



Cycle Liverpool

Issue 3 Autumn/Winter 2009

See inside for

Enter our competition to win a bike for TravelWise Week

Find out how well you know your cycle signs

Cycle Speke – our new cycling project

Liverpool Loop Line

Plus lots of cycling events

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Public
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What a great cycling summer Liverpool has had!

Did you pedal the cycle powered cinema at FACT or get your bike fixed up for free at the Bluecoat's bike in theatre event? Maybe you had a go at BMX, joined up to a Cycle for Health ride at one of Liverpool's beautiful parks or celebrated Bike Week with a ride to work or school?

If not perhaps you were raising money at Breast Cancer Campaign's Pedal it Pink event at Sefton Park or on this year's Liverpool to Chester bike ride.

Wherever you were going on your bike, all those minutes added up for our first TravelWise Cycle Challenge and some great prizes. And it's not too late to win a bike with our competition on Page 3 to celebrate TravelWise Week.

Cycle Speke, our exciting new project to get people cycling, has started and you can find an update inside of what's been happening so far.

Work continues on improving our City's cycle network – helping you to get where you want to be on your bike. Test yourself with our cycle sign quiz – knowing these will help you find a more direct, safer route around the city.

Keep cycling!

CLlr Eddie Clein
Chairman, Liverpool Cycle Forum

Be TravelWise and win a prize!

People across Merseyside are being urged to cycle, walk or catch public transport during TravelWise Week (19-26 September). As part of the campaign, new students arriving in the city are being invited to join one of three guided bike rides from the University of Liverpool, Liverpool John Moores University and Liverpool Hope University.

The guided bike rides will take place during TravelWise Week and will highlight the best routes between key campuses, university buildings and the city centre. Students will be encouraged to sign up during Fresher's Fairs and those who don't have a bike can borrow one for the session.

TravelWise Co-ordinator, Jane Moore, said:
"These guided rides are a great way for

students to get to know the city. Travelling by bike is quick and convenient and can really help students save money when it matters. Cycling is also a great way to stay fit and healthy without having to spend time at the gym.

"TravelWise Week is about reducing congestion, improving air quality and making the roads safer by helping people to make smarter travel choices. I hope students taking part in the rides will continue to enjoy cycling around the city the whole year round."

The TravelWise Week initiative forms part of a long-term aim to help reduce carbon emissions, tackle climate change and cut congestion.

To find out more about the transport events and offers during TravelWise Week, visit the website or call 0151 330 1253

Explore your freedom

TravelWise Week (19th - 26th September) is the perfect time to enjoy a gentle morning cycle to work, a brisk walk in the sun or a comfortable journey on the bus or train.

Enter our competition to win a brand new bike by visiting www.LetsTravelWise.org or call us on 0151 330 1587.

Competition closes September 26th 2009

www.LetsTravelWise.org

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Cycling through summer!



This year's National Bike Week took place in June and encouraged everyone to get more out of life, by exploring their local area by bike. Liverpool hosted lots of events to encourage everyone to shift from four wheels to two.

Over 60 cyclists took part in the Metal Birds to Metal Men bike ride led by Merseyside Cycle Campaign's Don Thompson. He said "The route is full of surprising views. People who come on the ride are always amazed by the abundance of nature on this green route out of the city that is mainly off road or on very quiet roads. Most of the people we pass are fishermen on the canal. It's a pleasant afternoon ride and everybody's welcome – we go as fast as the slowest."

MCC have organised another Metal Birds to Metal Men Bike Ride – see Page 11 for details.

MCC also led their commuter ride from Sefton Park to the city centre. Over 25 cyclists enjoyed a free breakfast provided by the City Council as a reward for riding to work that day. Liverpool City Council organised free bike MOTs at a number of sites across the city.

Bike Week offers a great introduction to cycling and we hoped you enjoyed it. But remember cycling isn't just for Bike Week – it's for life! Check the City Council website for cycle rides and see Page 11 for events coming up in the next couple of months.

