

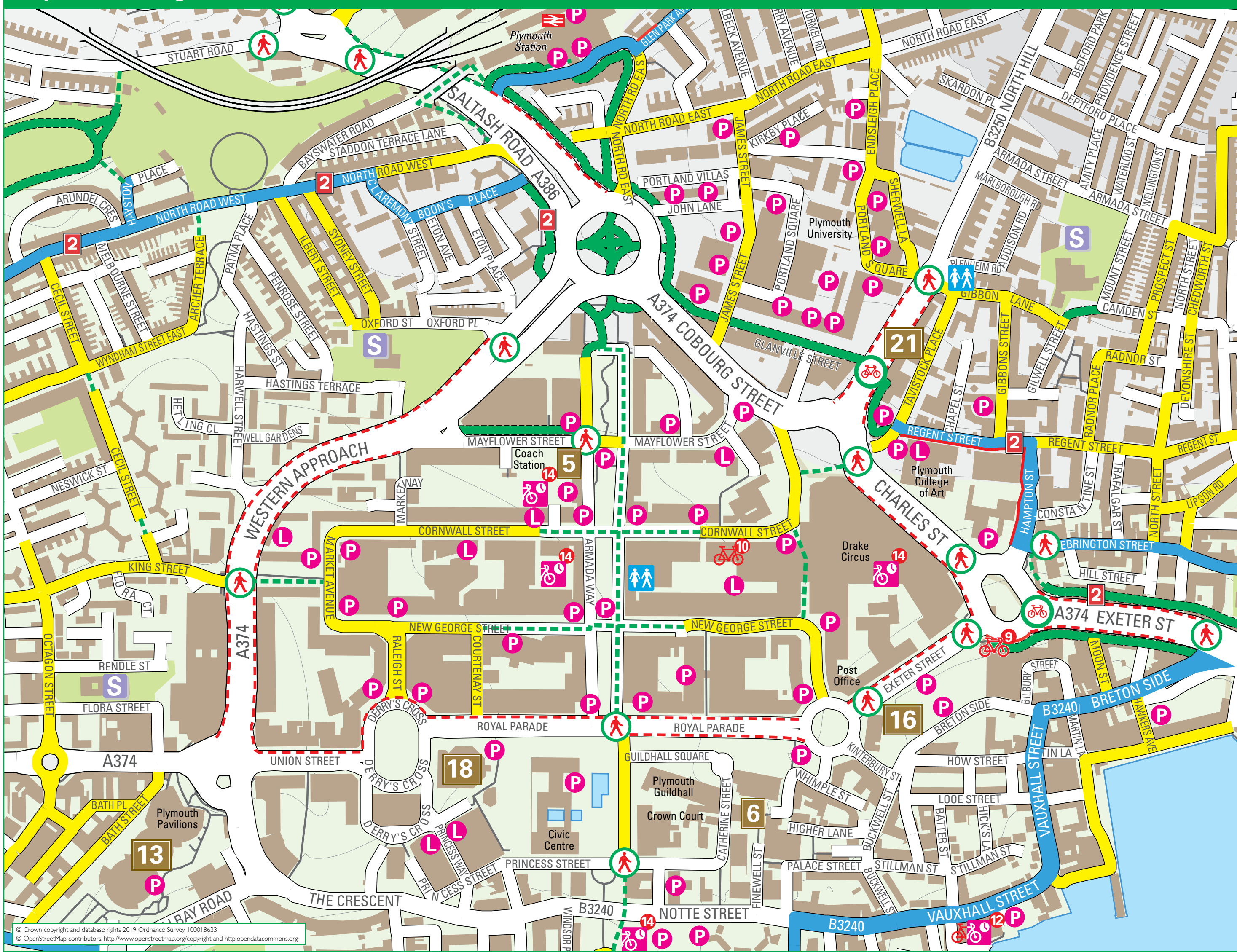


December 2019



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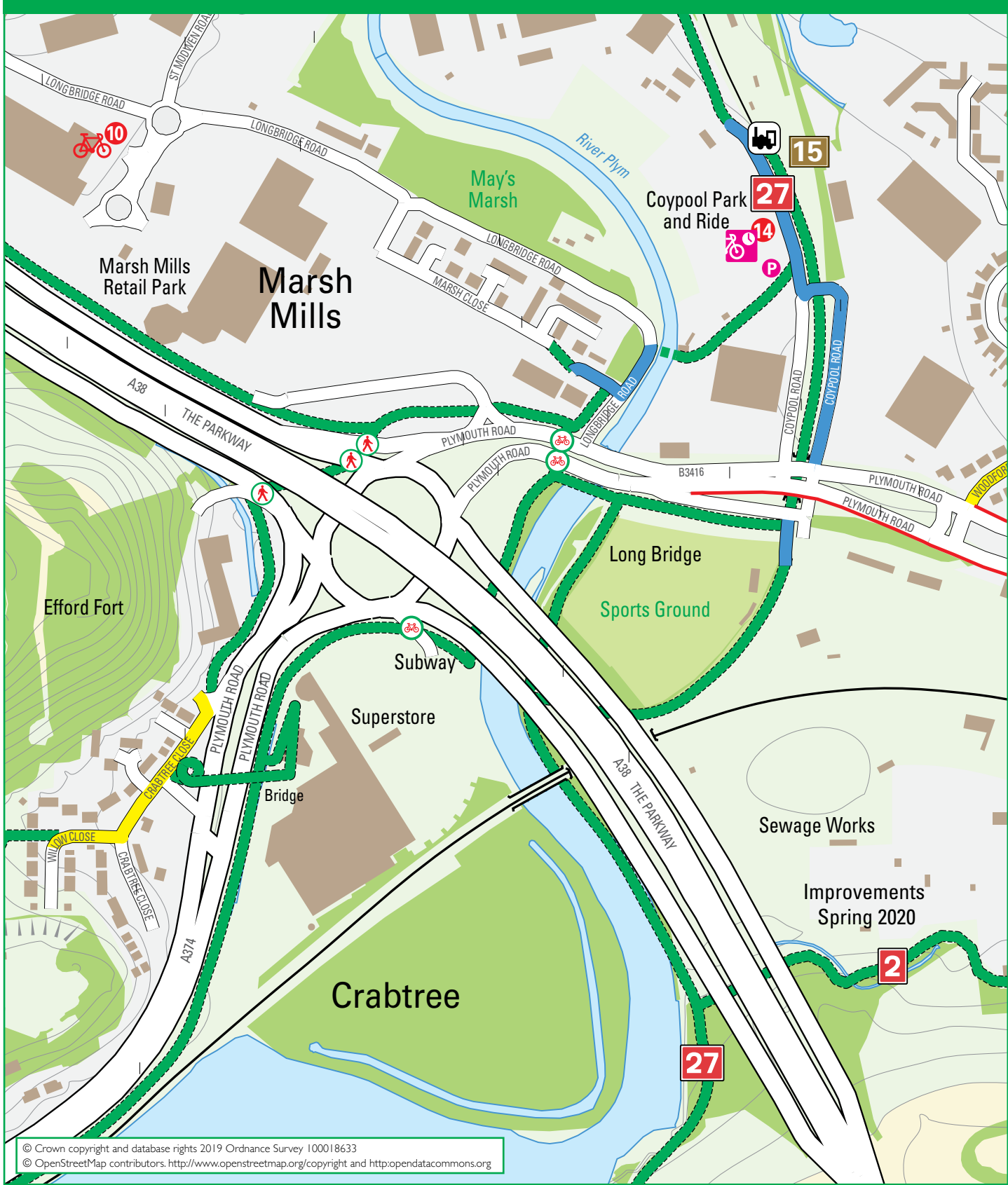
City Centre Enlargement



Key

	Advisory cycle route		Pelican / Zebra crossing
	Signed cycle route		Toucan crossing
	Traffic-free cycle path		Bike shop
	Please walk your bike		Cycle hire
	Additional links		Cycle parking
	On-road cycle lane		Cycle lockers
	Bus lane (cycling permitted)		School
	National / Heritage rail line and station		Public toilets
	20 mph zone where signed on street		Tourist attractions
			National Cycle Network route number

Marsh Mills Inset



The Purpose of this Map



This map is for anyone looking to get around Plymouth on foot or by bike. If you are visiting Plymouth for the first time, we welcome you and recommend that you take a look at our place of interest and get around using sustainable transport so you can take in all the sights of the 'Ocean City'. We even have information about cycle hire if you do not have a bike!

