

Belfast's Better by Bike!

Welcome to this updated edition of *Belfast by Bike*. This guide provides useful information for safer and more enjoyable urban cycling. It includes advice on safe cycling, maps showing cycle routes in Belfast and contact details. An illustration indicates most of the features and signs you are likely to encounter on a cycle journey.

The maps have been designed to highlight the opportunities, both for novice and experienced cyclists, wishing to explore Belfast by bike. They show the National Cycle Network (NCN), existing cycle lanes and tracks and recommended routes for everyday use. These link residential areas to work, shops, public transport, the countryside and local tourist attractions.

The NCN (Route 9 and 93) offers a high quality route through the city. It links the Lagan Towpath in the south to Whiteabbey in the north, via Laganside, the Docklands and the North Foreshore. The network of cycle lanes and tracks is growing throughout the city to help facilitate cycle journeys.

The recommended routes shown on the maps, which are not signposted on the ground, use quiet roads and traffic calmed areas where available, but for continuity some busier roads have also been included (the main traffic calmed areas in the city, where traffic speeds are generally slow, have also been illustrated). Traffic-free paths through many of the local parks are ideal links and offer a pleasant trip through tranquil surroundings.

Cycle parking facilities are increasing throughout the city centre, at leisure centres and the main bus and rail termini.

Have a safer and more enjoyable cycle trip, as you know "Belfast's Better by Bike!"

Tips for safer and enjoyable cycling throughout the year



Cycling in dry weather



Cycling in wet weather



Acknowledgements
 Photographs: front cover provided by Julia Bayne, Sustrans.
 "Waterfront at Night" by permission of the Belfast Visitor and Convention Bureau.
 Leaflet designed by DRD Graphic Design Unit

Safety and Security

- Advice for Cyclists**
- When purchasing a new cycle insist on a test ride before you buy.
 - Keep your cycle in good working order particularly the brakes, steering and tyres.
 - Ride confidently but defensively and be alert for possible hazards.
 - Look all around before moving off. Look behind and if safe, signal clearly before changing direction.
 - Always accompany young children when they ride on roads and get them trained.
- Advice for Motorists**
- Cyclists have a right to be able to use the road safely, keep a special lookout for them.
 - When overtaking a cyclist, always use your indicators and give the cyclist plenty of space.
 - Do not pull out into the path of cyclists, they may be going faster than you think.
 - Always check for cyclists before opening your vehicle door.
 - Do not park your vehicle or any part of it, on a pavement, path or cycle track.

Cycle Security

To help prevent theft invest in a good quality cycle lock and use it every time to secure your frame and wheels. Ensure your bike is easily identifiable. Record your frame number, model, colour and accessories. Take a photograph. Mark your frame with your postcode and house number.

Get your cycle insured and if it is stolen report it at once to the police.

Why Cycle?