Pedal it Pink

Raising almost £35,000 for Breast Cancer Campaign, over 700 participants joined Olympic cycling champion Victoria Pendleton for the cycle ride around Sefton Park. Victoria said "I really enjoyed the event; it was refreshing not to ride on a road for a change. I had lots of fun and so did the rest of the women. Catriona Wright at Breast Cancer Campaign said "It was great to see so many people pedalling and pink while raising funds for vital breast cancer research. We hope to return next year to make Pedal it Pink even bigger and pinker!"

Liverpool-Chester Bike Ride

This year saw a record turn out of almost 2,300 cyclists lining up at the Queensway Tunnel for the largest cycle ride in Merseyside (and the only one in the country with nearly 5 miles underground!). Mark Jones, Head of Active City said "The bike ride is an excellent way for people to get involved in cycling in terms of leisure and sustainable transport. The ride greatly contributes to making more people, more active, more often".

Lifestyles searches for future Olympians

Earlier this year, Lifestyles hosted coaching sessions with British Cycling BMX Coach and three-time World Champion Dylan Clayton and Tim Williams, a qualified British Cycling Coach. BMX is a fast growing Olympic sport and these free sessions provided young people with the basic skills to get involved. It was also a great way for British Cycling to get a glimpse of the talent we have in Liverpool, in the lead up to 2012.

In partnership with Liverpool Youth Service, Lifestyles provides more diverse activities for those who are not traditionally involved in sport or physical activity.

Cycle Challenge is a huge success

Almost 1,000 people signed up to take part in the first ever TravelWise Cycle Challenge, which took place this summer. The Challenge was designed to encourage people across the region to use their bikes more often. As part of the cycling initiative, people of all ages were invited to join in and receive help with:

- Choosing the right bike
- Finding great places to cycle
- Cycling with children
- Finding quiet, safer routes for local shopping trips or visiting family and friends
- Carrying things comfortably
- Cycling to work

Everyone who signed-up received a free personalised information pack, which included advice and details of organised cycle rides, free skills sessions and discounts at cycle shops, as well as weekly email updates on rides and events in their local area.

Participants were asked to record their bike trips with TravelWise. Those who made the most effort had the opportunity to win a range of great prizes from panniers to cycle computers.

TravelWise Co-ordinator Jane Moore said, "The response to our first ever Cycle Challenge has been amazing. So many different people



joined in, from parents wanting to cycle more with their kids and people wanting to replace car trips with a bike, to the more experienced cyclists who use their bikes to get to work. The excellent response proves that anyone can enjoy cycling, improve their confidence and get fit and healthy, as well as do their bit for the environment.

"Feedback from people who took up the Challenge shows that people are making more trips more often and are cycling further. People have also helped their families to start cycling, joined cycle clubs and taken part in organised rides."



Karen Mpetha is a community nurse at Alder Hey Hospital. As part of her job she visits children with learning disabilities across Liverpool.

She said: "When my car was stolen four years ago, it was the beginning of summer and I decided to see if I could do my job on my bike. I soon realised I could get to most places in Liverpool quite quickly by bike and I enjoyed it so much that I haven't stopped since!

"Using my bike for work provides me with a good way of keeping fit and doing some exercise every day. I find it a relaxing way of travelling around the city – it gives me thinking time and I love being outdoors in all weather. Cycling just makes you feel good all round".

Cycle Speke



Supported by the European Regional Development Fund, Liverpool City Council has started work on a new cycling project in Speke. Cycle Speke's new officer, Claudia Stuerck, has begun working with local community groups, schools and businesses to find ways of getting more people cycling and cycling more. Claudia says "I've had a great response from everyone in Speke so far who are all really keen to get involved in the project. There is a lot of cycling activity already going on and the Cycle Speke project can support this."

New cycle parking has been put in at shopping areas on Western Avenue, Eastern Avenue, Central Avenue, Alderwood Avenue and The Crescent to make it even easier for you to do your shopping by bike. And if you are travelling further a field, Liverpool South Parkway Interchange and Liverpool John Lennon Airport now provide secure bike lockers.

Part of the City's cycle network, Radial Route 9A runs along Speke Boulevard and provides an off-road cycle route to Horrocks Avenue. From there you can now use a new link to cycle into Island Road South.