Walking & Cycling for Health

Walking is accessible to almost everyone. Walking and cycling are good for your health and a great way to socialise or meet people in your neighbourhood. This map can help you find local green spaces near you.

Interesting Fact!

Plymouth holds Green Flag Awards for many of our green spaces. We also have 13 Local Nature Reserves in Plymouth. To find out more about these green spaces you can visit our website plymouth.gov.uk/parksnatureandgreenspaces

If you are getting around Plymouth by bike, you might find this map very useful as it can help you plan your route according to your ability.

- Contour and colour graduations help you to spot the hills. Flatter routes will cross fewer contours.
- Quiet and traffic calmed roads which are useful to cyclists are highlighted in yellow.
- We have attempted to show all roads and paths legally available for cyclists to use.
- Bridleways and minor roads are shown regardless of their condition and suitability for cycling. In general private roads are not shown.

This map also include some information to help you get started with cycling or finding walking and cycling groups.

Free Help Getting Started

Cycling in Plymouth is up by 56% since 2010 and with a range of free services and new routes across the city, it's never been easier to try cycling.

Under 16 Cycle Training: 'Bikeability' is available at nearly every primary and an increasing number of secondary schools in the city. Ask your school if they are involved in any walking and cycling programmes.

Free Adult Cycle Sessions & Commuter Tutor: Group sessions will be held at various times and locations - a great chance to improve your skills and pick up tips with our cycle instructors. We also offer one-to-one sessions to review a route you would like to try, accompanied by one of our instructors.

Bikes are available for loan. We can cater for all levels of cycling and a range of disabilities.

Contact: cycleppsp.co.uk 01752 515385
Free Open Access Workshop Sessions! First Wednesday evening of each month 6pm - 9pm. A great chance to use the Bikespace workshop to fix your own bike, supported by Bikespace mechanics. A limited number of currently free Basic Cycle Maintenance Courses are also available. Contact: bikespace.org.uk 01752 500211

Let's Ride Plymouth: join one of our FREE friendly rides led by trained leaders.

- Ride Social is for anyone who wants to join a fun, informal group.
- Breeze bike rides are led by women for women. LetsRide.co.uk

Cycling for all: We have a range of adapted bikes and individual support to cater for a range of disabilities. Trikes are available for hire from Access Plymouth. Contact: cycleppsp.co.uk 01752 515385

Walking for Health: Walk & Talk Plymouth is a local Walking for Health Scheme. Their walks are free, fun, friendly and perfect to help you get active and meet new people. To take part, just turn up at the meeting point or contact the Wellbeing Team and scheme co-ordinator. Contact: oneyouplymouth.co.uk 01752 437177

Find out about all this and more at: plymouth.gov.uk/plymotion
plymotion@plymouth.gov.uk 01752 307704



Good Cycling Code

On all routes: Please be courteous! Always cycle with respect for others (cyclists, pedestrians, people in wheelchairs, drivers and horse riders) and acknowledge those who give way to you.

Remember that many people are hard of hearing or visually impaired. Do not assume they can see or hear you.

