



Protect your cycle. Protect yourself.



1. Don't leave your cycle unlocked – even for a minute.
2. Take quick-release parts with you.
3. Don't leave valuable bikes in public places for a long time – even when locked.
4. Lock the frame to something solid and use a good quality lock.
5. Ensure the lock is off the ground.
6. If you have a garage, use it and lock it.
7. Note your bike make, model and frame number.
8. A photograph of you and your bike together will help to prove ownership.
9. Security code your bike with www.retainagroup.com
10. Visit the property office at Fratton. They might have your stolen cycle !!!



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Highway Code for Cyclists

Remember – the Highway Code applies to cyclists as well as other road users.

Cycle signs

It is illegal to cycle on the pavement, unless signs say otherwise. You must obey all traffic signs and signals. Please refer to The Highway Code for further detailed information. www.direct.gov.uk/highwaycode Here is a selection of the most commonly used road signs for cyclists

- Route recommended for cycles on main road
- Route to be used by cycles ONLY
- Shared pedestrian and cycle route
- Segregated cycle and pedestrian route
- Contra-flow cycle route
- Cycle and bus route
- With-flow cycle lane ahead (a solid line prohibits all other vehicles)
- Warning (for motorists) Cycle route ahead
- No cycling

Cycle safe

You must display front and rear lights at night, as well as a rear reflector.

Wear bright or reflective clothing for extra visibility.

For your own safety - always wear a safety helmet.

Always lock your bike.

Useful Contacts

Portsmouth City Council - Sustainable Transport Officer
Tel: 023 9283 4092
E-mail: roadsafety@portsmouthcc.gov.uk
E-mail: cityhelpdesk@portsmouthcc.gov.uk
www.portsmouth.gov.uk/living

National Rail
Tel: 08457 48 49 50
www.nationalrail.co.uk

South West Trains
Tel: 0845 6000 650
www.southwesttrains.co.uk

Cycling By Train Leaflet - details of cycle carriage policy for different train operating companies.
Collect from local stations or download from National Rail website
http://www.nationalrail.co.uk/passenger_services/cyclists.htm

Gosport Ferry
Tel: 023 9252 4551
E-mail: info@gosportferry.co.uk
www.gosportferry.co.uk

Hayling Island Ferry - Eastney, Portsmouth
Tel: 023 9248 2868
www.langstoneharbour.org.uk/harbour/ferry.htm

Sustrans - promoters of national cycle networks
Tel: 0845 113 00 65
E-mail: info@sustrans.org.uk
www.sustrans.org.uk

Cyclist Touring Club (CTC) - national cycling organisation
Tel: 0870 873 0060
E-mail: cycling@ctc.org.uk
www.ctc.org.uk

British Cycling - national governing body for cycling in the UK
Tel: 0870 871 2000
E-mail: info@britishcycling.org.uk
www.britishcycling.org.uk

British Cycling - leisure website
www.everydaycycling.com

British Schools Cycling Association - cycling opportunities for young people
Tel: 023 9264 2226
www.bsca.org.uk

Cycling By Train Leaflet - details of cycle carriage policy for different train operating companies.
Collect from local stations or download from National Rail website
http://www.nationalrail.co.uk/passenger_services/cyclists.htm

Cycling in Portsmouth

A compact and generally flat city, Portsmouth is ideally suited to cycling. Cycling is convenient, healthy and allows you to see the area from a different perspective. Take in the historic sights of Portsmouth as part of a cycling tour of the south coast.

Portsmouth has a lot to offer within easy reach and a network of cycle routes can help you to reach your destination more quickly. The World Health Organisation recommends that adults undertake at least 30 minutes of moderate physical activity a day and that children should undertake at least 60 minutes of varied physical activity every day. Cycling is a great way to exercise and can be incorporated into everyday life very easily as part of your journey to work or school. Regular cyclists enjoy a fitness level normally found in someone ten years younger. Cycling also helps to alleviate pollution and congestion on the city's roads. Approximately 90% of carbon monoxide and benzene levels on the south coast are caused by road transport.

In Portsmouth travelling by bicycle is one of the easiest ways of getting about. The city is very flat and compact, with few steep hills to climb, so you are never far from your destination.

Many journeys that you may usually make by car are ideal for cycling thanks to the network of cycle routes that Portsmouth has to offer. For those longer journeys it is possible to combine cycling with either a bus or train.