New Cycle Speke guide

To make it even easier to find your way around by bike, a new cycle guide for Speke is now available at the library and one stop shop, local shops and community centres. The map shows you the suggested cycle routes around Speke and the facilities within easy cycling distance. The Speke Garston Coastal Reserve, Speke Hall and the local district centre are all easily reached by bike. Links to the Liverpool Loop Line and Halewood are also shown.

Bike rides

Starting in September, we will be running a programme of cycle rides to get you out and about exploring Speke. The rides are suitable for everyone and will mainly use quiet roads and traffic-free paths. Dates of rides are to be confirmed shortly so keep checking www.liverpool.gov.uk/cyclespeke and posters in your local shops and community centres.

To keep you in touch with project news, the Council's website has a new Cycle Speke page at www.liverpool.gov.uk/cyclespeke.

If you'd like a copy of the Cycle Speke guide sent to you and be kept up to date about events in Speke and other cycle news in Liverpool, just call 0151 233 3001 or email transport.policy@liverpool.gov.uk.

Shop Direct, Speke



With over 1700 staff, Shop Direct is leading the way in being a cycle friendly employer. To enable people to cycle to work, Shop Direct offers a wide range of cycle facilities to their staff, including secure and covered cycle storage for 64 bikes, shower and changing facilities as well as lockers and drying

facilities. Employees are also able to make use of 12 pool bikes provided for lunchtime, overnight and weekend use. The pool bikes come fully equipped with accessories such as a light, lock, pump and spare inner tube plus toolkit. Additionally, tool kits, tubes and a pump are available for all cyclists.

Phil Spick is Shop Direct's Travel Plan Manager and encourages staff to travel to work in a more sustainable way. He said "As well as providing all the facilities, information is really useful to help people choose to cycle to work. I organise a regular Bicycle Users Group to find out how we can help people cycle and update the intranet pages with information on things like maintenance issues and links to local cycling organisations". Phil also puts up the weekly weather forecast and organises events such as a biker's breakfast for Bike Week.



Recycle your cycle!

Now is the chance to get your old and forgotten bikes out of the shed and give them a new life. If you have an unwanted bike lying around gathering dust, bring it along to CREATE. There it can be restored to full working order and used by someone who really needs a cycle. If you'd like to give your bike a good home, take it to CREATE – Community Recycling and Training – at Speke Hall Road, Liverpool L24 9HA or give them a ring on 0151 448 1748.



St. Christopher's joins Bike It

This September, St. Christopher's Primary School will start as one of 5 new Bike It schools in Liverpool for 2009/10. The Sustrans Bike It project works directly with schools to encourage more children to cycle to school and support school champions promoting cycling. The project adds to local investment in cycle routes and bike shelters by involving children, teachers and parents and enabling them to take the small steps that are necessary to make a real difference. Headteacher Peter Price said: "We are delighted to be a Bike It school and are looking forward to working with Sustrans on fun projects. It is an opportunity to further raise our commitment to cycling which will also give our pupils a degree of independence, pride and additional responsibility."



Cycle network update

The North West Development Agency confirmed the European Regional Development Funding earlier this year. This funding will support the City Council's cycling programme for the next 18 months. Work has now begun on designing 4 routes - Radial Route 3 (City Centre to Aintree) and the three Orbital Routes which provide north-south connections across the city and to the other Radial Routes.

Construction of 3 new Radial Routes is now beginning. These are Radial Routes 4, 5 and 6 which connect the north of the city centre to Croxteth and West Derby. These will provide help to make it easier to cycle to Newsham Park, Croxteth Hall and Country Park and Alder Hey Hospital.



Connect2: Everton Park and the Mersey

The City Council has now signed a Memorandum of Understanding with Sustrans for the Connect2 project, funded by a £50 million BIG Lottery Fund grant. The Liverpool Connect 2 route will provide an east-west link for pedestrians and cyclists from Everton Park through to Stanley Locks and eventually to the Mersey. British Waterways have now completed improvement works to resurface the towpaths along the Leeds-Liverpool canal from Stanley Locks northwards to Sefton.