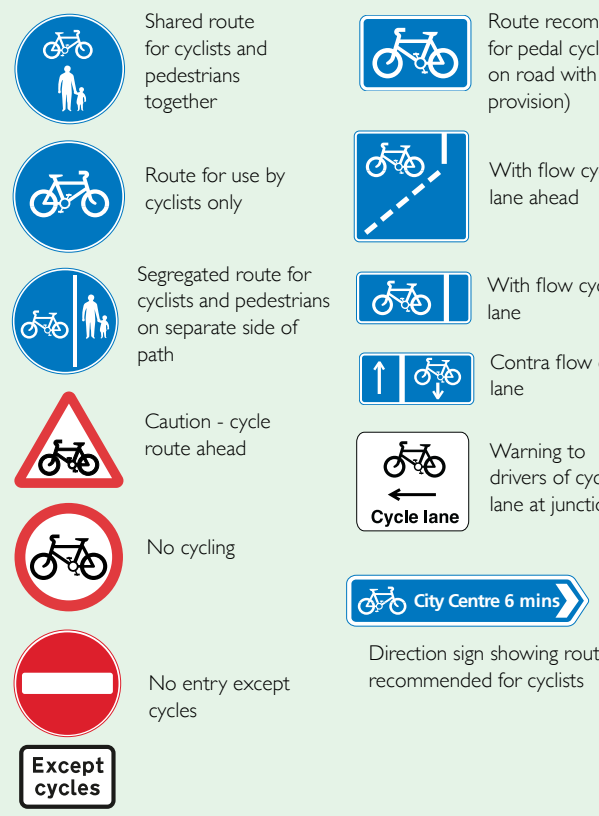
When cycling on shared use paths please:

- Don't cycle at high speeds, be prepared to slow down or stop if necessary.
- Give way to pedestrians, leaving them plenty of room.
- Keep to your side of any dividing line.
- Be careful at junctions, bends and entrances, watch out for people emerging from shops.

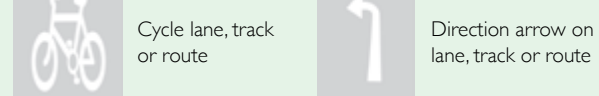
When cycling on roads:

- Always follow the Highway Code.
- Be seen - most collisions involving cyclists happen at junctions.
- Wear conspicuous clothing and consider wearing a helmet.
- Don't cycle too close to the kerb or parked cars.
- Fit lights and use them in poor visibility.
- Keep your bike roadworthy.
- Don't cycle on pavements except where designated - pavements are for pedestrians.
- Be aware of the possibility of pedestrians having not seen you and stepping into your path.

Common Signs



Common Road Markings



Advanced Stop Lines

These are designed to improve safety and convenience for cyclists. When in the advanced position, cyclists can be seen by motorists, thus reducing the chance of conflict as vehicles turn left.



Cycle Parking & Security

Whenever you leave your bike in a public place, always lock it by securing the frame of the bike to a permanent fixture such as a solid bike stand. Wheels and saddles should be locked up if they have quick release levers. It's best to use a strong, good quality lock, especially if your bike is valuable. Also, try to park in an area which is on view to pedestrians and other road users.

Local Bike Shops & Cycle Hire

- A1 Buycycles (second hand bikes, repairs & spares)**
The Workshop, rear of 28 Biggin Hill, Ermesette PL5 2PN
01752 369369 (phone in advance)
a1buycycles.co.uk
- Bikeaway (bike lockers)**
Bell Close, Newnham Industrial Estate, Plympton PL7 4JH
01752 202116
bikeaway.com
- Bikespace Workshop (recycles & sells bikes, cycle delivery service, free maintenance training)**
Unit 7, Riverside Business Park, Devonport PL1 4SN
01752 500 211 (phone in advance)
thebikespace.org
- The Bike Cellar**
13a Radford Park Road PL9 9DG
01752 408338
thebikcellar.co.uk
- Red Brick Cycles**
New Victoria House, Western Park Road PL3 4NU
01752 603526
redbrickcycles.co.uk
- RE: Cycle Secondhand Bike Centre**
41 Morshead Road, Crownhill PL6 5AD
07932 830394
- Edge Cycles**
The Barrow Centre, Mount Edgcombe House and Country Park PL10 1HZ
07927 960752
edgecycles.co.uk

- The Dogs Wheels (bike accessories)**
56/57 Faraday Mill, PL4 0ST
01752 674646
thedogswheels.co.uk
- Evans Cycles**
The Rotunda, Charles Cross, Plymouth PL4 0BA
01752 444100
Evanscycles.com
- Halfords**
Marsh Mills Retail Park 01752 224006
15 Cornwall Street 01752 661652
Halfords.com
- Mountain Bike Suspension - RSF (Cycle repairs & services)**
Unit 7, Scott Business Park
Beacon Park Road PL2 2PB
07738 204358
01752 317623
- Rockets & Rascals (inc hire & café)**
7 Parade, Barbican PL1 2JL
01752 262170
rocketsandrascals.com
- Velo-smith.com**
Unit 21, VR62 Valley Road Business Park
Plympton PL7 1RF
07557 940983



