

The Newport Cycle Map shows the improving network of 'on' and 'off' road routes for cycling. Be it for getting to work, leisure or as a way to enjoy the heritage, attractions, city county or countryside of Newport. But they are not just for cycling, routes are for walking too.

To find out more about where to visit in Newport go to: www.newport.gov.uk/visiting or get interactive at www.npxc.co.uk


Key	
	National Cycle Route number
	Traffic-free cycle path
	On-road cycle route
	Traffic calmed streets
	Bus and cycle Lane
	Areas to walk your bike
	Route under development
	Wales Coast Path
	Boundary line
	Railway station
	Bus station
	Hospital
	School
	College
	Library
	Post office
	Tea room
	Public toilets
	Museum and library
	Tourist information
	Local information centre
	Underpass
	Over bridge
	Cycle parking

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 The representation of a track or a path is no evidence of a public right of way. Users of all routes shown on this map do so entirely at their own risk. We cannot guarantee that all routes and bridleways will always be passable by bike particularly in wet weather. Newport City Council or Fourpoint Mapping accept no responsibility for omissions or errors.
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www.fourpointmapping.co.uk

Fourteen Locks Canal Centre
 A unique flight of canal locks and visitor centre.



Caerleon
 A fascinating ancient Roman Fortress town, and Home to the Legend of King Arthur.




Wales National Velodrome



Newport Transporter Bridge
 World-famous aerial ferry across the River Usk, and part of the rich local industrial heritage.



Tredegar House
 A late 17th century mansion, and one of the architectural wonders of Wales.

