

How long will it take?

3 minutes cycling will take you this far or this far

If you cycle at about 6 miles an hour If you cycle at about 10 miles an hour

10 minutes walking will take you about this far

If you walk about 3 miles an hour

KEY

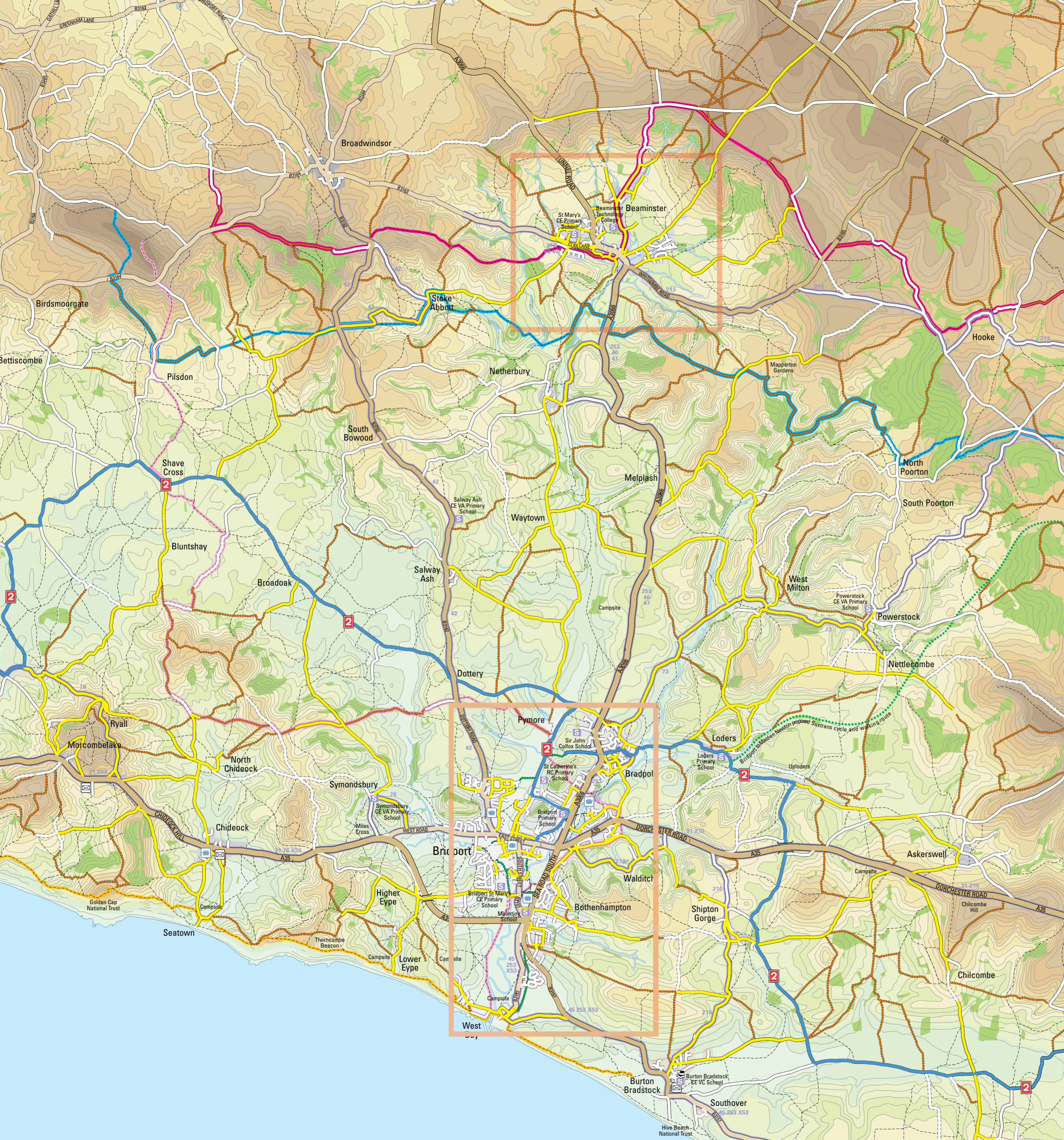
- Busy and high speed roads suited to confident cyclists only (unsuitable for inexperienced cyclists or families)
- Busy road suited to experienced cyclists (depending on traffic flows, may not suit inexperienced cyclists or families at certain times of days)
- Signed cycle route on-road
- Advisory cycle route (traffic volumes may vary according to the time of day)
- Bus route
- Unmade Unclassified County Road/Green Lanes (open to all vehicular traffic including pedestrians, horse riders and cyclists which have very low or no traffic)
- Pedestrian Street (no cycling)
- Traffic-free cycle path
- Bridleway - mountain bike recommended
- Byway open to all traffic
- Footway where you should walk your bike
- Proposed cycle route
- Footpath / Permissive Path
- South West Coastal Path
- Jubilee Trail
- Wessex Ridgeway
- Monarch's way
- County boundary
- 26 41 National Cycle Route / Regional Cycle Route
- Cycle parking
- Place of worship / Library
- College / School
- Toucan / Pelican crossing
- One-way
- Steep arrow (arrow points downhill)
- Hospital
- GP Surgery
- Bus stop (note that some are 'Hail & Ride' and do not have flags)
- Post office
- Supermarket / Convenience store
- Toilets
- Tourist information

