



Cycling is fun! It's also a fast, reliable and affordable way to get around. It takes you door to door, when you want to go. It's healthy and helps save the planet.

Cycling is great because it's-

- 🚲 Fun and relaxing
- 🚲 Door to door
- 🚲 When you want it
- 🚲 Easy exercise
- 🚲 For the whole family
- 🚲 Cheap travel
- 🚲 Pollution free

The National Cycle Network
Sustrans is the co-ordinator of the hugely popular National Cycle Network. Offering over 12,000 miles of walking and cycle routes on traffic-free paths, quiet lanes and traffic-calmed roads, there is now 75% of the UK population living within two miles of a route! The Network is well signed. It connects towns and villages, countryside and coast throughout the UK.

Trans Pennine Trail
The Trans Pennine Trail is a 350 mile national route for recreation and transport. It provides a coast to coast facility linking the major towns and cities across the North of England from Southport to Hornsea and Leeds to Chesterfield. The whole trail is for walkers and cyclists with many sections having easy access for people with disabilities and particularly suitable for families. Many miles are available for horse riders.

Useful numbers

Traveline
0871 200 22 33
www.merseytravel.gov.uk
www.LetsTravelWise.org/cycling
Liverpool City Council cycling officer
0151 233 3000 www.liverpool.gov.uk/cycling
Trans Pennine Trail National Office
01226 772 574 www.transpenninetrail.org.uk

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The identification of cycle routes on this map does not signify any rights or privileges for cyclists to use these routes.

www.LetsTravelWise.org

In partnership with

Free TravelWise Cycle maps
Free cycle maps are available for Knowsley, Liverpool, Sefton, St.Helens and Wirral. Order yours by emailing info@letstravelwise.org or call **0151 330 1066**

Bikes go free on trains and ferries in Merseyside, for details call

Travelwise is a Merseyside campaign to help people make smarter travel choices. It is run by the Merseyside Transport Partnership - Merseytravel, Knowsley, Liverpool, Sefton, St Helens and Wirral Councils.

www.LetsTravelWise.org

Sustrans
Sustrans is the UK's leading sustainable transport charity. Our vision is a world in which people choose to travel in ways that benefit their health and the environment. Every day we are working on practical, innovative ways of dealing with the transport challenges that affect us all.

Sustrans' work relies on the generous donations and monthly standing orders of nearly 40,000 supporters, and the support of charitable trusts, companies, the National Lottery and local authority programmes.



Sustrans Information Line
Tel: 0845 113 00 65
Email: info@sustrans.org.uk
www.sustrans.org.uk

The National Wildflower Centre
The National Wildflower Centre is a family friendly visitor attraction, education facility, conference and function venue. Founded by the environment charity Landlife, it is based in the 35 acre Victorian Court Hey Park, which is located off the Liverpool Loop Line Cycle route. The National Wildflower Centre has recently installed new cycle parking for your bike. The Visitor Centre is open March to August, daily from 10am to 5pm (last entry 4pm). The Cafe stays open Monday to Friday between September and February. For more information on the NWC visit www.nwc.org.uk



Merseyside Cycle Campaign
Merseyside Cycle Campaign is a voluntary organisation that campaigns for safe roads for cyclists, better cycling facilities and for the promotion of cycling as a natural part of city life on Merseyside. Membership is free and we exist with voluntary donations of both time and money. We have representation on public and community organisations who are working to promote cycling both locally, regionally and nationally. Why not find out more? Contact us from our website on www.merseyworld.com/mcc or text/phone to **07963 432 568**



Nature along the Loop Line
Along the Loop Line trail there are many different but valuable habitats. Look out for them!

Woodlands: a mix of broad leaved and coniferous trees of all sizes and ages. They provide both food sources and potential homes for mammals (including bats), birds, insects and also for many flowering plants and fungi.

Wetland habitats: streams and ponds, where you can find amphibian species such as toads, frogs and newts. With many invertebrates such as snails, water beetles, and water boatmen, that skim across the water surface.



Along the **sandstone cuttings** you can discover 'liverworts', green flowerless ribbons growing along the wet vertical walls, together with shade tolerant plants, such as wild garlic and red campion, growing in profusion below.

The open **grasslands** and **grass verges** along the trail are an important home and feeding place for many species of birds, mammals and insects which depend on the mix of grasses, rushes, hedges and flowers.

The Loop Line
The Loop Line is a fantastic, popular traffic free, wildlife route running from Halewood to Aintree and on to Southport on the Cheshire lines path. This fabulous walking and cycling route follows the old railway line and is looked after by Sustrans for everyone.

There are many bus routes running near the path, more information is available from the Traveline. There are local rail station near to the route at Hunts Cross, Halewood, Broad Green, Rice Lane, Walton, Orrell Park and Fazakerley.

