

## Cycling in Ormskirk

This map is designed to help you get around Ormskirk by bicycle. By using side streets and linking cycle paths you can avoid the worst traffic. In many ways Ormskirk is ideal for cycling: the town is flat. Most places are within a ten-minute cycle ride of the town centre.



## Cycling is good for your health

Cycling to the shops, work or school is one way of ensuring that you get enough exercise each day to keep fit and healthy.

- Cycling helps you control your weight and reduce your chance of suffering from diseases like diabetes, heart disease, high blood pressure and cancer.
- If you are retired a short cycle ride or walk each day is a good way of keeping fit.
- Cycling is fun. Being outside cycling can help make you feel happy.
- Obesity amongst children is increasing. Cycling is one way of burning off the extra calories, reducing their chance of becoming overweight. Cycle with your child to the playground or school.
- Or if they are older let them cycle to school by bike or to their friends.
- Research suggests that cycling can help you live longer.

## Key

	Rail line and Station
	Main road
	Minor road
	Recommended on-road cycle route (not all signed)
	Cycle track
	Cycle lane
	Bridleway (cycling allowed)
	Footpath (dismount, no cycling)
	Toucan/Pelican*/Zebra* crossing (*cyclist's dismount)
	One way
	National Cycle Route number
	Regional Cycle Route number
	Rail line and Station
	Bus Station
	Rural area
	Park and open space
	Urban area
	Pedestrian area (no cycling)
	Place of interest
	Schools & Colleges
	Major employment site
	Shops
	Cycle Shop
	Hospital
	Other buildings

## Did you know?

- On average cyclists live two years longer than non cyclists
- An average UK household spends one in every six pounds on travel – think how much you will save if you travel by bicycle
- Cycling uses 0.03 mega joules of energy per kilometre, 70 times more energy-efficient than the average car
- Cycling is the least polluting way of travelling after walking
- 2kg of carbon is saved for every short journey made by bike
- 10 bikes can be parked in the space of one car



## Coronation Park

Cycling across Coronation Park is a good way of getting into the town centre from the west.

There is a children's playground and skatepark in the park, so it is a good place to cycle with children too. Take some bread to feed the ducks. Alternatively cycle to the leisure centre for a swim.



## Cycle to Work

Cycling is a great way of getting to work, and avoiding the worst of the congestion, there are also many benefits:

- Quicker than driving for short journeys
- Flexible
- Keeps you fit and healthy
- Helps you lose weight
- Saves money
- Most importantly, it's fun!



## Route Tips

### Cycle across the north of the town

Use the cycle path from Burscough Road to Greetby Hill to get across the north of the town. There is even a link to the railway station and Ormskirk Primary School. You will find this a good way of getting to Ormskirk hospital and the high school avoiding busy town centre traffic.

### Getting into Ormskirk from the south

By cycling along quite roads, you can get into the town centre from the south avoiding the worst of the traffic.

### Cycling to Southport

Use back roads to get to Southport avoiding the busy A570. Southport is now a cycling demonstration town receiving £5 million funding for new cycle facilities. You can cycle along the seafront in Southport and Ainsdale.

### Getting to the University or Hospital

Ruff Lane offers you a quieter cycle route to the hospital and University College than the surrounding main roads.

### Cycling at the University

Edge Hill University is a short bike ride from the town centre. The University are working to improve facilities for cyclists, installing new cycle stands and secure lockers.

## Cycle to the Train

Cycles are carried free on the train. Take your bike on the train and use it to get to your final destination when you get off the train. At many stations there are cycle stands or lockers to leave your bike. Train and bike is a great way of getting into Liverpool or going to Preston.

