



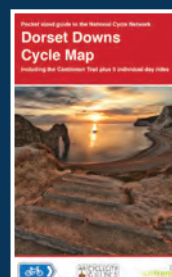
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SO 10:30 - 16:30

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Adults £8.00

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|--|---|---|
| <ul style="list-style-type: none"> <li>Routes available from 2014 On Road / Traffic Free</li> <li>National Cycle Network On Road / Traffic Free</li> <li>Cycle Route Advisory / Traffic Free</li> <li>Footpath</li> <li>Cycle lane</li> <li>School</li> <li>Hospital</li> <li>College</li> </ul> | <ul style="list-style-type: none"> <li>Supermarket</li> <li>GP surgery</li> <li>Post office</li> <li>Library</li> <li>Bike shop</li> <li>Train station</li> <li>Pedestrian crossing</li> <li>Toucan crossing</li> </ul> | <ul style="list-style-type: none"> <li>Toucan available from 2014</li> <li>National Cycle Network Route number</li> <li>Local route number</li> </ul> |
|--|---|---|

For a cycle map of the wider area order the Dorset Downs cycle map from the Sustrans Shop: [www.sustransshop.co.uk](http://www.sustransshop.co.uk)



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## Good reasons to get around by foot, bike, bus or train

### For health

Walking and cycling to work, the shops, or to visit friends and family are great ways to fit regular physical activity into your daily routine. As well as getting you from A to B, regular walking and cycling can help you burn calories, reduce cholesterol and lower blood pressure. If you take the bus, walking to the next bus stop along is a really simple way of fitting a little more activity into your daily commute.

### For the environment

We all know that our environment is under threat from the things we do. Cars currently make up 13% of the UK's total carbon dioxide emissions but on average if you take a train or coach you'll contribute six to eight times less than this and, if you walk or cycle... nothing at all! Fewer cars on the road also means a safer environment for children and a more pleasant place for everyone to enjoy.

### For you

One of the best things about getting around under your own steam is that it's really cheap. There's no road tax to pay, no need for an MOT and you don't have to worry about petrol prices. If you walk or



cycle regularly you'll save a fortune, so there'll be more cash to spend on fun things, like you!

Regular physical activity also helps improve your mood, is good for your sense of well-being and can help to improve self-esteem.

By letting someone else do the driving and taking the bus or train, you'll be able to spend more time enjoying the journey, whether you're listening to music, reading a good book or having a chat with a friend, you'll be saving money and giving your own vehicle a well-deserved rest.

## Want to get around under your own steam? Sustrans can help

Visit [www.sustrans.org.uk](http://www.sustrans.org.uk) to find detailed travel maps of your local area that include walking and cycling paths, bus stops, train stations and connections to local destinations such as shops, schools, GP surgeries and sports facilities. You can also plot your own journeys to share with friends and family.

The Sustrans website also has some great tips if you're thinking about getting back on your bike or would like to go cycling with your children. Take a look at the easy rides section to find simple, safe and enjoyable cycling routes in your area, or order a free cycling information pack highlighting all the National Cycle Network routes near you.

## Weymouth walking and cycling network

This map has been developed to help you travel around Weymouth by foot, bike and public transport. Each grid on the map overleaf represents an average 10 minutes' walk or four minutes' cycle ride, showing just how quick it is to get around under your own steam.

Weymouth is home to a wealth of amenities, leisure facilities, entertainment, retail and history within a relatively short radius of the town centre. The new routes are part of a greater network of cycling and walking routes that allows you to travel around the town and surrounding area safely and pleasantly on foot and by bike. New traffic-free connections, including a new bridge over the busy Newstead Road, fill in the gaps in the Rodwell Trail, providing a direct route from Dorchester to Upwey. Enhancements to the Dorchester Road also provide walkers and cyclists with a safer, more direct route to the cycling hub at Westham Bridge.

These new routes considerably improve access to schools, leisure centres, local businesses, visitor attractions, the railway station and the seafront for walkers and cyclists.

This route links into National Cycle Network Route 26 from Dorchester to Portland and also connects with National Route 2, a long distance cycle route from Kent to Cornwall.

## Connecting your journey

### Walking and cycling



#### Sustrans Online Mapping

Search 14,000 miles of the National Cycle Network on the Sustrans online mapping. You can also find:

- Bike shops
- Places of interest
- Places to eat and drink
- Accommodation

Visit [www.sustrans.org.uk](http://www.sustrans.org.uk)

### Bus



**First Hampshire and Dorset.** For details of local bus services including timetables.

[www.firstgroup.com](http://www.firstgroup.com)

Tel: 0870 010 6022

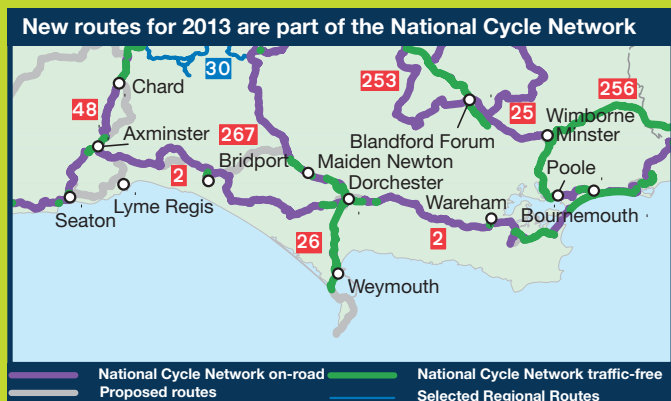
### Train



**National Rail Enquiries.** For details of local train services including timetables.

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

Tel: 08457 48 49 50



### About Sustrans

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make everyday.

It's time we all began making smarter travel choices.

Make your move and support Sustrans today.

[www.sustrans.org.uk](http://www.sustrans.org.uk)

In Weymouth Sustrans' Connect2 is a partnership between



LOTTERY FUNDED



Weymouth & Portland  
Borough Council

TravelDorset

Check before you travel



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