

Why cycle

- **To save money**
Cycling costs 85% less than driving.
- **To save time**
For journeys from 3 to 5 km cycling is often the quickest form of transport.
- **For health and fitness**
Cycling can improve and maintain physical and emotional health.
- **For enjoyment**
Cycling is an easy and enjoyable activity with friends and family.
- **For the environment**, cycling produces virtually no atmospheric pollution or noise.

Helping more people cycle

Cycle training and practical support
Whatever your level, we can help you get the best from riding your bike. We offer a range of courses, led by expert instructors, to get you up to speed whether that be learning to ride, building skills and confidence, looking after your bike or becoming a ride leader.

The website at www.tfgm.com/cycling contains lots of useful information including details of cycle parking facilities.

Up to date information relating to cycling, events and training are included on our free email newsletter. Sign up at www.tfgm.com/cycling

Useful Contacts

- Traveline**
For information on train, bus and Metrolink services or to book a bike on a train.
0871 200 22 33
www.tfgm.com
- British Cycling**
The governing body for cycle sport in the UK.
www.britishcycling.org.uk
- Canal and River Trust**
The charity entrusted with the care of 2000 miles on inland waterway network in England.
www.canalrivertrust.org.uk
- CTC**
The National Cycling Charity.
www.ctc.org.uk
- Sustrans**
The charity enabling people to travel on foot, by bike or public transport for more everyday journeys.
www.sustrans.org.uk
- Details of other local groups, forums and organisations that support cycling initiatives can be found at:
www.tfgm.com/cycling

Highway defects

To report potholes or any other surface problems that are a hazard to cyclists please contact your Local Highway Authority
0161 217 6111

Map 7: Stockport

Traffic Free Route - good surface	Rail Station
Traffic Free Route - rough surface	Metrolink Station
On Road Route - with cycling facilities	MCN National Route
On Road Route - signed but with no facilities	MCN Regional Route
20 mph speed limit	Library
On Road Route - advisory/quiet route	Museum / Art Gallery
Footpath - please walk with your bike	School
Pedestrian Crossing	College
Traction Crossing	University
Bicycle Lockers - BLUC (Bicycle Locker Unit)	Leisure Centre / Sports
Bicycle Lockers - Non-BLUC	Theatre
Cycle Parking	Hospital
Cycle Shop	Health Centre
Cycle Hub	Fire Station
	Tourist Information Centre

Walking time: 0 1 2 3 4 5 6 7 8 9 10 minutes
Cycling time: 0 1 2 3 4 5 6 7 8 9 10 minutes
Scale: 0 200m 400m 600m 800m 1km
1/4 mile 1/2 mile

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Transport for Greater Manchester

MAP 7

Cycle network map Stockport

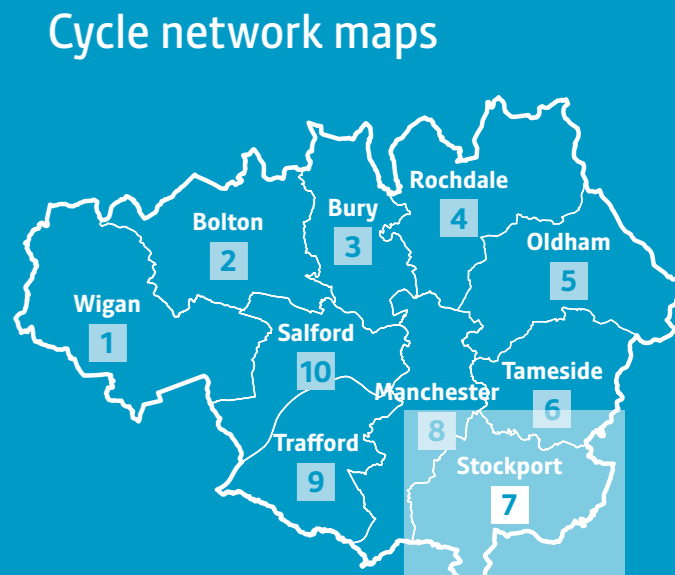
Stockport town centre, Bramhall, Cheadle Hulme, Disley, Marple, Reddish, Romiley



better bicycle

One of a series of 10 maps covering the whole of Greater Manchester
June 2015

Transport for Greater Manchester



Transport for Greater Manchester's cycle network is divided into 10 areas with a map for each.

