

These are excellent facilities for leisurely cycling in West Sussex. We recommend you try cycling on the following two routes to see what the county has to offer.

## SURFACED ROUTE - CENTURION WAY

Centurion Way is a shared use cycle and pedestrian path on the western side of Chichester.

The path, constructed on a section of the former Chichester to Midhurst Railway, links West Dean to Chichester via Lavant, providing an ideal route for both commuter and leisure use.

Sculptures, designed in conjunction with local school children, are located throughout the path as points of interest for path users.

At its northern end the completed path leads into a network of quiet roads and bridleways leading towards the South Downs Way. At its southern end, the path joins the South Coast Cycle Route in Chichester.

## OFF ROAD ROUTE - DOWNS LINK

The Downs Link is a 37 mile level, waymarked trail that mainly follows former railway lines. The route is open to walkers, horseriders and cyclists. It links the North Downs Way at St Marthas Hill, Surrey with the South Downs Way near Steyning, West Sussex and on via the Coastal Link to Shoreham by Sea.

It can be accessed most easily using public transport to Horsham, Shoreham-By-Sea or Guildford or by car to a number of other points along the route.

## SECURITY

Hundreds of thousands of bicycles are stolen every year. Buy a good quality solid lock and use it every time. Cycle parking is readily available.

Lock at least one wheel and the frame of your bike to the stand every time that you leave it unattended. Lock any quick release parts or, if possible, take them with you.

## BE SEEN, BE SAFE

Always use lights when riding at night. Make sure that they work properly and are not obstructed by clothing or bags. Consider wearing bright or reflective clothing for extra visibility.

## CYCLE HELMETS

Whilst you are not required by law to wear a cycle helmet, we recommend that you do so for your own personal safety.

The most common type of serious injury to cyclists is to the head. Use a cycle helmet of the correct size that conforms to recognised safety standards, either EN1078, Snell B90 (or higher) or any ASTM number. Do not buy a second hand helmet, as damage may not be obvious. Ask your local dealer for advice.

## MAINTENANCE

Make sure your bicycle is fit for the road. Brakes cables, tyres, chain and lights should all be checked regularly. If you are unsure ask for help at your local cycle shop.










## ARE YOU SITTING COMFORTABLY?

A proper riding position can make the world of difference to the enjoyment of cycling. Get an experienced cyclist, or your local cycle dealer, to give you advice.

For additional tips / good advice about bicycle maintenance and cycling, a leaflet has been produced by RoSPA (Royal Society for the Prevention of Accidents). Website: [www.rospace.com](http://www.rospace.com)



## ADVICE TO CYCLISTS

**Cycling is an enjoyable, healthy activity. Please help to make it enjoyable for others by following a few simple guidelines:**

-  Cycle carefully and responsibly;
-  Do not ride on pavements (unless signs Indicate otherwise).
-  When using shared paths, give way to pedestrians, equestrians and people with disabilities.
-  When pedestrians and cyclists are divided by a white line or kerb, keep to your own side, especially at bends.
-  Fit and use a bell to give an audible warning of your approach. Remember that many people are hard of hearing so don't assume that they have heard you. Do not leave the warning to the last minute as you may frighten rather than help.
-  Keep as much room as possible between yourself and pedestrians. Try not to squeeze past. A wobble may cause injury or damage.
-  When riding on the road, always let other road users know what you intend to do.
-  Always store bags safely, such as panniers. Never hang bags from the handlebars.
-  Never leave your bicycle obstructing a way used by pedestrians, as this can cause particular problems for people with special mobility needs.






## ADVICE TO PEDESTRIANS

**We all walk at some time so when you are:**

-  Do not obstruct the cyclists' path and keep dogs under control when using shared and segregated paths
-  Look out for cyclists when crossing the road. Some cycle lanes can go in the opposite direction from the traffic.

## ADVICE TO DRIVERS

**More people cycling means less people driving and less congestion:**

-  Cyclists have the same rights to the road – give them ample room at all times.
-  Give particular attention to cyclists at junctions
-  Do not park in cycle lanes – you could be putting a cyclist in a dangerous situation
-  Always check for cyclists before opening your vehicles' door
-  Remember that different cyclists ride at different speeds. Faster cyclists will normally choose to ride on the road.

**Always show consideration for other highway users.**



## WEST SUSSEX COUNTY COUNCIL

**Website: [www.westsussex.gov.uk](http://www.westsussex.gov.uk)**

**New Schemes:** Transport Planning Group, County Hall, Chichester, PO19 1RH. Tel: 01243 777440

### Maintenance: NORTHERN AREA OFFICE

West Sussex County Council, Worthing Road, Broadbridge Heath, Horsham, RH12 3LZ. Tel: 01403 223900

### SOUTHERN AREA OFFICE

West Sussex County Council, Clapham Common, Clapham, Worthing, BN13 3UR. Tel: 01903 878500

### WESTERN AREA OFFICE

West Sussex County Council, Drayton Lane, Drayton, Chichester, PO20 6BW. Tel: 01243 836921

### ROAD SAFETY AND CYCLE TRAINING

**Dean Pocock** 01243 777098 [dean.pocock@westsussex.gov.uk](mailto:dean.pocock@westsussex.gov.uk)  
Chichester, Midhurst and Petworth Areas

**Honor Byford** 01903 839360 [honor.byford@westsussex.gov.uk](mailto:honor.byford@westsussex.gov.uk)  
Worthing and Shoreham Areas