The representation of a route is not an assurance that it is safe in all circumstances. Each cyclist must make this judgement on his or her own experience.

Metres	Rural	Urban
260-280		
240-260		
220-240		
200-220		
180-200		
160-180		
140-160		
120-140		
100-120		
80-100		
40-60		
20-40		
0-20		

Contours are shown at 10 metre intervals

- ### CONTACTS
- www.whi.org.uk/walkfinder – search the walking for health website to find a walk led by Bridport Healthwalks
 - West Dorset Ramblers** – local branch of The Ramblers leading local walks Jacqueline on 01308 863081
 - www.sdmcb.org.uk – South Dorset Mountain Bike Club
 - Western Area Transport Action Group** – working to improve local transport in Bridport and Lyme Regis, Bob Driscoll (Chairperson) 01308 425518
 - www.transitiontownbridport.co.uk – community network rebuilding resilience and reducing carbon emissions to help Bridport deal with peak oil and climate change
 - www.walkingworks.org.uk – support and information to encourage people to walk to work
 - www.livingstreets.org.uk – national charity representing the rights of pedestrians
 - www.dorset-ramblers.co.uk – find a local walk and local Ramblers Association groups
 - www.dorsetyoungwalkers.org.uk – Ramblers Association group for younger members with led walks
 - www.Walkbudi.com – search for other people going your way to share your walk with
 - www.dcn.org.uk – Dorset Cyclists' Network campaigning for a cycle friendly Dorset
 - www.wessexctc.org – local group of the Cyclist's Touring Club providing led cycle rides throughout Dorset
 - www.cycloan.co.uk – providers of cycle hire and cycle training
 - www.wessexcycletaining.co.uk/index.htm – providers of cycle training
 - www.dorsetforyou/bikeability – child cycle training in Dorset to the "Bikeability" standard
 - www.b-activeindorset.org – supporting people to participate in sport and physical activity
 - www.dorsetforyou.com/travelchoice – reduce your car use by using active, sustainable transport
 - www.carsharedorset.com – free carshare journey matching database to help you save money and reduce your carbon emissions
 - www.sustrans.org.uk – the UK's leading sustainable transport charity
 - www.lcc.org.uk/index.asp?PageID=62 – useful guidance about cycling in traffic
 - www.transportdirect.info – UK wide multi-modal journey planning tool



GET ACTIVE!

More than half of all adults are overweight or obese. Inactive or unfit people also have a much higher risk of dying from Coronary Heart Disease, Strokes, Cancer and Type II Diabetes. Being physically active dramatically reduces the chance of contracting these diseases.

The Government's Chief Medical Officer recommends people do half an hour of moderate exercise five days a week and walking and cycling instead of driving are great ways to achieve this. Just half an hour cycling a day reduces the risk of heart disease, stroke and lung disease.