Liverpool Loop Line

Alice Rickwood has now taken over the management of the Liverpool Loop Line, the Chester Greenway, and other Sustrans projects throughout Merseyside. Alice works with Ken and Ian, the Liverpool maintenance team who work tirelessly 5 days a week all year round whatever the weather. Their role includes checking the whole path three days a week, removing glass, litter and fly tipping to ensure the path is looking its best. They also talk to the many residents whose properties back on to the path and deal with trees, fencing and vegetation. Ken has worked on the path for 20 years and was involved in its construction. Ian has been with Sustrans for 10 years. It can be a tough job but their enthusiasm for the path is contagious, so next time you are on the Loop Line please stop and say hello. If you have any comments about the Liverpool Loop Line, contact Alice on 0151 728 9574.

Get your copy of the Liverpool Loop Line guide, showing the route and all access points, from TravelWise (see back page for details).



Cycling in the City Centre pedestrian area

Following a new Traffic Regulation Order, cyclists are now permitted to cycle in both directions through the pedestrianised shopping area between 4pm and 10am. During the main hours of the day, cyclists must walk their bikes through the area to avoid conflict with the busy pedestrian area. Cyclists can also use Paradise Street at any time through Liverpool One as well as Thomas Steers Way, which now forms part of the National Cycle Network Route 56.

Cycle parking is available at many locations to leave your bike while you shop. Liverpool One provides secure cycle parking within the car park. Cyclists can leave their bike for up to 24 hours for free – just complete a form for a swipe card to allow access to the cycle park.

New cycle parking around the city

The City Council has installed a number of new cycle stands around the city. If there is somewhere you go where you'd like cycle parking, tell Transport Policy. Cycle parking is shown on the Liverpool Cycle Map - get your free copy from Transport Policy (see back page for details). Maps are also available for other areas of Merseyside.

Merseytravel has also installed new cycle parking at some stations and new signage. Don't forget that you can also take your bike free on all local trains in Merseyside and the ferry too!

Peddle back the years

Keeping physically active is essential at any age and retirement offers a fantastic opportunity to try something new! Until retirement, Eric Hough and his wife had not ridden a bike since on holiday years before. Since retiring and purchasing some cheap folding bikes they started off riding locally in Calderstones Park and graduated quickly to two easy laps of Sefton Park.

Now they have fun parking their car near the Mersey (opposite the Britannia Pub), peddling along Otterspool Promenade to the Albert Dock and grabbing a coffee. They often cycle to the Pier Head and take their bikes for free onto the ferry to Seacombe on the Wirral. There they have a leisurely ride to New Brighton for a picnic.

'There are excellent routes in Liverpool which are flat, interesting and hassle free' says Eric. 'My wife and I have the added bonus of taking



our grandchildren cycling during the school holidays. It is difficult to imagine what a fun event cycling has become for us. With the added bonus of keeping fit and healthy, we're out of the house throughout the whole year and into the fresh air. You are never too late to enjoy cycling.'

How well do you know your cycle signs?

Try our sign quiz. Travelling by bike can be great fun, but can seem intimidating if you haven't had much experience of cycling in traffic before. However, learning your cycle signs can help you to ride with more confidence on our roads.



- How many did you get right?
1. Route for cyclists only: all other vehicles are prohibited including mopeds
 2. No motorised vehicles allowed: cycling is permitted
 3. No cycling: cycling is not permitted – dismount and walk
 4. Shared use path: can be used by cyclists as well as pedestrians, cyclists must give way to pedestrians
 5. Segregated shared use path: cyclist and pedestrian areas are separated, usually by a raised white line or a kerb - cyclists should not use the pedestrian side
 6. With-flow cycle lane: other vehicles must not use this part of the carriageway except to pick up or set down passengers
 7. Cyclists dismount: cyclists to get off their bicycles and walk the designated path until it is safe to start cycling again
 8. Cycle parking: always remember to keep your bike safe by securely locking it to a stand
 9. Advanced Stop Line: helps to improve safety and convenience for cyclists - cyclists position themselves past the first stop line in front of the waiting traffic and wait behind the advanced stop line in the red box area when the lights are red, allowing a head start when the lights turn green

Breck Road to Halewood Bike Ride Friday 16 October

Join North Liverpool Cycle Club and Liverpool PCT's Cycle for Health Project on a community cycle ride along the Loop Line between Breck Road to Halewood Visitor Centre where refreshments will be provided. The ride starts at 10.00am at The Breckfield Centre Breckfield Road North, Everton. There and back is 22 miles - you can also join the bike ride at Walton Sports Centre or at any stage along the Loop Line.