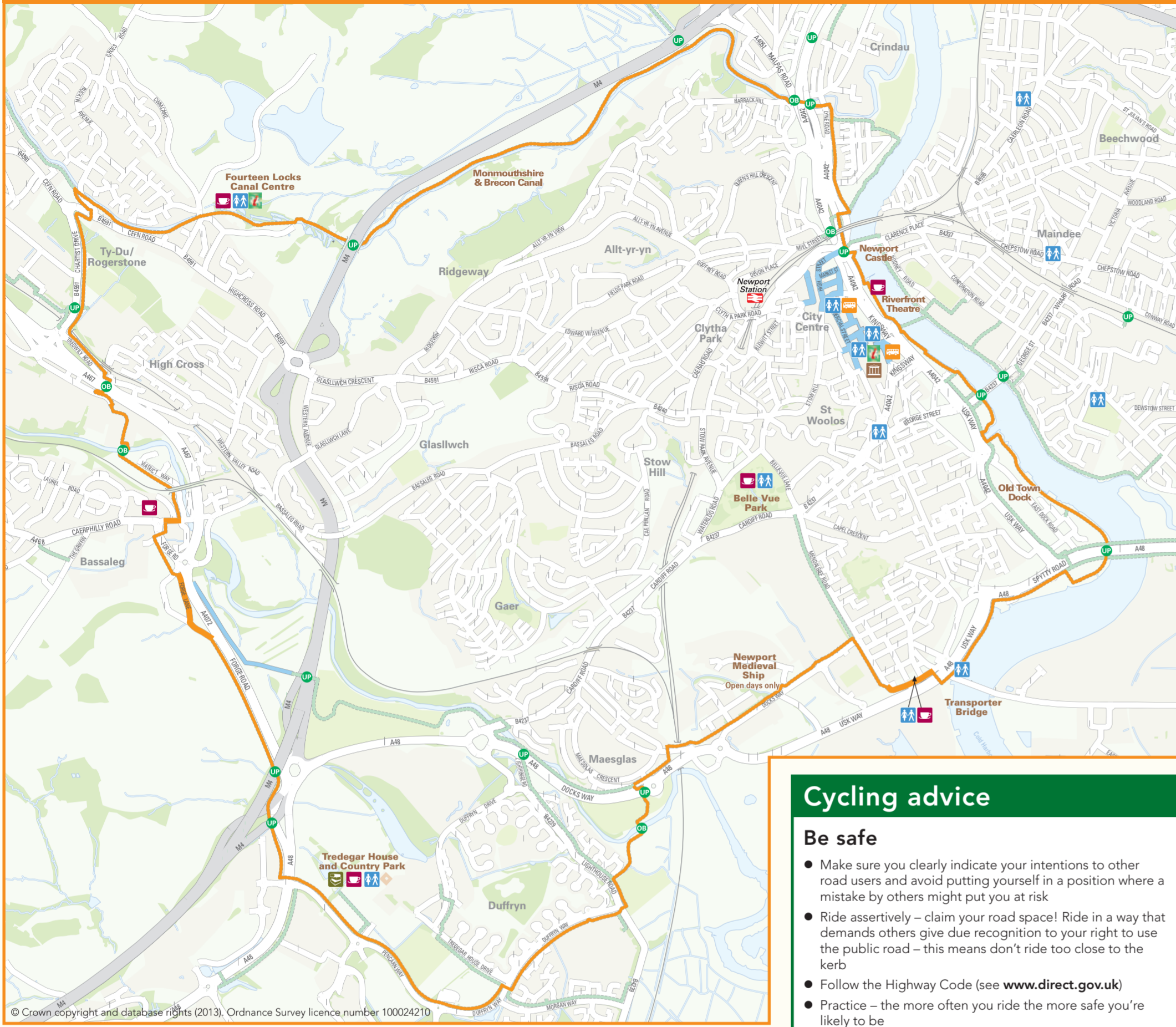


Newport Wetlands Reserve
 Internationally important wildlife reserve, with a Visitor Centre and plenty of walking and cycling. Good access for walking the Wales Coast Path.




