

In this map you'll find:

- Why cycle?
- Discovering Wirral by bike
- Make cycling work for you
- Cycling resources
- What we're doing to help keep cyclists safe
- Reporting cycling issues

Why cycle?



There are a number of reasons why cycling is a great way to get around Merseyside. It's a cheaper and quicker way to travel.

- Bikes are cheaper to buy and maintain than motorised vehicles.
- There's no fuel or parking costs.
- If you are commuting, cycling can often be quicker than driving. Use the map to find the best route for you!

What you'll discover

Cycling can reward you with a real sense of freedom. The physical, mental, financial and environmental benefits are well documented. Put simply, cycling is good for you and fun!

- Allows for the rapid spread of 'good substances' like endorphins, etc. to boost your positive mental state.
- Promotes healthy weight management, increasing your metabolism to help you burn calories.
- Reduces your levels of stress, hormone, cortisol - known as the 'fat' hormone.
- Helps to protect you from some cancers, diabetes, arthritis, obesity and reduce the risk of a heart attack or stroke.
- Increases your heart rate, which in turn strengthens your heart, muscle and bones.
- Reduces your levels of stress, hormone, cortisol - known as the 'fat' hormone.

Our Road Safety Pledge

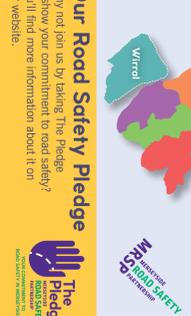
Why not join us by taking The Pledge to show your commitment to road safety? You'll find more information about it on our website.

merseysideroadsafety.org | Pub. 2021

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 This map is correct at time of printing. For updates - go to merseysideroadsafety.org



When you cycle a route on this map we'd love to hear about it. Post on social media using [@merseysideroadsafety](https://www.instagram.com/merseysideroadsafety) or [Facebook](https://www.facebook.com/merseysideroadsafety) MRSPP



Merseyside Road Safety Partnership have produced cycle route maps for Knowsley, Liverpool, St Helens and Wirral. These maps provide you with travel options across Merseyside. They offer routes for everyone - whether you're cycling to work, for necessity, joining up a journey or for leisure. There's also road safety information to help keep you safe and details of local resources for cyclists.

Our commitment to road safety in Merseyside

Merseyside Road Safety Partnership is committed to reducing the number of deaths and serious injuries on our roads. We do this by delivering education, training, providing advice and guidance, developing and promoting publicity campaigns and guidance technology that saves lives. We also deliver local safety schemes through engineering and carry out enforcement when appropriate.

Our aim is to ensure the safety of all road users travelling in and around Merseyside, but we have a special focus on road users who are vulnerable, such as children, the elderly, people with disabilities, and those who are less confident. We will continue to share the responsibility and to do our bit to keep all road users safe. Visit our website merseysideroadsafety.org and follow us on social media for up-to-date information and to learn more about what we do and how you can do your bit to help to keep all road users safe. Follow us, like and share our posts on social media. We're on:

[@merseysideroadsafety](https://www.instagram.com/merseysideroadsafety) [Facebook](https://www.facebook.com/merseysideroadsafety) [YouTube](https://www.youtube.com/channel/UC...) [LinkedIn](https://www.linkedin.com/company/merseysideroadsafety) [Pinterest](https://www.pinterest.com/merseysideroadsafety) [TikTok](https://www.tiktok.com/@merseysideroadsafety)