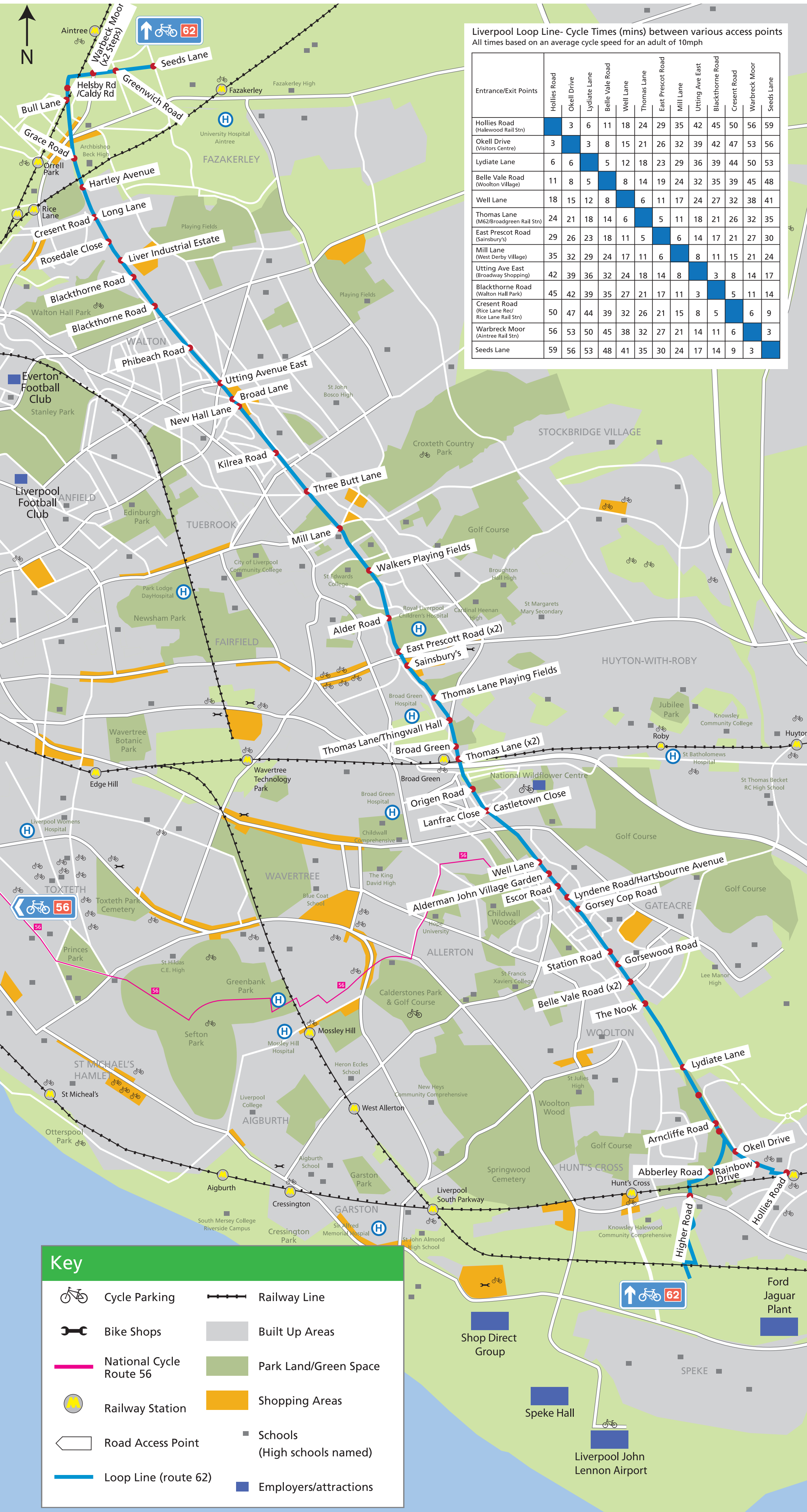


Cycling Story
John Donnelly is an assistant accountant at Shop Direct Group in Speke. He cycles to work 4 or 5 days a week using the Loop Line.

John said "The route was appealing to help me get fit and it was one of the easiest methods. The Loop Line is fast convenient, hassle free and the surroundings are pretty nice too!"

His journey is a round trip of 21 miles and John says it only takes him 15 minutes longer than using his moped but he says " in real terms I'm saving time and money by not having to spend 2 or 3 hours a week in the gym"

Cycle Route Access Points



Liverpool Loop Line- Cycle Times (mins) between various access points
All times based on an average cycle speed for an adult of 10mph

Entrance/Exit Points	Hollies Road	Okell Drive	Lydiat Lane	Belle Vale Road	Well Lane	Thomas Lane	East Prescott Road	Mill Lane	Utting Ave East	Blackthorne Road	Crescent Road	Warbreck Moor	Seeds Lane
Hollies Road (Halewood Rail Stn)	3	6	11	18	24	29	35	42	45	50	56	59	
Okell Drive (Centre)	3	3	8	15	21	26	32	39	42	47	53	56	
Lydiat Lane	6	6	5	12	18	23	29	36	39	44	50	53	
Belle Vale Road (Woolton Village)	11	8	5	8	14	19	24	32	35	39	45	48	
Well Lane	18	15	12	8	6	11	17	24	27	32	38	41	
Thomas Lane (M62/Broadgreen Rail Stn)	24	21	18	14	6	5	11	18	21	26	32	35	
East Prescott Road (Sainsbury's)	29	26	23	18	11	5	6	14	17	21	27	30	
Mill Lane (West Derby Village)	35	32	29	24	17	11	6	8	11	15	21	24	
Utting Ave East (Broadway Shopping)	42	39	36	32	24	18	14	8	3	8	14	17	
Blackthorne Road (Walton Hall Park)	45	42	39	35	27	21	17	11	3	5	11	14	
Crescent Road (Rice Lane Rec/ Rice Lane Rail Stn)	50	47	44	39	32	26	21	15	8	5	6	9	
Warbreck Moor (Aintree Rail Stn)	56	53	50	45	38	32	27	21	14	11	6	3	
Seeds Lane	59	56	53	48	41	35	30	24	17	14	9	3	

Key

- Cycle Parking
- Bike Shops
- National Cycle Route 56
- Railway Station
- Road Access Point
- Loop Line (route 62)
- Railway Line
- Built Up Areas
- Park Land/Green Space
- Shopping Areas
- Schools (High schools named)
- Employers/attractions