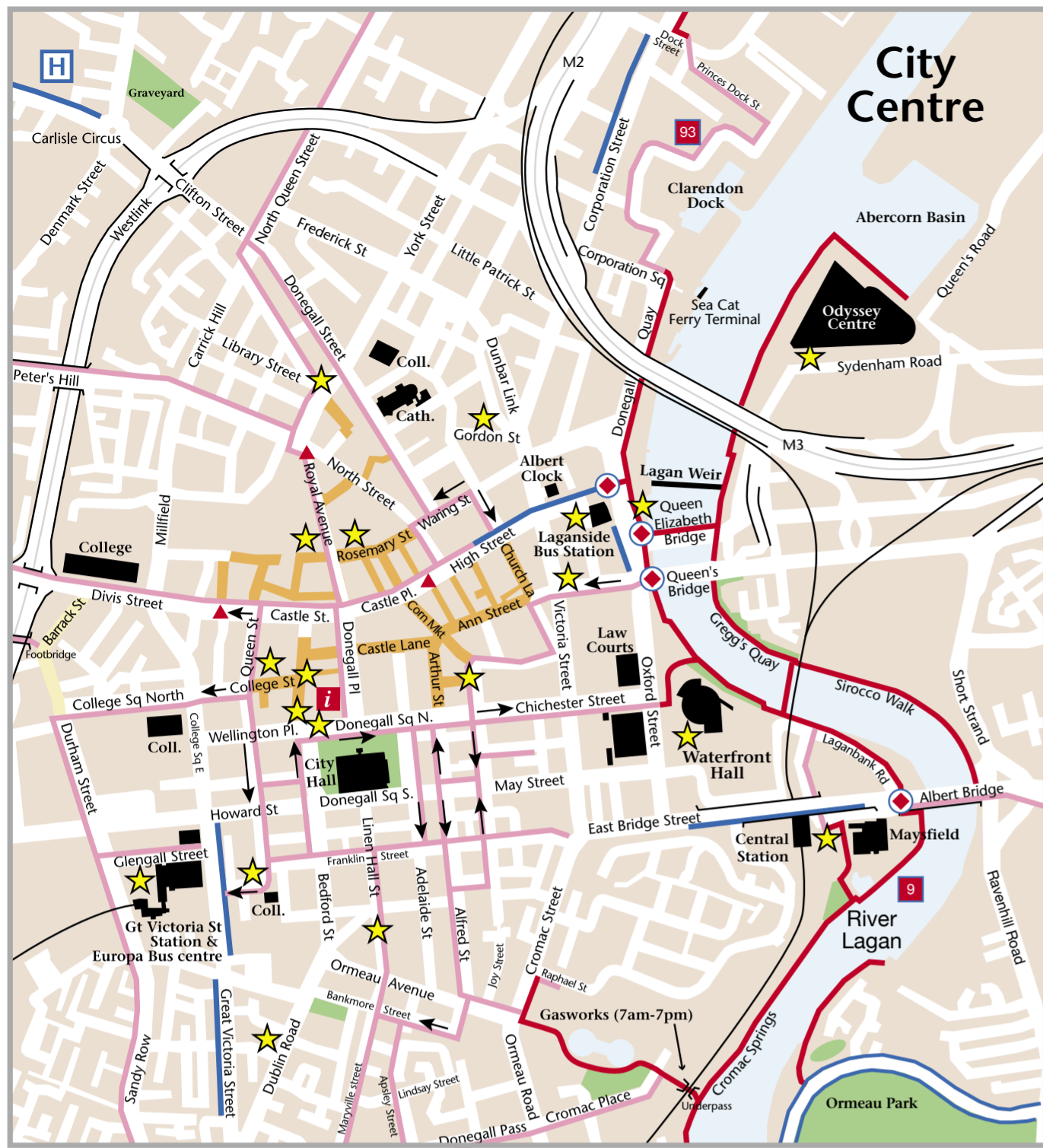
- Good Exercise → Improves Strength
- Healthy Heart → Reduced Stress
- Feel Good → Fun
- Sociable → Less Pollution
- Door To Door → Cuts Congestion
- Quieter Roads → Beats Traffic Jams
- Safer Roads → Saves Space
- Better Environment → Saves Money

- 1/3 of all households in Belfast have at least one bicycle
- Half an hour's cycling each day will halve the rate of heart disease
- Regular cyclists are as fit as people 10 years younger

Contacts/Information

- Belfast City Council**
 Countryside Officer
 Tel: 028 9066 2259
www.belfastcity.gov.uk
- DRD Roads Service**
 Eastern Division
 Cycling Officer
 Tel: 028 9025 3152
www.drdni.gov.uk/roads/cycling
- Sustrans**
 Tel: 028 9043 4569
www.nationalcyclenetwork.org.uk
- Laganside Corporation**
 Tel: 028 9032 8507
www.laganside.com
- Translink (public transport)**
 Tel: 028 9066 6630
www.translink.co.uk
- Tourist Information**
 Belfast Welcome Centre
 47 Donegall Place
 Tel: 028 9024 6609
www.gotobelfast.com

For more information on the National Cycle Network and cycling in Northern Ireland visit:
www.nationalcyclenetwork.org.uk
 and
www.drdni.gov.uk/roads/cycling



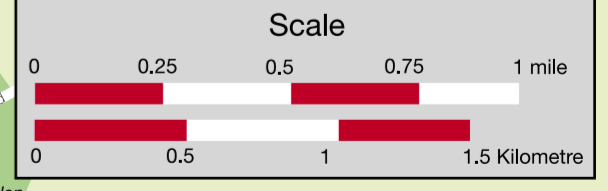
Additional Cycling Literature



Key to Cycle Facilities

- Off Road Cycle Track
- On Road Cycle Lanes and Bus/Cycle Lanes
- Recommended Cycle Route (shown on one side only for clarity)
- Pedestrian Area- cyclists to wheel bicycles
- National Cycle Network Route
- One-Way traffic including cycles
- Traffic restriction with exemption for cycles
- Traffic lights with Advance Stop Line for cycles
- Signalised cycle and pedestrian crossings
- Cycle parking facility
- Traffic Calmed areas
- Tourist Information Centre
- Railway line and Station
- Hospital
- Leisure Centre
- Public Parks/Playing Fields
- BMX cycle tracks

Note: For clarity only relevant streets are shown on the main map



Based upon the Belfast Street Map by permission of the OSNI on behalf of the controller of HMSO.

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