road and off-road, which provide links to workplaces, schools, stations and leisure destinations. Several routes go through green open spaces and are also enjoyable leisure cycle routes for all the family.

National Cycle Network routes 41 passes through Rugby – see the map overleaf and the information on Sustrans below.

Warwickshire County Council continues to work to improve conditions for cycling to encourage and enable more people to cycle for local journeys. For more information, visit [www.warwickshire.gov.uk/cycling](http://www.warwickshire.gov.uk/cycling)

Here are some good reasons to try cycling for some of your journeys in and around town:

- Cycling can save you money
- Cycling improves your strength, stamina and aerobic fitness with little risk of over-exertion
- At 10-20mph door to door, it is the fastest travel mode in urban peak hours
- According to the British Medical Association (BMA), cycling five miles four times a week can cut risks of coronary heart disease by up to half. Regular activity also reduces chances of strokes, colon cancers and osteoporosis
- Riding your bike to work is a great way to make two aerobic workouts part of your daily routine
- Cycling produces no atmospheric pollution and virtually no noise
- Cycle instead of going by car and you'll help cut congestion
- Around three quarters of all journeys made in the UK are less than 5 miles. Many of these journeys could be made by bicycle.



© J Bewley / Sustrans

## Leisure Cycling

There are plenty of opportunities for leisure cycling in the countryside surrounding Rugby, whatever your ability or fitness level.

Two circular leisure cycling routes which mainly follow scenic country roads in the countryside surrounding Rugby have been developed by Rugby Borough Council. You can download route maps at [www.enjoyrugby.co.uk](http://www.enjoyrugby.co.uk).

Warwickshire County Council has developed a 16 mile mountain bike ride which takes in the countryside around Ryton Pools Country Park. Visit [countryparks.warwickshire.gov.uk](http://countryparks.warwickshire.gov.uk) for more information or email [parks@warwickshire.gov.uk](mailto:parks@warwickshire.gov.uk) / phone 02476 305592 for route maps (50p each, plus postage).

For information on cycle routes further afield in Warwickshire, visit [www.countryparks.warwickshire.gov.uk](http://www.countryparks.warwickshire.gov.uk)

## Sustrans & the National Cycle Network

Sustrans is a leading UK charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. Sustrans is behind many groundbreaking projects, including the National Cycle Network (NCN) which now covers more than 14,000 miles of safe, traffic-free, quiet lanes and on-road walking and cycling routes across the UK. The maintenance and development of the National Cycle Network and Sustrans' other projects relies on local authority partnerships, volunteer rangers and the kind donations of supporters.

### The National Cycle Network in your area

**National Route 41**  
Leamington Spa / Warwick – Rugby (The Lias Line) follows a mixture of quiet lanes, disused railway lines and canal towpaths via Long Itchingdon, Birdingbury and Draycote Water. The route includes the Offchurch Greenway, a traffic-free scenic 1.5 mile route along the former railway line near Leamington Spa.

**National Route 53**  
Rugby- Coventry- Birmingham (under development). This route is currently being developed, as part of a route between Birmingham and Peterborough. Within Warwickshire, Route 53 will provide safe cycling commuter access into Coventry and Rugby, and an attractive cycle route between the two.

The Leicester Road Viaduct Cycleway, developed in partnership with Rugby Borough Council, forms part of Route 53 in Rugby. This largely traffic-free cycle route follows the old railway line to link the industrial and residential areas in the north west of Rugby to the town centre.

For maps and further details on National Cycle Network routes and other Sustrans projects, visit [www.sustrans.org.uk](http://www.sustrans.org.uk)

Stay in touch with Sustrans on:

[facebook.com/Sustrans](https://www.facebook.com/Sustrans)

[@sustrans](https://twitter.com/sustrans)



## Cycling advice

### Out on the road

- Ride assertively but with care: ride well clear of the kerb and always look and signal before you pull out
- Keep your bike in good condition: check the brakes, tyres and other major components regularly
- Obey traffic and cycle signs and signals
- Ensure you are visible: wear bright clothing or reflective clothing, especially at night and always use lights after dark or when visibility is poor
- Do not cycle on pavements unless signs show it is allowed
- It is advisable to wear a helmet.

### Cycle security tips

- Always use a good quality, solid lock and try to secure your bike's frame to a solid object
- If the wheels can be easily removed, take off your front wheel and lock it to the back wheel and frame, using a second lock if necessary
- Remove any accessories, such as lights or panniers, and take them with you
- Keep a record of the frame number, model, colour and other identifiable features of your bike
- Get your bike security marked or post-coded.



