

My Journey Wokingham is a behaviour change campaign promoting active and sustainable travel.

Cycling is a low impact exercise, which can be built into a daily routine, saves you money, improves your health and helps the local environment. A 30 minute ride a day, 5 days a week, is the best way to build your cardiovascular fitness, reducing the risk of heart disease and stroke.



Keep yourself safe when cycling

- Follow the highway code www.highwaycode.co.uk
- Ride positively, decisively and position yourself well clear of the kerb
- Cycle training is a good option if you're new or returning to cycling - see www.myjourneywokingham.com/events
- Consider wearing a helmet
- Keep your bike roadworthy
- Don't forget, lights are necessary after dark and hi-vis clothing or accessories will help you be seen
- Never undertake large vehicles, especially near junctions
- When cycling on routes shared with pedestrians, always warn others of your presence by use of a bell, adjust your speed accordingly, and avoid cycling too closely. Some pedestrians may be visually or hearing impaired so please take extra care.

Cycle hubs

- Finchampstead (FBC Centre)** - A local location for regular term-time cycle training, with the advantage of a cycle track, café, library and children's play area.
- Montague Park (Floreat Montague Park Primary School)** - A local location for cycle training during school holidays.
- Woodford Park Bike Hub** - A local location for regular term-time cycle training.
- Shinfield St Mary's Junior School** - A local location for cycle training during school holidays.

Signs for cyclists



Shared-use path:
A shared-use path is one which can be used by cyclists as well as pedestrians. On such paths cyclists must give way to pedestrians.



Segregated shared-use paths:
A segregated shared-use path is one which has some form of physical separation distinguishing the cyclist and pedestrian areas, usually a delineator white line, a raised white line or a kerb.



Cycle route:
For cyclists only.



Recommended for Cyclists:
Route ahead recommended for cyclists.



No cycling:
Cycling is NOT permitted on the path or in the areas marked by these signs.

Western Area Cycle Maps

Off-Carriageway Routes

These routes are considered to be suitable for cycling all year round and are separated from the carriageway.

On-Carriageway Routes

These routes are dedicated cycle routes on the carriageway.

Quiet Links

These are routes which are lightly trafficked or traffic free routes which are considered suitable all year round.

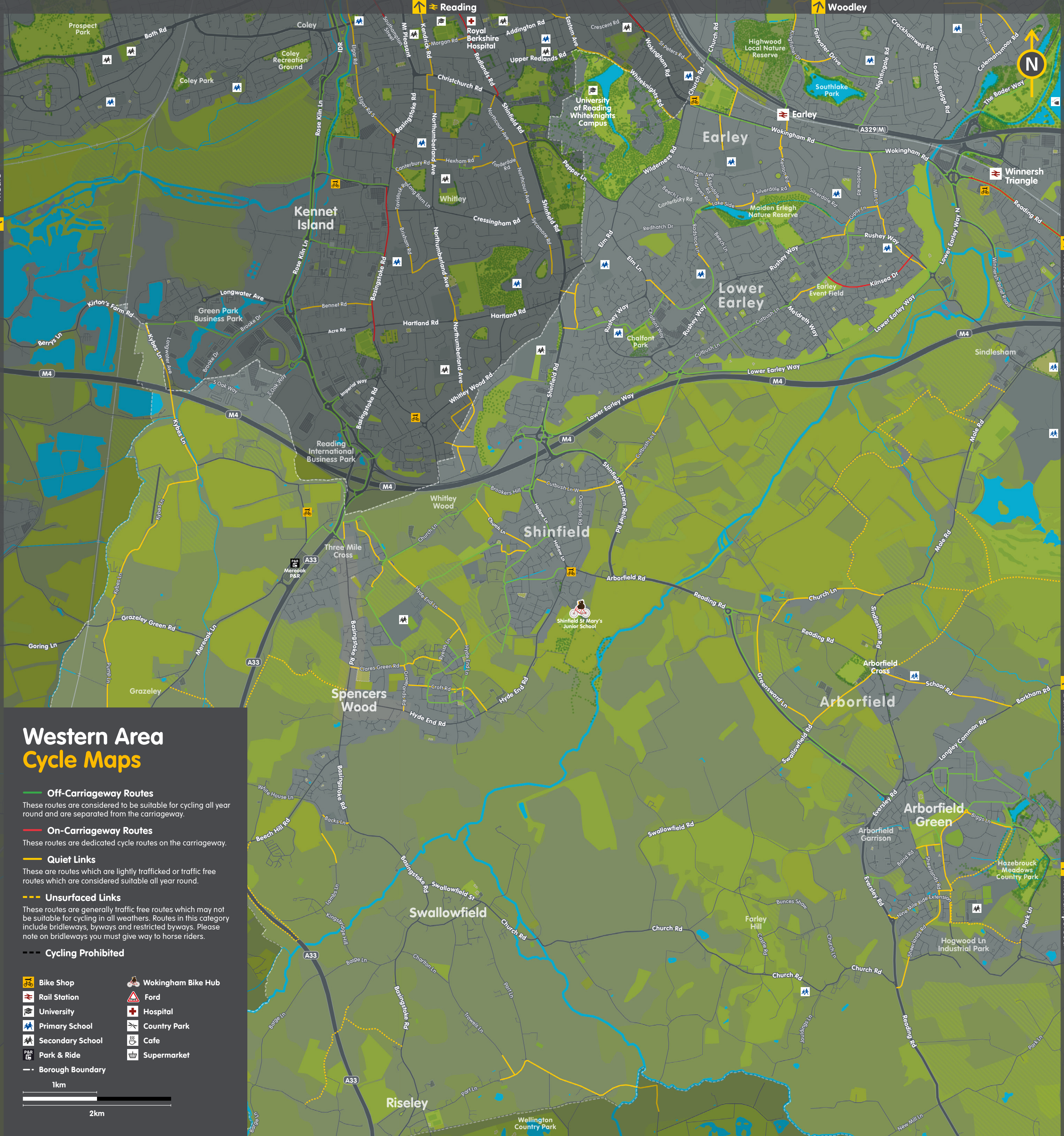
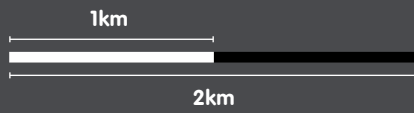
Unsurfaced Links