All North Liverpool Cycle Club Rides are led by nationally qualified CTC cycle instructors. The event is funded by Sport England. Everyone is welcome - to book your place by calling Frank or Bob on 0151 288 8400.

Metal Birds to Metal Men Bike Ride Saturday 3 October

Join the Merseyside Cycling Campaign and friends for this family bike ride to Antony Gormley's 'Another Place'. Meet at the Pier Head by the Mersey Ferry Ticket office at 1pm, and return around 4.30pm. The bike ride is completely free, and all ages and abilities are welcome (anyone under 16 should be accompanied by a parent or guardian). Riders should make sure their bikes are in a roadworthy condition.

For more information go to www.merseyworld.com/mcc

Cycle for Health Liverpool

Liverpool Primary Care Trust can help you get back on your bike even if you haven't cycled for a while. All cycle sessions are free and led by trained leaders. Places are limited - please reserve your place by calling Jeanette Smith, Cycle for Health Administrator on 0151 234 5064 or email gavin.mclaughlin@liverpoolpct.nhs.uk

- Monday at 10am Otterspool Promenade - meet at Liverpool Cricket Club
- Tuesday at 10am Croxteth Park - meet at Estates Office
- Wednesday at 10am Walton Hall Park - meet at Walton Hall Sports Centre
- Thursday at 10am Sefton Park - meet at Mossley Hill Hospital
- Friday at 10am Calderstones Park - meet at the Courtyard

Have your say at the Liverpool Cycle Forum

The Liverpool Cycle Forum meets four times a year to talk about cycling issues in Liverpool. Co-ordinated by Liverpool City Council and chaired by Councillor Eddie Clein, the Forum is open to everybody to discuss how we can promote cycling across the city.

The Forum takes place at Millennium House, Victoria Street, Liverpool. Future Forum dates are:

- Wednesday 2 December 2009 at 17.30
- Wednesday 2 March 2010 at 17.30

If you would like to attend and/or receive minutes, please contact the Transport Policy Team (see back page for details).

Useful Contacts

TravelWise Merseyside

The Local Transport Partnership's campaign to help people in Merseyside make smarter travel choices - to walk, cycle and use public transport.

For information on Merseyside's cycling events, training, travel plans and more go to www.LetsTravelWise.org.uk.
E-mail: info@letstravelwise.org
Tel: 0151 330 1253

Merseyside Cycle Campaign

The Campaign works for the provision of better and safer facilities for cyclists and for the safe behaviour by all road users.



We believe that cycling is a key part of the solution to local transport problems, so we need to increase the influence cyclists have on local transport policy and planning. The Liverpool Group meets on the third Monday of every month at the Baltic Fleet pub, on the Strand.

To join download the membership form from www.merseyworld.com/mcc or contact the Membership Secretary, Carol Fitzpatrick, on 0151 653 3887.

Sustrans

The UK's leading sustainable transport charity, their work includes Bike It, Safer Routes to Schools and the National Cycle Network

www.sustrans.org.uk
E-mail: info@sustrans.org.uk
Tel: 0845 113 0065
To join Sustrans Volunteer Team call 0161 9236050 or email volunteers-north@sustrans.org.uk



Cycling Solutions

A Community Interest Company based on Merseyside which feeds its profits back into related projects, Cycling Solutions delivers adult and child cycle training in Merseyside
www.cyclingsolutions.co.uk
E-mail: info@cyclingsolutions.co.uk

Trans Pennine Trail

An exciting route for walkers, cyclists and horse riders linking the North and Irish seas
www.transpenninetrail.org.uk
E-mail: info@transpenninetrail.org.uk
Tel: 01226 772574



Information on cycling in Liverpool can be found at

www.liverpool.gov.uk/cycling

Or contact the Liverpool Cycling Officer:

Tel: 0151 233 3007

Email: transport.policy@liverpool.gov.uk

Write to: Transport Policy, Liverpool City Council, Municipal Buildings, Dale Street, Liverpool L2 2DH

If you would like to submit an article or comment on the magazine, get in touch!

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