



WALKING AND CYCLING MAP

To find out more about walking and cycling in Test Valley please visit:

- www.testvalley.gov.uk
- www.hants.gov.uk/cycling
- www.sustrans.org.uk

If you want to find out more about progress on new routes/facilities or the Test Valley Bicycle User Group please contact:

Transport Planner
Council Offices
Duttons Road
Romsey
Hants
SO51 8XG

01794 527811

More walking and cycling maps of the rural areas can be found on the Council's web site (leisure and well being section): www.testvalley.gov.uk

Maps for Romsey, Nursling & Rownhams and Andover can also be found on the web site. Latest updates will be added to the maps on the web site.

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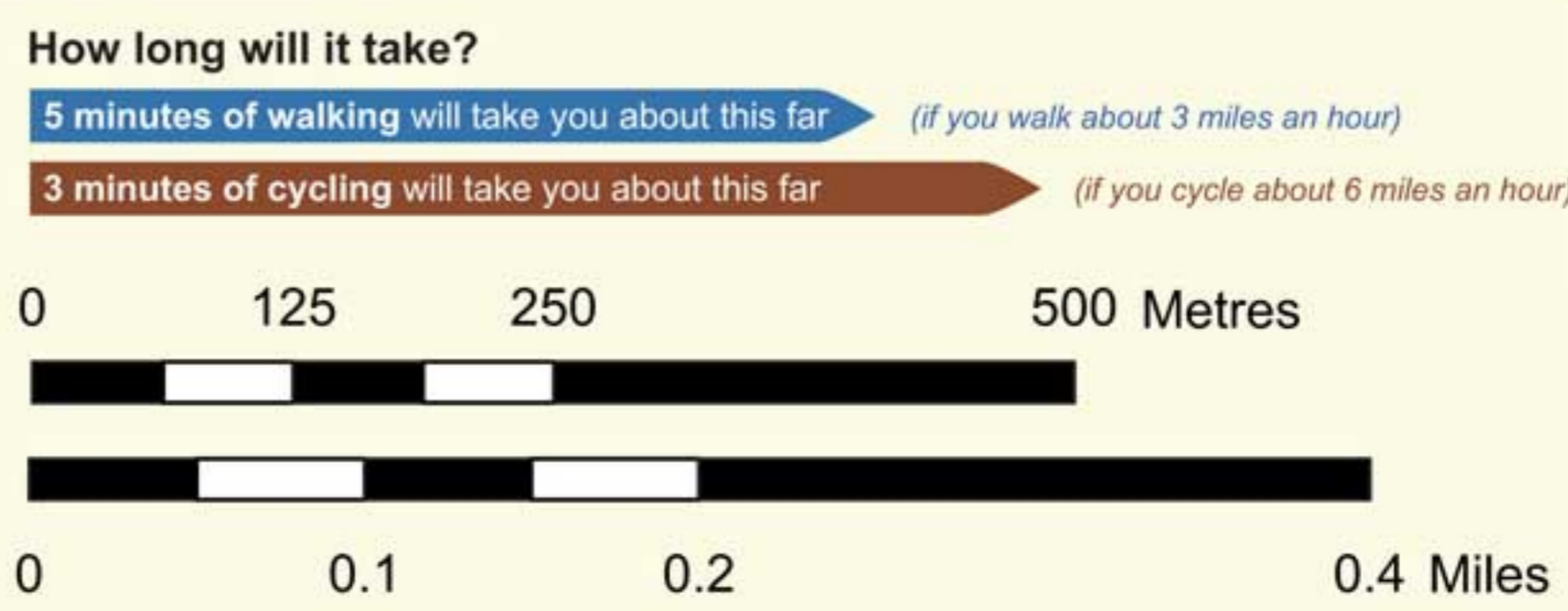
Key:-

- CC Controlled crossing
- C Cycle parking
- H Hall
- Health centre
- Library
- W Place of worship
- Playgrounds
- PO Post Office
- Public House
- Shops
- Rural footpaths (unsurfaced)
- Walking links

Cycle routes

- Off road shared with footway
- Off road segregated route
- On road segregated route
- On road direction signed

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ACTIVE TRAVEL

Keeping active is important for physical and mental wellbeing. Choosing active travel by walking and cycling for those everyday local journeys is a simple way to get the daily exercise we all need to keep healthy and fit.

Be considerate of other highway users and travel safely.

When walking...

- be seen when walking in the dark e.g. wear fluorescent clothing,
- wear appropriate footwear,
- take care when crossing roads and junctions, using marked crossing points where available,
- be considerate of other road users.

When cycling...

You should wear:

- a cycle helmet which conforms to current regulations, is the correct size and securely fastened,
- appropriate clothes that won't get tangled in the chain/wheel or obscure your lights,
- fluorescent clothing which helps other road users to see you.

You should:

- never ride more than two abreast, and ride in single file on narrow or busy roads and when riding round bends,
- be considerate of other road users. Let them know you are there when necessary, for example, by ringing your bell if you have one,
- leave plenty of room when passing parked vehicles and watch out for doors being opened or pedestrians stepping into your path,
- be aware of traffic coming up behind you,
- follow the highway code.

Be sure that:

- you choose the right size and type of cycle for comfort and safety,
- lights and reflectors are kept clean and in good working order,
- tyres are in good condition and inflated to the pressure shown on the tyre,
- gears and brakes are working correctly,
- the chain is properly adjusted and oiled,
- the saddle and handlebars are adjusted to the correct height.

When it's dark your cycle must have white front and red rear lights lit. It must also be fitted with a red rear reflector.

- Key:-**
- Borough Boundary
 - Controlled crossing
 - Cycle parking
 - Hall
 - Health centre
 - Place of worship
 - Playgrounds
 - Public House
 - Shops
 - Bridleway
 - Permissive paths (unsurfaced)
 - Rural footpaths (unsurfaced)
 - Walking links
 - Unsignalled, unmanned footpath level crossing, particular care needed when using

- Cycle routes**
- Off road shared with footway
 - Off road segregated route
 - On road segregated route
 - On road direction signed



How long will it take?

5 minutes of walking will take you about this far (if you walk about 3 miles an hour)

3 minutes of cycling will take you about this far (if you cycle about 6 miles an hour)

0 125 250 500 Metres

0 0.1 0.2 0.4 Miles

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