Newport Heritage Trail

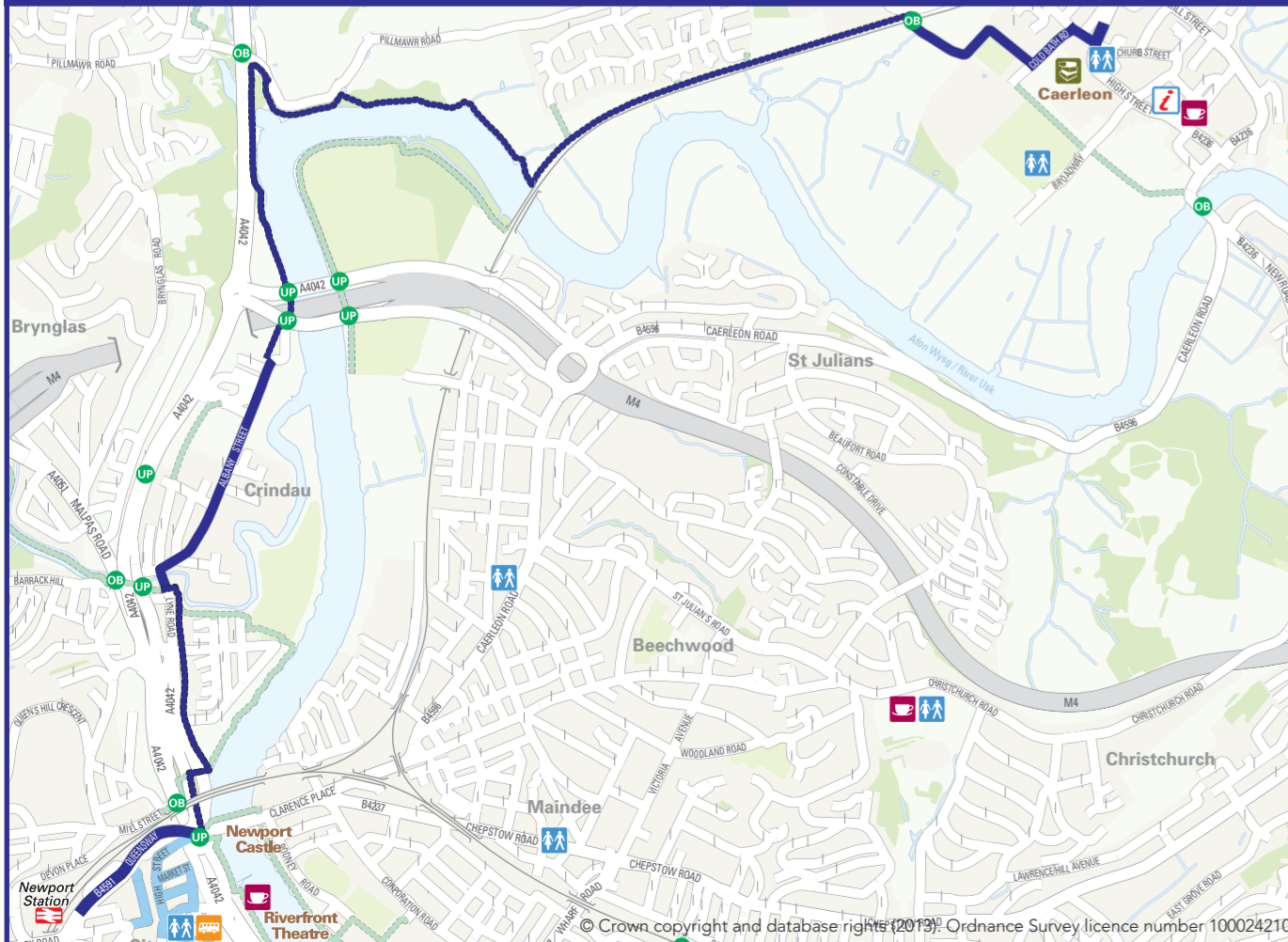
Approximately 11 miles 1hr 30mins



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City Centre to Roman Caerleon

3.5 miles 25 mins



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Cycling advice

Be safe

- Make sure you clearly indicate your intentions to other road users and avoid putting yourself in a position where a mistake by others might put you at risk
- Ride assertively – claim your road space! Ride in a way that demands others give due recognition to your right to use the public road – this means don't ride too close to the kerb
- Follow the Highway Code (see www.direct.gov.uk)
- Practice – the more often you ride the more safe you're likely to be
- Watch out for parked cars, gutters, pedestrians and large vehicles
- Ensure that your clothing is not trailing and don't carry bags etc on the handlebars
- You may wish to wear a cycle helmet
- Ensure that your bike is well maintained

When using traffic-free paths

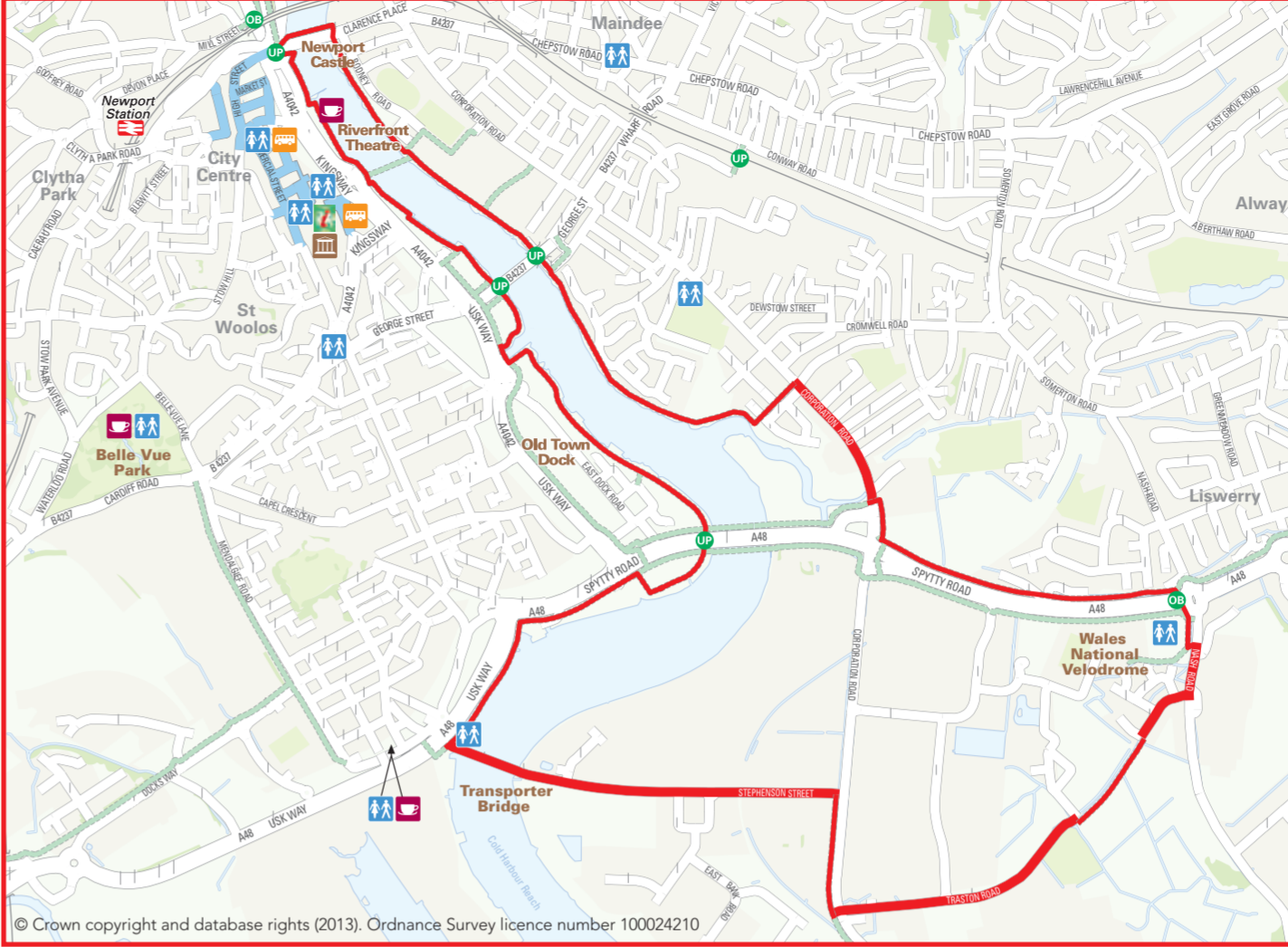
- Slow down when approaching walkers or horses, pass slowly and give them plenty of room
- Cycle at a relaxed pace
- Where there is a white dividing line, keep to your side. Otherwise try to cycle on the left-hand side
- Remember that some people are hard of hearing or visually impaired. Do not assume everyone can see or hear you