- Plymouth Bike Hire (cycle hire available via Donkey Republic app)**
Plymouth Coach Station
The Pig, Armada Way
Drake Circus Mall North
Drake Circus Mall South
IQ Astor House-Tesco Express, Nottle Street
Saltram House
Coypool Park & Ride
07577 279928
plymouthbikehire.co.uk
- Bike Wise SW**
Unit 73, Christian Mill Business Park PL6 5DS
07966 222012
mobilecyclemechanicplymouth.co.uk

Tourist Attractions

- 1 Barbican Theatre**
Castle Street, Plymouth PL1 2NJ
01752 267131
barbicantheatre.co.uk
- 2 Plymouth Gin Distillery**
Southside Street, Plymouth PL1 2LQ
01752 665292
plymouthgin.com
- 3 Dartmoor National Park**
01822 890414
dartmoor.gov.uk
- 4 Elizabethan House**
32 New Street, Barbican, Plymouth
01752 304774
plymouth.gov.uk/museumsandheritage
- 5 Libraries**
Plymouth Central Library,
167 to 171 Armada Way, Plymouth PL1 1HZ
01752 305901
plymouth.gov.uk/libraries
- 6 Merchant's House**
33 St Andrews Street, Plymouth
01752 304774/304381
plymouth.gov.uk/museumsandheritage
- 7 Mount Batten Centre**
70 Lawrence Road, Mount Batten PL9 9SJ
01752 404567
mount-batten-centre.com
- 8 Mount Edgcombe House & Country Park**
Cremyll Torpoint, Cornwall PL10 1HZ
01752 822236
mountedgumbe.gov.uk
- 9 National Marine Aquarium**
Rope Walk, Cosside, Plymouth PL4 0LF
0844 893 7938
national-aquarium.co.uk
- 10 National Trust Saltram House**
Saltram House, Plympton PL7 1UH
01752 333503
nationaltrust.org.uk/saltram
- 11 Naval Base Coach Tours**
Plymouth Naval Base Museum and Historic South Yard
HM Naval Base, Plymouth PL2 2BG
01752 554200
- 12 National Trust Plym Valley**
01752 341377
nationaltrust.org.uk
- 13 Plymouth Pavilions**
Millbay Road, Plymouth PL1 3LF
01752 222200
plymouthpavilions.com
- 14 Crownhill Fort**
01752 793754 (phone in advance)
landmarktrust.org.uk/crownhill-fort
- 15 Plym Valley Railway**
Marsh Mills Station, Plympton PL7 4NW
plymrail.co.uk
- 16 Cineworld (The Barcode)**
11 Bretonside, Plymouth PL4 0FE
0330 333 4444
cineworld.co.uk



- 17 Smeaton's Tower**
Hoe Road, Plymouth PL1 2NZ
01483 238300
plymouth.gov.uk/museumsandheritage
- 18 Theatre Royal**
Royal Parade, Plymouth PL1 2TR
01752 267222 (Box Office)
theatreroyal.com
- 19 Tourist Information Centre Mayflower Centre**
3-5 The Barbican, Plymouth
01752 266030/306330
visptplymouth.co.uk
- 20 Vue Multi-screen Cinema (Plymouth)**
Barbican Leisure Park, Shaplers Road
Cosside, Plymouth PL4 0LG
08712 240240
myvue.com/home/cinema/plymouth

- 21 The Box (Opening Spring 2020)**
Drake Circus, Plymouth PL4 8AJ
To follow updates visit:
plymhearts.org/thebox
- 22 Royal William Yard**
royalwilliamyardharbour.co.uk
- 23 Plymouth Argyle Football Club**
Home Park, Plymouth PL2 3DQ
01752 562561
pafc.co.uk
- 24 Plymouth Life Centre Leisure Complex**
Mayflower Drive, Plymouth PL2 3DG
01752 606900
everyoneactive.com
- 25 Plymouth Albion Rugby Football Club**
Brickfields Recreation Ground,
25 Damerel Close, Plymouth PL1 4NE
01752 565064
plymouthalbion.com
- 26 Ford Park Cemetery**
Ford Park Road, Plymouth PL4 6NT
ford-park-cemetery.org