Wirral
 Cycle Route Map
 & Road Safety Information

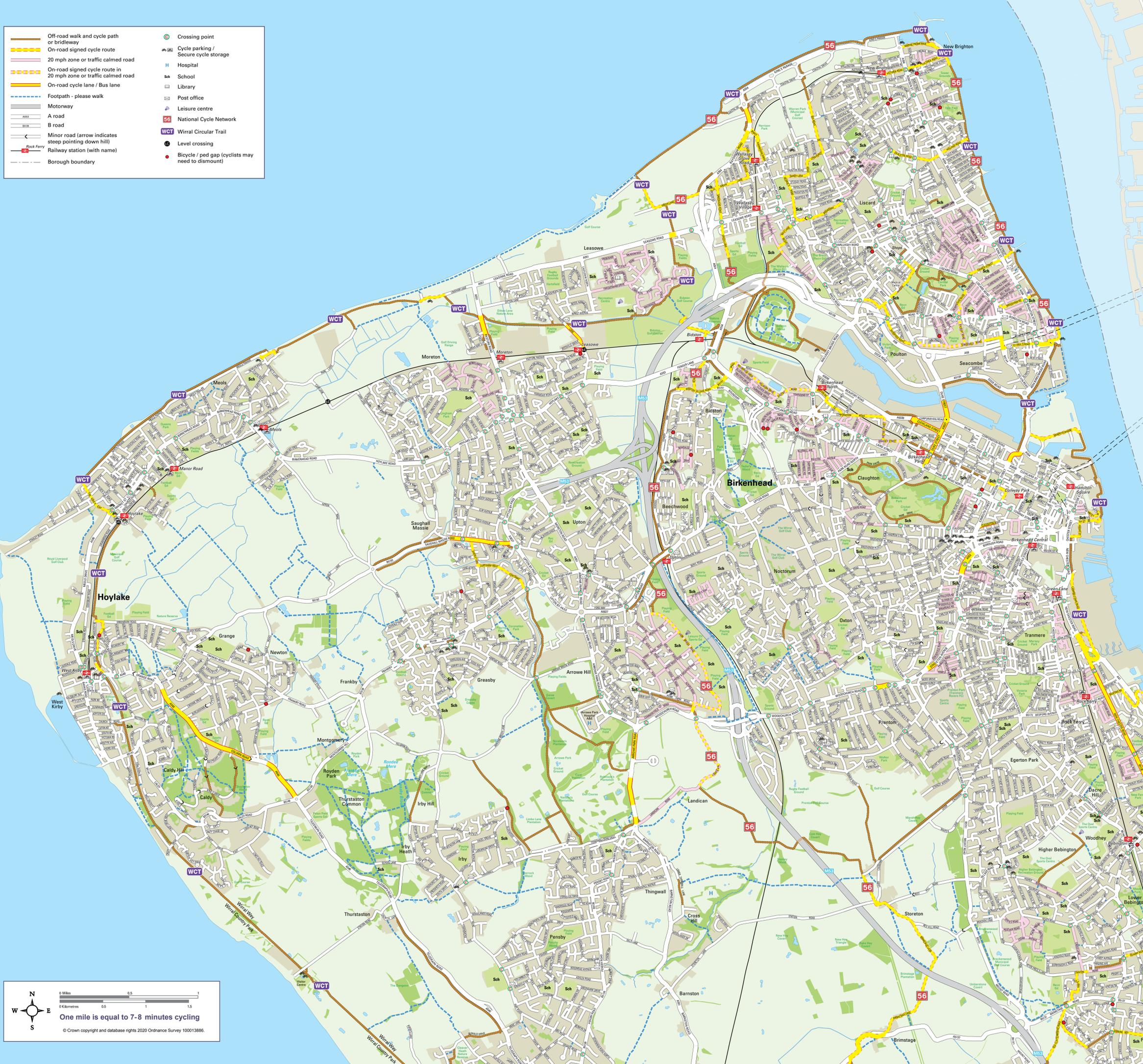
Opening up miles of cycling in Merseyside



Whether you're cycling to work, joining up a journey or cycling for leisure, Wirral has a wide variety of routes for everyone.