### Cycling on shared use paths

- Give way to pedestrians and wheelchair users and take care around horse-riders leaving them plenty of room, especially when approaching from behind
- Be courteous and patient with pedestrians and other path users who are moving more slowly than you – shared paths are for sharing, not speeding
- Slow down as needed when space is limited or if you cannot see clearly ahead
- Be particularly careful at junctions, bends, entrances onto the path, or any other 'blind spots' where people (including children) could appear in front of you without warning
- Keep to your side of any dividing line
- Carry a bell and use it or an audible greeting – avoid surprising people, or horses
- However, don't assume people can see or hear you – remember that many people are hard of hearing or visually impaired
- In dull and dark weather make sure you have lights so you can be seen
- For more information about cycling on canal towpaths, visit [www.canalrivertrust.org.uk](http://www.canalrivertrust.org.uk)
- See Signs & lines panel for more information.

## Advice for drivers

- Give cyclists plenty of space when overtaking
- Be particularly aware of cyclists at roundabouts and junctions
- Look out for cyclists when you are turning left or right
- Always check for cyclists before opening your car door
- Do not park your car in a cycle lane, cycle track or on the pavement.

## Cycle signs & lines



**Shared Use Paths (un-segregated)**  
for pedal cycles & pedestrians only



**Shared Use Paths (segregated)**  
for pedal cycles & pedestrians only (please keep to the correct side)



**Cycle path**  
(cyclists only)



**Cycle lanes**



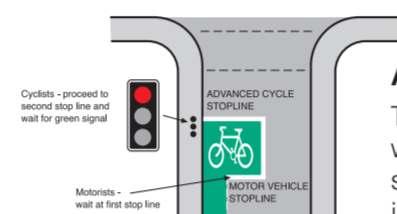
**Cycle route crossing the footway**  
(warning sign for pedestrians)



**No cycling**



**Cycle route ahead**  
(sign for motorists)

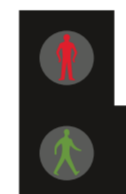


Cyclists – proceed to second stop line and wait for green signal

Motorists – wait at first stop line

### Advanced Stop Lines

These provide cyclists with a safe, visible space to wait signalled junctions allowing them to move off in front of other vehicles.



### Toucan crossing

Signalled crossing for use by both cyclists & pedestrians (cyclists must dismount to use other types of crossing).

## Bikes and trains

For longer journeys, cycling and train travel is an ideal combination. Cycle parking facilities are available at Rugby Station. Cycles can be carried on trains but each train operator has different policies.

- **Virgin Trains** carry bikes free of charge but reservations are required as spaces are limited. Visit [www.virgintrains.co.uk](http://www.virgintrains.co.uk) for more information.
- **London Midland** carries cycles free of charge when accompanied by a valid ticket holder, subject to availability. However, there are restrictions into London in the morning peak and when leaving in the evening peak. Visit [www.londonmidland.com](http://www.londonmidland.com) for more information.

For train timetables, visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or [www.warwickshire.gov.uk/travel](http://www.warwickshire.gov.uk/travel). Telephone National Rail Enquiries on 08457 48 49 50.

Folding bikes are carried on all trains with no restrictions



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## Useful contacts

### Travel information

Visit [www.warwickshire.gov.uk/travel](http://www.warwickshire.gov.uk/travel) for all the information you need on getting around in Warwickshire, whether by bike, on foot or using public transport. You can access a free online cycling journey planner from this site, which can provide you with the most suitable cycle route to your destination, including a predicted travel time.

### Cycle training (child and adult)

A variety of cycle training for all ages and abilities is provided by Warwickshire County Council's Road Safety Unit. Bikeability cycle training for children is available through Warwickshire's schools during term time and through holiday courses held throughout the county during half-term holidays.

For adults, from novice to experienced, a wide range of bespoke cycling courses are available for small groups, organisations or on a one-to-one basis.

For further information visit [www.warwickshire.gov.uk/cycletraining](http://www.warwickshire.gov.uk/cycletraining) or call 01926 412776.

### Problems on the roads or cyclepaths?

To report problems such as potholes or faulty street lighting, contact Warwickshire County Council Highways  
Tel: 01926 412515  
or email: [countyhighways@warwickshire.gov.uk](mailto:countyhighways@warwickshire.gov.uk)

### Local cycling groups

**Rugby Racing Cycling Club**  
Tel: 01788 335252  
Visit [www.rugbyrcc.org.uk](http://www.rugbyrcc.org.uk)  
Email: [info@rugbyrcc.org.uk](mailto:info@rugbyrcc.org.uk)

**Rugby Velo Cycling Club**  
Tel: 01788 335252  
Email: [rugbyvelo@yahoo.co.uk](mailto:rugbyvelo@yahoo.co.uk)

### National cycling organisations

**Sustrans**  
Sustainable transport charity (see opposite)  
Visit [www.sustrans.org.uk](http://www.sustrans.org.uk)

**CTC (Cyclists' Touring Club)**  
National cyclists' organisation which gives cyclists a louder voice locally and nationally on issues which are important to cyclists  
Visit [www.ctc.org.uk](http://www.ctc.org.uk)