**Gill Starkie** 01403 270025 [gill.starkie@westsussex.gov.uk](mailto:gill.starkie@westsussex.gov.uk)  
Horsham and Haywards Heath Areas

**Fiona Copping** 01403 270043 [fiona.copping@westsussex.gov.uk](mailto:fiona.copping@westsussex.gov.uk)  
Crawley and East Grinstead Areas

## CONTACT POINTS

**CTC**  
The CTC (the UK's national cyclists organisation) is a professional organisation devoted to the encouragement of recreational cycling and the protection of cyclists interest's.  
Cotterell House, 69 Meadrow, Godalming, Surrey, GU7 3HS.  
Tel: 0870 873 0060  
**Website: [www.ctc.org.uk](http://www.ctc.org.uk)**

### THE NATIONAL CYCLE NETWORK (NCN)

The NCN is a network of traffic-free paths and traffic calmed minor roads linking the countryside and major towns and cities. The NCN is promoted by Sustrans, a national transport charity developing practical projects aimed at encouraging alternatives to the car.

For more information on Sustrans and the NCN contact: National Cycle Network Centre, 2 Cathedral Square, College Green, Bristol, BS1 5DD. Telephone: 0845 113 0065  
**[www.nationalcyclenetwork.org.uk](http://www.nationalcyclenetwork.org.uk)**

### THE NATIONAL CYCLE STRATEGY

For more information on provision for cycling in the UK see: **[www.nationalcyclingstrategy.org.uk](http://www.nationalcyclingstrategy.org.uk)**

### NATIONAL RAIL ENQUIRY LINE 0845 7 48 49 50

### FURTHER INFORMATION

**Leaflet publications** are also available for:  
Centurion Way, Chichester      Worth Way  
Cycle Chichester                      Downs Link (£2.00)  
Cycle Crawley                              Ride the BIG Weald (£2.00)  
Cycle Horsham

All of the above are available from West Sussex County Council.

For further information or if you would like a copy of this publication in another format (audio, braille, large print, another language) please contact the Communications Officer, Environment & Development at West Sussex County Council on 01243 777610 or email [env.dev@westsussex.gov.uk](mailto:env.dev@westsussex.gov.uk)



Same view .....

... just a different outlook



**TRAVELWISE**  
TRAVELWISELY IN WEST SUSSEX



We recommend you always wear a cycle helmet when riding your bike and make sure it is correctly fitted.

## WHY CYCLE IN WEST SUSSEX

You can use the cycle network to cycle

- to work
- to school or college
- to the shops
- to the town centre
- to the station
- to the leisure centre
- or just for leisure

Concerted efforts are taking place to improve the situation for cyclists (and walkers), and to encourage more people to cycle.

- Cycling helps you to keep fit and healthy and is a great way to socialise.
- Cycling is an efficient, economical and environmentally friendly form of transport.
- Cycling is extremely flexible.
- Many journeys by car are short, making them ideal for cycling. Short cycle trips are often faster, door to door, than car trips.
- Cycling saves money on petrol, parking fees and fares.
- A network of cycle routes makes cycling quicker and safer.
- Regular cycling can make you as fit as someone ten years younger

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## TRAFFIC SIGNS & MARKINGS



Signs to guide you at junctions or along a cycle route



Cycle track off road. ALL other vehicles are prohibited, including mopeds



White cycle symbols may be painted on the road or track to help identify the route



Contra-flow cycle lane (on one-way street)



Shared cycle track and pedestrian route



Segregated cycle track and pedestrian route (please keep to the correct side)



Advisory cycle route on roads



Start of pedal cycle and bus lane



Warning pedestrians of cycle route



Cycle parking available

## TRAFFIC SIGNS & MARKINGS

### CYCLE ROUTES



Pedal cycles and buses only



National Cycle Network Route - Straight on at junction ahead (Direction of arrow may be varied)



Regional Route Turn Right (Direction of arrow may be varied)

### PROHIBITION SIGNS



Advisory sign for cyclists (In the interest of safety)



No cycling



No motor vehicles (Cycling permitted)



No entry for vehicular traffic (including cycles unless otherwise specified)

### WARNING SIGNS



Cycle route ahead (sign to warn motorists)

## CYCLE ROUTES

### CYCLE TRACK OFF ROAD

This can take the form of a dedicated cycle track, or a shared use path facility. The track will be signposted, and often marked with cycle symbols on the ground. Shared paths are convenient and safe routes for cyclists, but it is very important that pedestrians feel safe and secure. Cyclists can also make use of all bridleways. These are shown on Ordnance Survey maps. Give way to horses at all times.

### CYCLE LANE ON ROAD

Cycle lanes on road can be advisory or mandatory. Advisory on road lanes are denoted by a dashed line along their outside edge. Mandatory lanes have a solid white line. Drivers must not drive or park in a mandatory cycle lane, and only in an advisory lane if it is unavoidable.

Keep within the lane, and watch out for traffic emerging from side turnings.

### ADVISORY CYCLE ROUTE

Many residential and country roads are suitable to cycle along with little or no modification, due to the low volume and speed of traffic. Advisory routes are roads such as these that have been signposted, both to help cyclists find their way, but also to raise drivers awareness of cyclists.

### CYCLE FRIENDLY ROADS

These are not illustrated due to the mapscale and the number of roads. There are many roads and lanes around the county where safe, leisurely cycling is possible. These routes are not sign posted, but are generally shown as white on road maps and may be included in guidebooks and recommended route guides.

## CYCLE WEST SUSSEX ROUTE MAP 2004



TRAVELWISE  
REDUCE CAR USE. REDUCE CAR POLLUTION