Be seen

- The law states that you must have at least two lights attached to your bike – a white light at the front and a red light at the rear
- Reflectors are also important so make sure that you have a white reflector on the front and a red one at the rear (have them fitted to your pedals too) and make sure that they're clean!
- Wear something fluorescent/bright so that you are seen during the day and reflective at night

Riverside Circular

6.5 miles 45mins



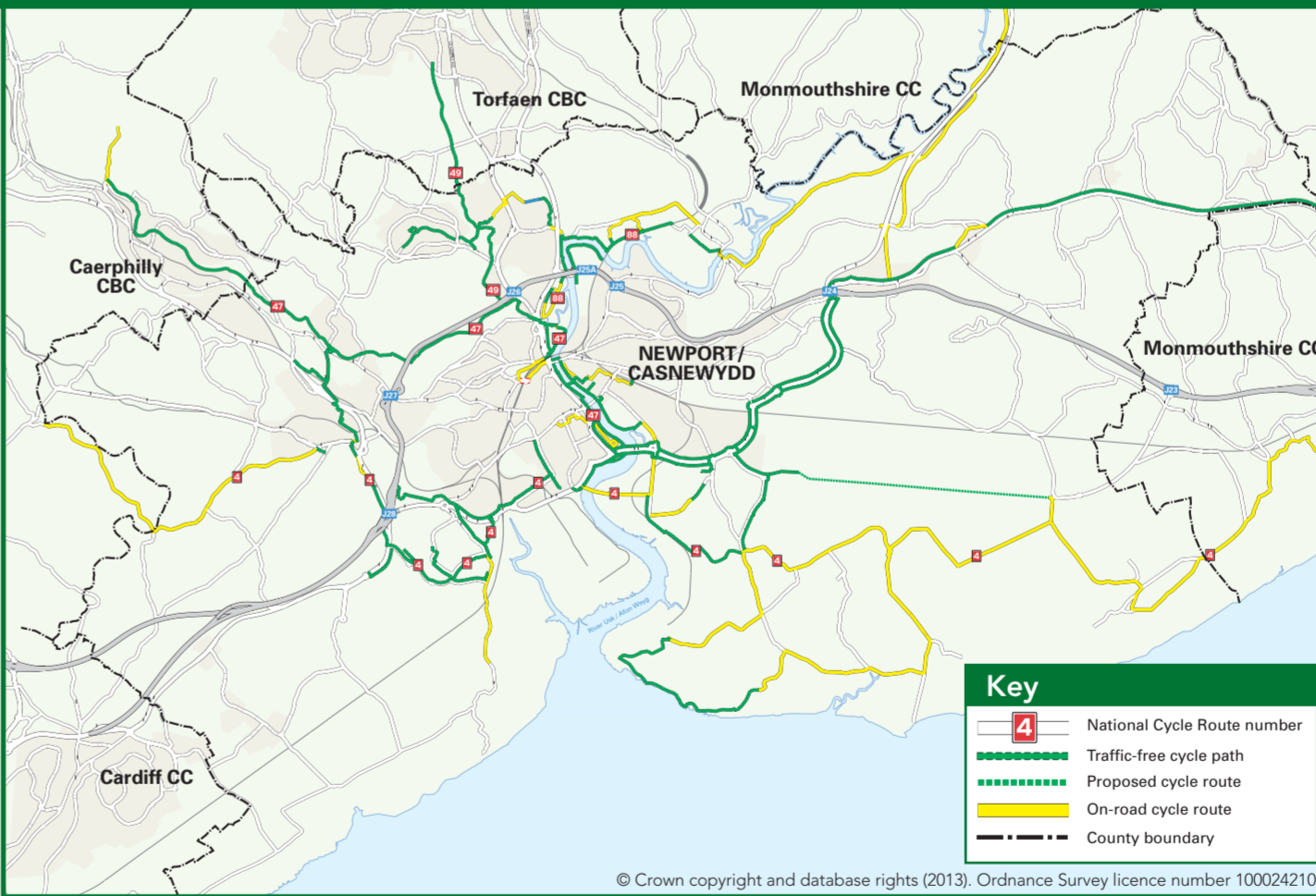
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Key