All maps available from
www.tfgm.com
www.tfgm.com/cycling
0300 123 1675

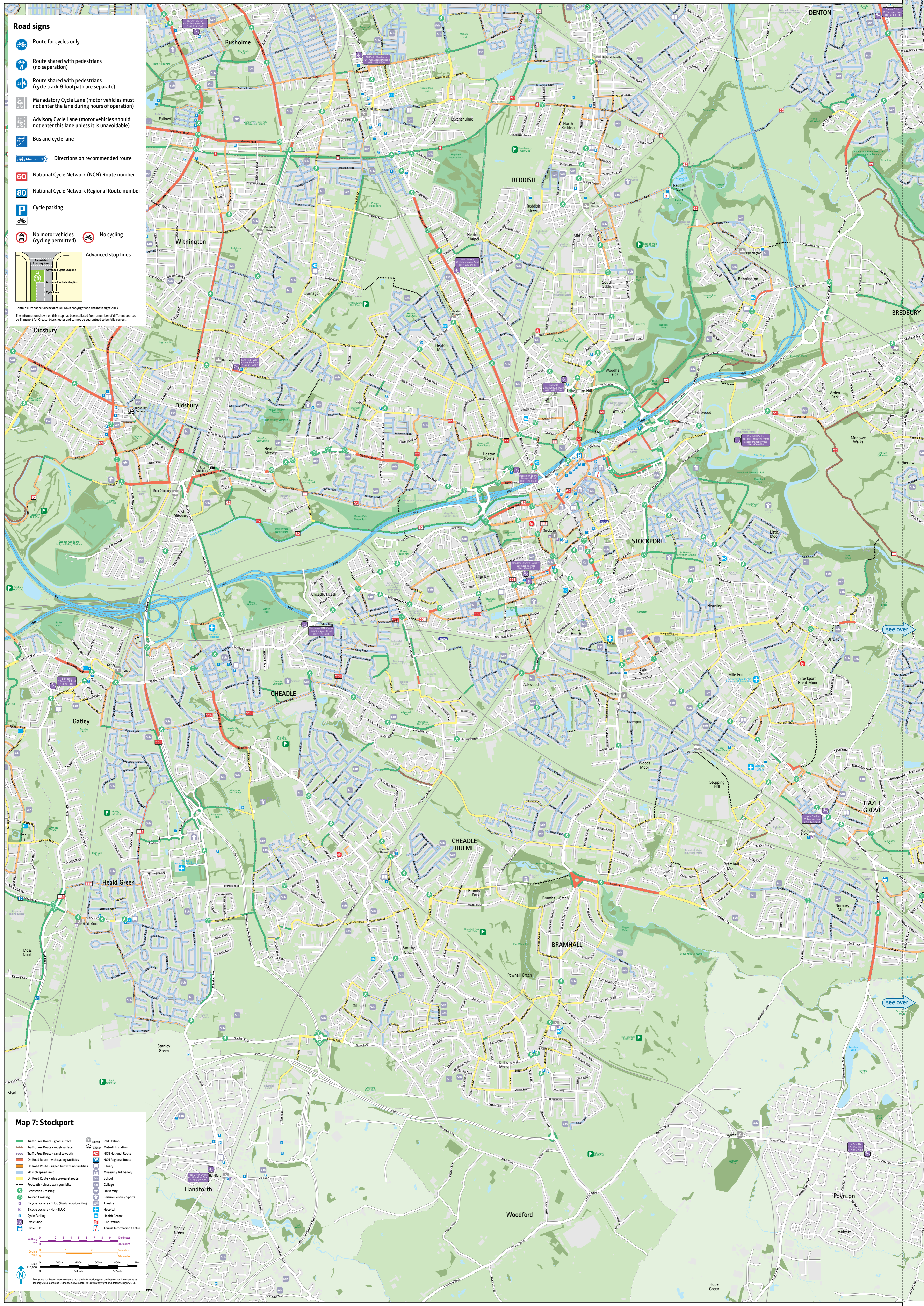
Road signs

- Route for cycles only
- Route shared with pedestrians (no separation)
- Route shared with pedestrians (cycle track & footpath are separate)
- Mandatory Cycle Lane (motor vehicles must not enter the lane during hours of operation)
- Advisory Cycle Lane (motor vehicles should not enter this lane unless it is unavoidable)
- Bus and cycle lane
- Directions on recommended route
- National Cycle Network (NCN) Route number
- National Cycle Network Regional Route number
- Cycle parking
- No motor vehicles (cycling permitted)
- No cycling

Advanced stop lines

- Pedestrian Crossing Zone
- Advanced Cycle Stopline
- Advanced Vehicle Stopline
- Cycle Lane

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The information shown on this map has been collected from a number of different sources by Transport for Greater Manchester and cannot be guaranteed to be fully correct.



Map 7: Stockport

- Traffic Free Route - good surface
- Traffic Free Route - rough surface
- Traffic Free Route - canal towpath
- On Road Route - with cycling facilities
- On Road Route - signed but with no facilities
- 20 mph speed limit
- On Road Route - advisory/quiet route
- Footpath - please walk your bike
- Pedestrian Crossing
- Toucan Crossing
- Bicycle Lockers - BLUC (Bicycle Locker User Club)
- Bicycle Lockers - Non-BLUC
- Cycle Parking
- Cycle Shop
- Cycle Hub
- Rail Station
- Metrolink Station
- NCN National Route
- NCN Regional Route
- Library
- Museum / Art Gallery
- School
- College
- University
- Leisure Centre / Sports
- Theatre
- Hospital
- Health Centre
- Fire Station
- Tourist Information Centre

Walking 0 100m 200m 300m 400m 500m 600m 800m 1000m 12 miles

Cycling 0 100m 200m 300m 400m 500m 600m 800m 1000m 12 miles

Scale 0 200m 400m 600m 800m 1000m 12 miles

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