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|--|---|
| <ul style="list-style-type: none"> Off-road walk and cycle path or bridleway On-road signed cycle route 20 mph zone or traffic calmed road On-road signed cycle route in 20 mph zone or traffic calmed road On-road cycle lane / Bus lane Footpath - please walk Motorway A road B road Minor road (arrow indicates steep pointing down hill) Railway station (with name) Borough boundary | <ul style="list-style-type: none"> ○ Crossing point 🚲 Cycle parking / Secure cycle storage H Hospital Sch School 📖 Library 📧 Post office 🎪 Leisure centre 56 National Cycle Network WCT Wirral Circular Trail ● Level crossing ● Bicycle / ped gap (cyclists may need to dismount) |
|--|---|



Scale: 0 Miles / 0.5 / 1 / 1.5
 0 Kilometres / 0.5 / 1 / 1.5

One mile is equal to 7-8 minutes cycling

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Discovering Wirral by bike

JOIN UP A JOURNEY

PARKS & GREEN SPACES

TOURIST ATTRACTIONS

Whether you're a regular cyclist, a leisure rider or new to cycling we want you to enjoy all that Wirral has to offer. There are a range of off road and on road routes to discover and whatever your reason is for cycling we want you to have a safe and enjoyable experience.

If your journey to work is too far to cycle or you fancy going further afield, why not combine it with a train or ferry ride? Bikes go free on Merseyside's trains and ferries and many stations have cycle parking. Just remember that during peak times trains are busier. For details of services and storage facilities visit: merseysideroadsafety.org/resources

Wirral Country Park
Sited on the old railway line along the Dee Estuary coast, the park offers a 12 mile footpath and a 2km perimeter trail link with the existing NCN. It's also home to many sporting events from traditional cycling to Nordic skiing. With stunning coastal views it's a popular destination for local people for family trips, dog walking and all types of exercise.

Bidston Moss Community Park
This thriving community woodland boasts new cycle routes including a 2km perimeter trail link with the existing NCN. It's also home to many sporting events from traditional cycling to Nordic skiing. With stunning coastal views it's a popular destination for local people for family trips, dog walking and all types of exercise.

Eastham Country Park
Located in Eastham, Wirral, the park covers an area of 100 acres and is situated next to the River Mersey. It's perfect for cyclists of all abilities and offers great links to Port Sunlight. The park's facilities include a visitor information centre, tea garden and picnic areas.

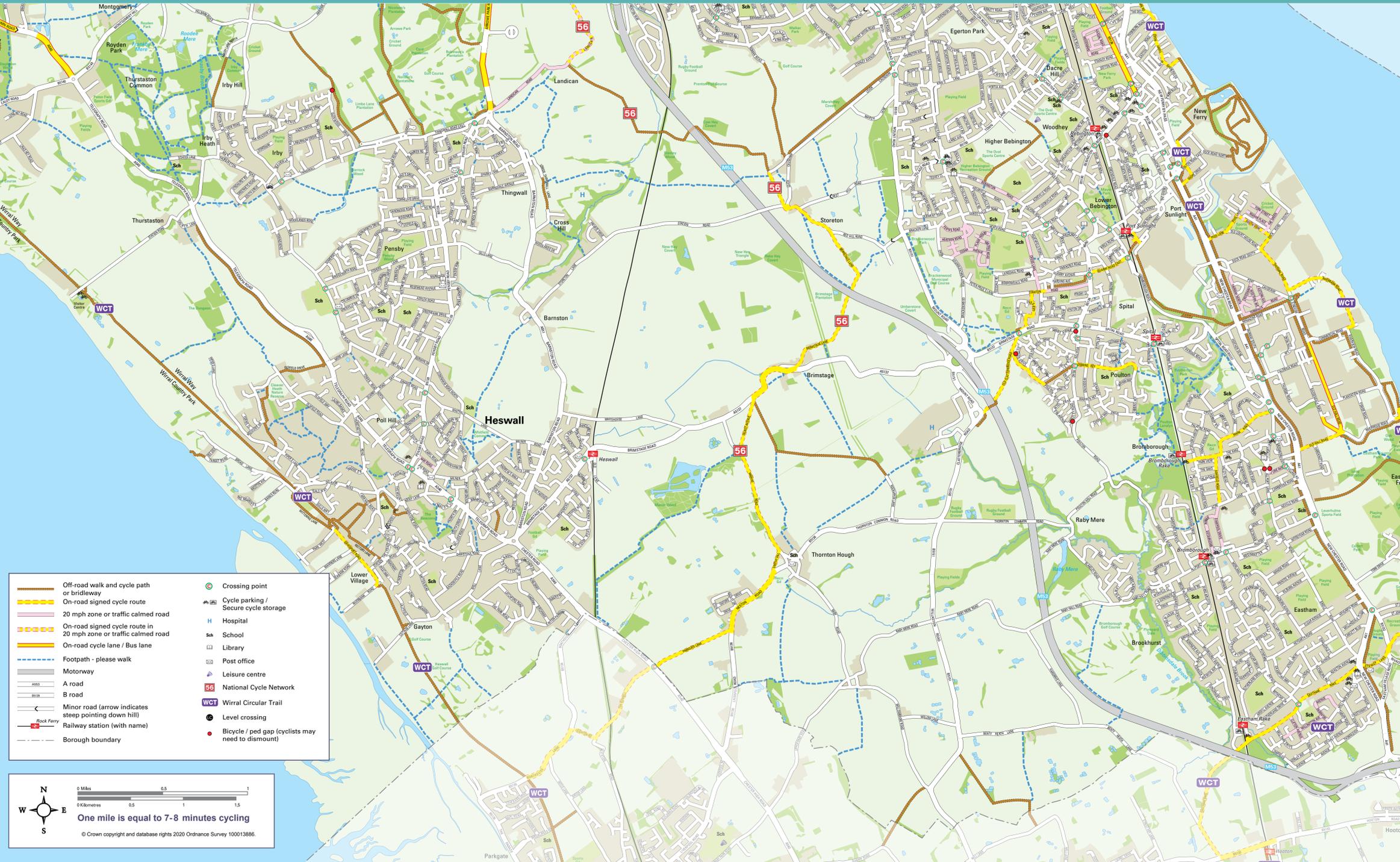
The Wirral Way
On the track of an old railway from West Kirby to Hooton and situated in Wirral Country Park, the Wirral Way offers superb views of the Dee Estuary with its westerly sunsets and mudflats to Wales, when on a clear day you can see the distinctive outline of Moel Famau.