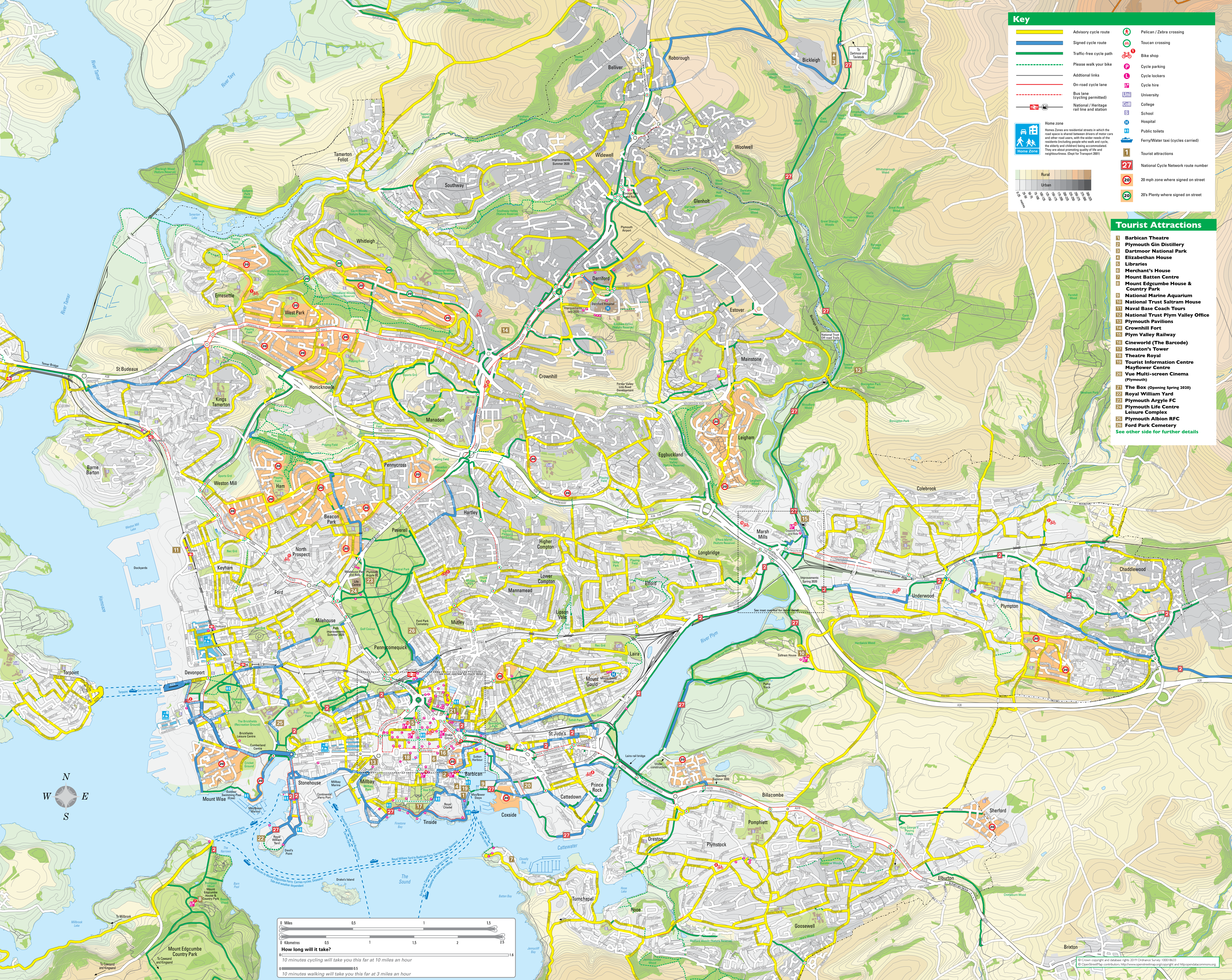
Useful Contacts

- Free Cycle Training & Advice for All**
cycleppsp.co.uk
01752 515384
- Transport & Infrastructure**
Reporting problems or suggestions on the road network
01752 668000
plymouth.gov.uk/roadsandpavements
- Walking & Cycling Journey Planners**
maps.google.co.uk
cyclostreets.net
- Cycling UK, the national cycling charity**
01483 238300
cyclinguk.org
- Plymouth Cycling Campaign**
plymouthcyclingcampaign.co.uk
- Plymouth Area Disability Action Network**
01752 201766
padan.org.uk
- Access Plymouth**
01752 600633
accessplymouth.co.uk
- Brittany Ferries**
0330 159 7000
brittany-ferries.com



- OneYou Plymouth (wellbeing)**
01752 437177
oneyouplymouth.co.uk
- Public Rights of Way**
01752 304233
www.plymouth.gov.uk/publicrightsway
- Public Transport Information Traveline**
travelineswinfo
- Advice Plymouth**
0300 3309 043
- Improving Lives**
01752 201766
improvinglivesplymouth.org.uk
- British Cycling**
britishcycling.org.uk
- City Cycle Couriers**
07875 760254
citycyclecouriers-plymouth.com

- National Rail Enquiries (including Tamar Valley Branch Line)**
08457 484950
nationalrail.co.uk
- Living Streets**
livingstreets.org.uk
- Sustrans**
0117 926 8893 (South)
sustrans.org.uk
- Plymouth Boat Trips**
Cremyll Ferries
01752 822 105
Cawsand Ferries
Royal William Yard & Mount Edgcombe Ferries
Boat Cruise (Sound & Tamar)
01752 253153
plymouthboattrips.co.uk
- Contact in advance for larger cycle group booking as spaces for bikes are limited.
- You are not permitted to copy, sub-license, distribute or sell any of this data to third parties in any form.
- Although every effort has been made to ensure the accuracy of this map Plymouth City Council and partners cannot be held responsible for any errors or omissions.
- We welcome any comments that will help to improve the information provided.
- Please send comments and observations to:
cycling@plymouth.gov.uk
plymouth.gov.uk/cycling
- For information on cycle routes outside the city boundary contact:
Devon County Council devon.gov.uk
Cornwall Council cornwall.gov.uk



Key

Advisory cycle route

Signed cycle route

Traffic-free cycle path

Please walk your bike

Additional links

On-road cycle lane

Bus lane (cycling permitted)

National / Heritage rail line and station

Home zone

Rural

Urban

Pelican / Zebra crossing

Toucan crossing

Bike shop

Cycle parking

Cycle lockers

Cycle hire

University

College

School

Hospital

Public toilets

Ferry/Water taxi (cycles carried)

Tourist attractions

National Cycle Network route number

20 mph zone where signed on street

20's Plenty where signed on street

- Tourist Attractions**
- 1

Barbican Theatre
- 2

Plymouth Gin Distillery
- 3

Dartmoor National Park
- 4

Elizabethan House
- 5

Libraries
- 6

Merchant's House
- 7

Mount Batten Centre
- 8

Mount Edgcombe House & Country Park
- 9

National Marine Aquarium
- 10

National Trust Saltram House
- 11

Naval Base Coach Tours
- 12

National Trust Plym Valley Office
- 13

Plymouth Pavilions
- 14

Crownhill Fort
- 15

Plym Valley Railway
- 16

Cineworld (The Barcode)
- 17

Smeaton's Tower
- 18

Theatre Royal
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Tourist Information Centre
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Mayflower Centre
- 21

Vue Multi-screen Cinema (Plymouth)
- 22

The Box (Opening Spring 2020)
- 23

Royal William Yard
- 24

Plymouth Argyle FC
- 25

Plymouth Life Centre
- 26

Leisure Complex
- 27

Plymouth Albion RFC
- 28

Ford Park Cemetery
- See other side for further details

0 Miles

0.5

1

1.5

2

2.5

0 Kilometres

0.5

1

1.5

2

2.5

How long will it take?

10 minutes cycling will take you this far at 10 miles an hour

10 minutes walking will take you this far at 3 miles an hour