	Public toilets	
	Underpass	
	Over bridge	
	Tourist information	
	Local information centre	



National Cycle Routes into Newport



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Sustrans

For hints, tips and advice on building walking and cycling into your daily routine sign up for Sustrans 'Active commuter' e-bulletin at www.sustrans.org.uk/activecommuter.

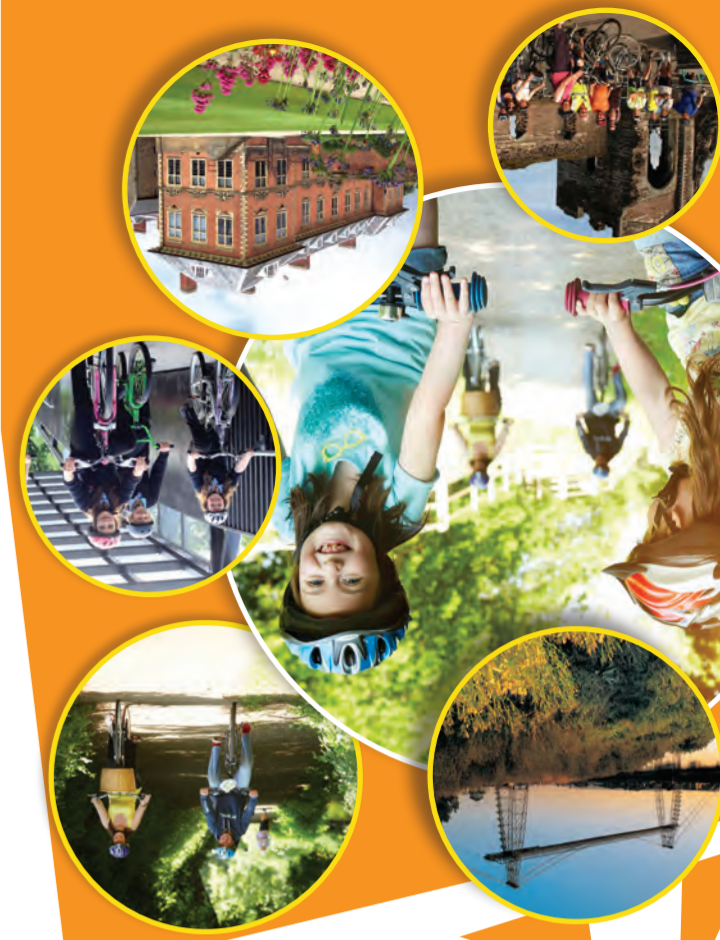
For more information on walking and cycling trails in Wales go to Sustrans' Routes2ride website: www.routes2ride.org.uk/wales



Bike Hire Schemes

Hiring a bike is a great way to get cycling around Newport. Bikes can be hired from two locations in Newport:

Newport International Sports Village (NISV)
01633 656757
Fourteen Locks Centre
01633 892167 (www.fourteenlocks.co.uk)



Newport

Cycling map
Map beicio Casnewydd

TravelineCymru

Traveline Cymru is your one-stop-shop for public transport information, providing route and timetable information for all bus services in Wales and rail and coach services across the UK.



Log onto www.traveline-cymru.info or call us on 0871 200 22 33 for up to date and impartial information for both local and national journeys.

Health Challenge Newport

Health Challenge Newport is a scheme to promote Healthy Living. Cycling is just one way to get active in Newport and provides many benefits:

- By improving your fitness through cycling you can reduce the risk of ill health
- Cycling is a more economical alternative to driving
- Journeys around Newport are greener and often quicker on a bicycle
- Cycling can also provide independence to people who do not own a car

Cycling is an easy and fun way to see the sites of Newport and is a great activity for all ages.