These routes are generally traffic free routes which may not be suitable for cycling in all weathers. Routes in this category include bridleways, byways and restricted byways. Please note on bridleways you must give way to horse riders.

Cycling Prohibited

- Bike Shop
- Rail Station
- University
- Primary School
- Secondary School
- Park & Ride
- Borough Boundary

- Wokingham Bike Hub
- Ford
- Hospital
- Country Park
- Cafe
- Supermarket



- My Journey Website** www.myjourneywokingham.com
- Wokingham Borough Council** www.wokingham.gov.uk
- Sustrans** (includes maps of national cycle network) www.sustrans.org.uk
- Bikeability training** www.bikeability.org.uk
- Cycling UK** www.cyclinguk.org
- British Cycling** www.britishcycling.org.uk
- National rail enquiries - cycling** www.nationalrail.gov.uk/stations_destinations/cyclists.aspx
- Wokingham Cycle Club** www.wokinghamcc.org.uk - for cycling on road together with other cycling related and social events
- Sprockets** www.sprockets.club - British Cycling Go-Ride Club for 3 - 17 year olds, to improve cycling skills, confidence and ability
- Avonit Cycling.co.uk** - getting more people onto bikes by teaching little people how to cycle in traffic, by giving adults confidence to ride and by helping organisations implement sustainable transport policies

- Useful Links**
- My Journey Website** www.myjourneywokingham.com
- Wokingham Borough Council** www.wokingham.gov.uk
- Sustrans** (includes maps of national cycle network) www.sustrans.org.uk
- Bikeability training** www.bikeability.org.uk
- Cycling UK** www.cyclinguk.org
- British Cycling** www.britishcycling.org.uk
- National rail enquiries - cycling** www.nationalrail.gov.uk/stations_destinations/cyclists.aspx
- Wokingham Cycle Club** www.wokinghamcc.org.uk - for cycling on road together with other cycling related and social events
- Sprockets** www.sprockets.club - British Cycling Go-Ride Club for 3 - 17 year olds, to improve cycling skills, confidence and ability
- Avonit Cycling.co.uk** - getting more people onto bikes by teaching little people how to cycle in traffic, by giving adults confidence to ride and by helping organisations implement sustainable transport policies

Cycle Training

Cycle Hubs: Cycle training for adults and children is usually carried out at one of our four cycle hubs.
Bikeability: Bikeability is the Department for Transport's national award scheme for cycle training in England primarily for children and young people. Bikeability Levels 1, 2 and 3 are offered to Wokingham schools every year, particularly targeting Year 5/6 pupils. Our cycle training provider is Avonit Cycling.
Bikeability Levels 1, 2 and 3 holiday courses are also run at one of our four cycle hubs.

Cycle Maintenance

Cycle Shops: cycle maintenance can be carried out at these shops
Berkshire Cycle Co - www.berkshireribikes.com
Rote Cycles - www.rotecyclesberkshire.com
Mountain Trax - www.mountain-trax.com
KC Sports - www.freewebs.com/kcsport/cycles
Bia Cycling shop and cafe - www.biacycling.com
Dr Bikes: Alongside being mobile mechanics, Dr Bikes also attend some of our My Journey events and carry out bike checks.
Gary Neilson - Dr Bike 07882 021814
Steve Johnson - Cycle Services (mobile cycle repair and servicing) 07879494345



CYCLE MAP WESTERN AREA 2022

- Arborfield
- Lower Earley
- Maiden Erlegh
- Riseley
- Shinfield
- Spencers Wood
- Swallowfield