**British Cycling**  
Governing body of cycle sport in the UK.  
Visit [www.britishcycling.org.uk](http://www.britishcycling.org.uk)

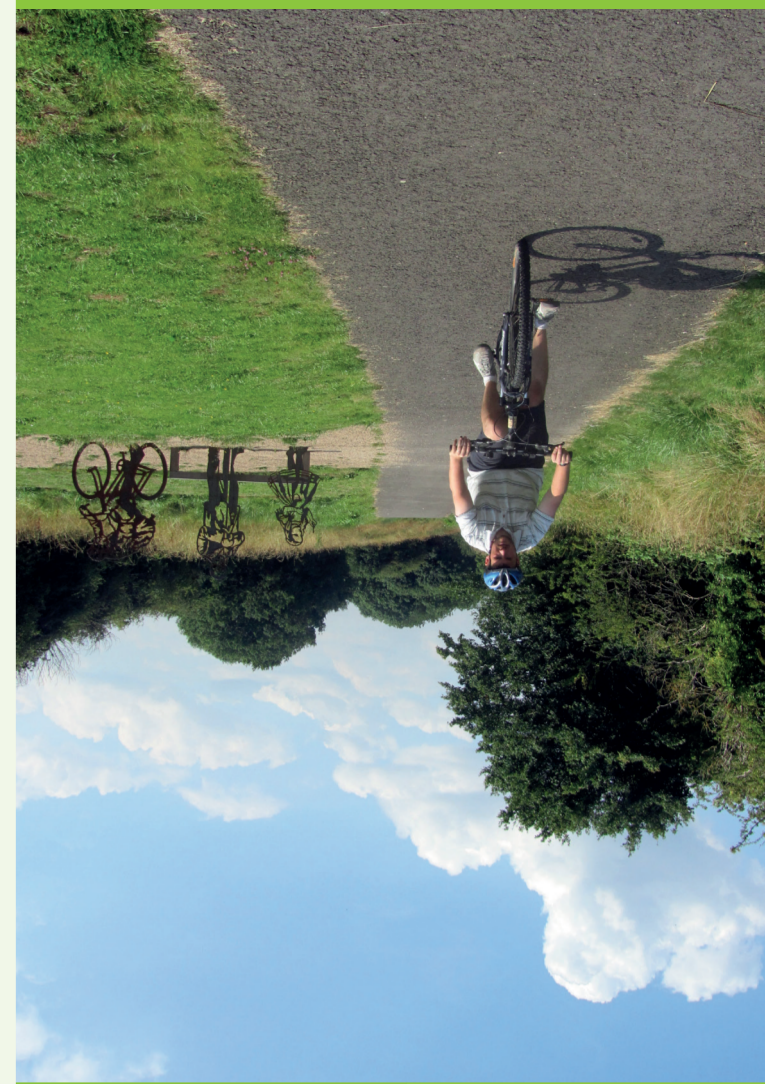
### Cycle shops

**Halfords**  
Elliots Field Retail Park, Leicester Road  
Rugby CV21 1SR  
Tel: 01788 568096  
Visit [www.halfords.com](http://www.halfords.com)

**Herbert and Sons**  
151 Railway Terrace  
Rugby CV21 3HQ  
Tel: 01788 576927

**Paddox Cycles**  
274a Hillmorton Road  
Rugby CV22 5BW  
Tel: 01788 576659  
Visit [www.paddoxcycles.co.uk](http://www.paddoxcycles.co.uk)

**Thorntons Cycle Centre**  
100 Cambridge Street  
Rugby CV21 3NH  
Tel: 01788 221281  
Visit [www.thorntonscyclecentre.co.uk](http://www.thorntonscyclecentre.co.uk)



## Welcome to your free Cycling Guide for Rugby

Cycling is a quick, economical and healthy way to travel for local journeys around Rugby. It usually takes about 10 minutes to cycle two miles, which can be faster than using your car!

This Cycling Guide includes a map showing dedicated cycle routes in Rugby, as well as a network of advisory routes which provide useful links avoiding busy roads and difficult junctions as far as possible. There is also a range of other useful information about cycling to help you make more of your local journeys by bike.

For further information about travel in Warwickshire or to request further copies of this map, please contact:

Transport Planning Unit  
Communities Group  
Warwickshire County Council  
PO Box 43, Shire Hall,  
Warwick CV34 4SX  
Telephone: (01926) 410410  
Email: [tpu@warwickshire.gov.uk](mailto:tpu@warwickshire.gov.uk)  
[www.warwickshire.gov.uk/travel](http://www.warwickshire.gov.uk/travel)



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Pedestrian footpath data © Drawlive Ltd (t/a walkit.com) 2012 derived from  
Cities Revealed aerial photography © The Geoinformation Group 2012



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