Port Sunlight
This beautiful village famous for its range of architectural styles, also has 130 acres of lush parkland and gardens – it's the perfect place for a day out cycling. Plus there's so much extra to explore like the Lady Lever Art Gallery, Port Sunlight Museum and River Park.

Fort Perch Rock & Lighthouse
This 19th century granite lighthouse is situated between the River Mersey and Liverpool Bay and is a grand 94ft tall. Its neighbour, Fort Perch Rock was built in the Napoleonic era as a sea defence. Both iconic landmarks along the New Brighton coastline are worth a visit.

Bidston Windmill
Set amidst Bidston Moss Community Park, during its working life the windmill was able to produce over 100 lbs/45 kg of flour every 3 to 5 minutes. The surrounding woodland makes for a great cycling route and a visit to the windmill is a must.

Wirral Transport Museum, Birkenhead
Did you know... Birkenhead was the first town in Europe to have a street tram? The transport museum celebrates its proud tram history and boasts a fine selection of vintage and classic vehicles, including trams, buses, cars, motorcycles, mopeds, bikes, and a fire engine. Take a ride over – you'll be spoilt for choice.



MAKE CYCLING WORK FOR YOU

Cycle Routes
Wirral's cycle routes have been created to incorporate short cuts, quiet residential streets and parks to help improve your cycle journey. Facilities being introduced and improved in Wirral to benefit cyclists include:

- On-road cycle lanes**
These are marked out lanes which provide space for cyclists on the road providing direct, safer routes to key places. Some cycle lanes link to Advanced Stop lines to give cyclists priority at junctions.
- Off-road cycle tracks**
Off-road routes that can be used for leisure or as part of your commuting journey are being improved, maintained and extended. They are good places to cycle as a family, to teach youngsters or to brush up on your own cycling skills, as well as running through some of Wirral's best view points.
- Traffic Calming**
Measures like road humps improve the links between cycle routes via streets where traffic speeds are likely to be slower.

