

Looking for a reason to cycle?



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- Cycling is often quicker than using the car at peak times.
- Cycling reduces obesity and the risk of heart disease, stroke, and diabetes.
- Cycling can reduce the levels of stress, depression and improve your self-esteem.
- Cycling reduces congestion and pollution.
- Cycling helps communication between people.

Congleton Cycling Campaign

Congleton Cycling Campaign was set up in 1996 to improve conditions for cycling in and around Congleton.

We want anyone who wants to cycle to be able to ride safely to work, the shops, school or simply for pleasure. Since 1999 we have worked with local authorities to improve cycling provision in Congleton. There is still a lot to do!

Congleton has three long distance

cycle routes passing through the town.

- National Cycle Network (NCN) route 55 (Stoke on Trent to Stockport) to the east of the town.
- Cheshire Cycleway, Regional Cycle Network Route 70, to the west of the town.
- Regional Cycle Network Route 73 that links these two routes together and then continues westward to join NCN route 5 at Davenham near Northwich.

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The map overleaf, revised in Spring 2009 by the Congleton Cycling Campaign, identifies a network of traffic-free or quieter roads in Congleton that will help you to get around the town by avoiding the major, often congested roads. We also have 'Bikeability' trainers and we plan to get cycle training into all the schools in Congleton.



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The routes indicated are by no means an exhaustive network and Congleton Cycling Campaign would welcome your suggestions for inclusion in future editions of the map. The Campaign is also working to get more, safer road crossings and better destination signing.

Which Way Next?



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We have joined other cycle groups in the area to form the Cheshire East Cycling Campaign and, with transport charity Sustrans, we will continue to represent the interests of cyclists to the new Cheshire East Council.

Contact us on **(01260) 272 277**

or by e-mail at peter.hall@chk.co.uk

Keep up to date with all our activities at

<http://www.congletoncycling.co.uk>

Join us: our annual membership costs just £5.00.

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CONGLETON CYCLE NETWORK
2009 Edition

a guide to help you
use your bike in Congleton



NOTE: the canal towpath can become muddy after rain

Congleton Cycle Routes

- National Cycle Network (National)
- National Cycle Network (Local)
- Off road National Cycle Network
- Congleton Cycle Network
- Off-road Congleton Cycle Network
- Please ride with consideration for walkers and horse riders on shared facilities
- Walk here
- Main road crossings
- Cycle parking
- Cycle shop
- Car parking for leisure rides
- Information Centre