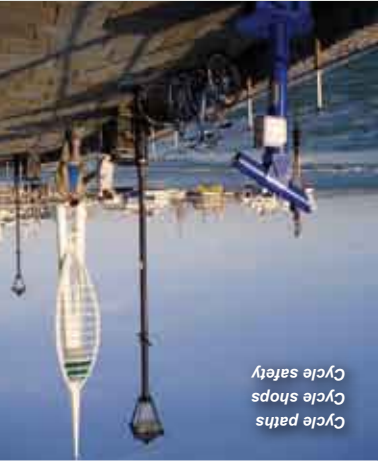
And remember, maintaining and using a bike costs much less than owning and running a car.

Organisations wishing to encourage staff to travel by alternatives to the car should consider developing a green travel plan and joining the SignPOST Travel Forum. Contact the Travel Plan Officer on 023 9284 1332 for more information.

Cycle Shops in Portsmouth

There are a good range of retailers in Portsmouth offering new bikes, accessories and servicing. They are shown on the map using this symbol. and the same number, 1 to 13

- 1 **Portsmouth Cycle Exchange**
023 9281 5918
4-6-8 Victoria Road North, Southsea, PO5 2DF
- 2 **Pedlers Cycles**
023 9266 7747
2b Balliol Road, Portsmouth, PO2 7PP
- 3 **NR Cycle Accessories**
023 9267 1558
213 New Road, Portsmouth, PO2 7QU
- 4 **Buy Cycles**
023 9266 6692
199 Twyford Avenue, Portsmouth, PO2 8HZ
- 5 **Motorworld**
023 9266 3053
167 London Road, Portsmouth, PO2 9AE
- 6 **Velocity Bikes**
023 9265 4400
319 London Road, Portsmouth, PO2 9HQ
- 7 **Cycle World Wessex**
023 9266 6500
373 London Road, Portsmouth, PO2 9HJ
- 8 **Cooper's Cycle**
023 9238 5666
8 Highbury Bldgs, Portsmouth Rd, Cosham, PO6 2SN
- 9 **Cycles Galore**
023 9238 9824
55 High Street, Cosham, Portsmouth, PO6 3AX
- 10 **Snow and Rock**
023 9220 5388
The Boardwalk, Port Solent, PO6 4TP
- 11 **Motorworld**
023 9266 2756
11 Ackworth Road, Portsmouth, PO3 5NS
- 12 **Halfords**
023 9267 1242
Unit 4 Ocean Park, Burfields Road, Portsmouth, PO3 5NP
- 13 **Haslemere Cycles**
023 9275 2952
168 Haslemere Road, PO4 9AS



Cycle paths
Cycle shops
Cycle safety

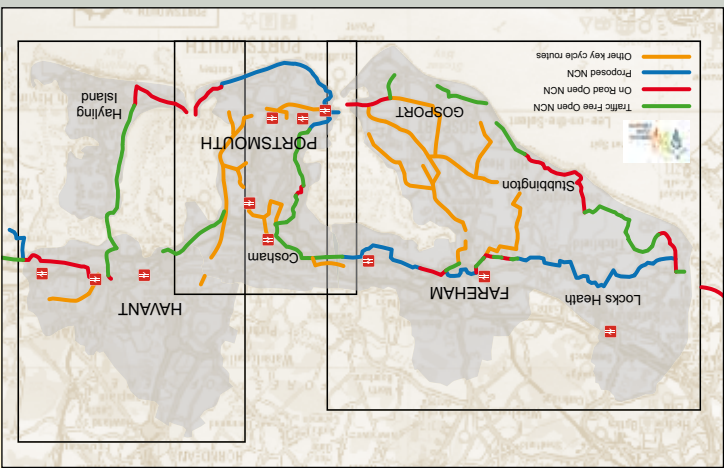
Cycle map and Guide



Portsmouth City Centre

Local environmental charity, Groundwork Solent worked in partnership with Hampshire County Council, Portsmouth City Council, Gosport, Fareham and Havant Borough Councils to coordinate the Solent Cycle Map project to improve cycle mapping for the local area. The map is part of a three year sustainable transport focused round the Hampshire and Gosport area. The map is part of a three year sustainable transport focused round the Hampshire and Gosport area. The map is part of a three year sustainable transport focused round the Hampshire and Gosport area.

The Solent Cycle Map



Sustrans is the UK's leading sustainable transport charity, working on practical projects so people can choose to travel in ways that benefit their health and the environment. The charity is behind many ground-breaking projects including the National Cycle Network, over 12,000 miles of traffic-free quiet lanes and on-road walking and cycling routes around the UK. We are the charity making a difference today so everyone can live a better tomorrow.

The National Cycle Network

Get to work quicker at peak times. Vital in beating congestion. Excellent recreation. Reduce pollution. Good for the environment. Improve your fitness levels. Healthy. Cycling is ...



SOLENT
CYCLE MAP
PROJECT

PORTSMOUTH