Remember! The route you drive to work won't necessarily be the route you will cycle. Cycling can create alternative routes that aren't possible in a car, such as being able to take a short cut through a park or a traffic calmed housing estate. Finding the right routes to suit your journey can help make travelling a more enjoyable experience.

CYCLING RESOURCES

Interested in joining a local cycling group?
In Wirral and throughout Merseyside there are local cycling groups who meet regularly. It's a great way to exercise and socialise with other cyclists. New members are always welcome. For details of cycling groups in your area go to: merseysideroadsafety.org/resources

Cycling Organisations
National cycling organisations provide cyclists with a number of services from technical advice to legal aid. They also campaign on behalf of all cyclists. For more information and contact details go to: merseysideroadsafety.org/resources

Cycle Shops and Cycle Maintenance Services
If you're looking for a new bike or your existing one requires maintenance there are lots of cycle shops and cycle maintenance services throughout Merseyside. To find shops/services in your area go to: merseysideroadsafety.org/resources

WHAT WE'RE DOING TO HELP KEEP CYCLISTS SAFE

Education & Promotion
Drivers who don't cycle can sometimes find it hard to understand what it's like to ride a bike on the road. To help educate drivers we produce year round campaigns to highlight the issues cyclists face travelling in Merseyside. There's also a section dedicated to *drivers and other road users* on our website, to help explain things in more detail. merseysideroadsafety.org/considering-other-road-users

Here's a few things to keep in mind:

- Cyclists must have a minimum of 1.5m of space on the road.
- Cyclists are allowed to ride in the centre of the road and two abreast – this can often help inexperienced cyclists feel safe.
- Most collisions between cyclists and drivers happen at traffic lights, road junctions and when overtaking.

Cycling Safety Tips

- Before each journey it is advisable to spend a few minutes ensuring that your bike is in good working order, paying particular attention to the brakes, tyres and steering.
- When riding on roads always follow the Highway Code and it is recommended that you wear bright clothing and a cycle helmet. At night you will need to wear reflective clothing to make sure that you can be seen and you are legally required to display front and rear lights and a red rear reflector.

Be confident in your cycling and stay out from the kerb. Cycling fast in the traffic flow is safer than being trapped against the kerb. Remember, you are also traffic so claim your lane.

- Give plenty of room when passing parked vehicles as doors can open unexpectedly. Be alert and where necessary be prepared to take evasive action.

We created the adverts below to educate drivers about issues such as overtaking cyclists safely and being patient if a cyclist is in front of you.



REPORTING CYCLING ISSUES

Road Safety Initiatives
Merseyside Road Safety Partnership have created Road Safety Initiatives for all road users, from Engage for young drivers, Safer for Longer for people aged 60+ and Mind Your Business for commercial road safety initiatives. You can find more information about them on our website along with our cycle training and cycle skills sessions.

Cycle Training & Skills Sessions
Merseyside Road Safety Partnership work with Liverpool Combined Authority and cycle training organisations to deliver:

- Cycle training for children in schools and during school holidays.
- Cycle training for families.
- One-to-one and group cycle skills sessions for adults of all ages.

These FREE sessions are vital for new cyclists or for someone wanting to brush up on their cycle skills. They really can help to boost your confidence. To check if there are cycle sessions available in your area, visit merseysideroadsafety.org/resources

Reporting anti-social driving
An important part of improving the roads for cyclists is gathering information about dangerous or anti-social driving to Merseyside Police. Video footage can be submitted on the force's website. Without video footage, it's hard for the police to take action. It's incredibly helpful, therefore, for cyclists to have a camera fitted either on their helmet or bike so that any incidents are captured, and can be dealt with by Merseyside Police.

When collisions or near miss incidents are reported this information can be used to help to inform local councils of potential locations that may need to be improved. Every reported incident helps them to build a clearer picture. You can find out more information about how to report here: merseysideroadsafety.org/resources

How to report a road defect
Poor surface quality or potholes can be dangerous for cyclists. Please log on to our resources page – merseysideroadsafety.org/resources to find out how to report such an issue in Wirral.

