

## 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.



## The Olympic connection

Did you know that Ormskirk is the home of Dolan Bikes, one of the country's top frame makers, making Olympic bikes?

More information [www.dolan-bikes.com](http://www.dolan-bikes.com)

Did you know that West Lancashire is one of the favourite training areas of Bradley Wiggins, the Olympic and Tour de France cyclist? The cyclist who overtakes you and then disappears into the distance just might be Bradley.

## H Middleton Cycle Club

Ormskirk's cycle club with rides on Sundays and Tuesdays starting from the cycle shop in the centre of Ormskirk.

Website: [www.hmiddletoncc.co.uk](http://www.hmiddletoncc.co.uk)

## Wheels for All

Wheels for All offer adapted bikes to enable everybody to enjoy cycling. They have a base at Edgehill University

More information [www.cycling.org.uk](http://www.cycling.org.uk) or 01925 234213

## Key

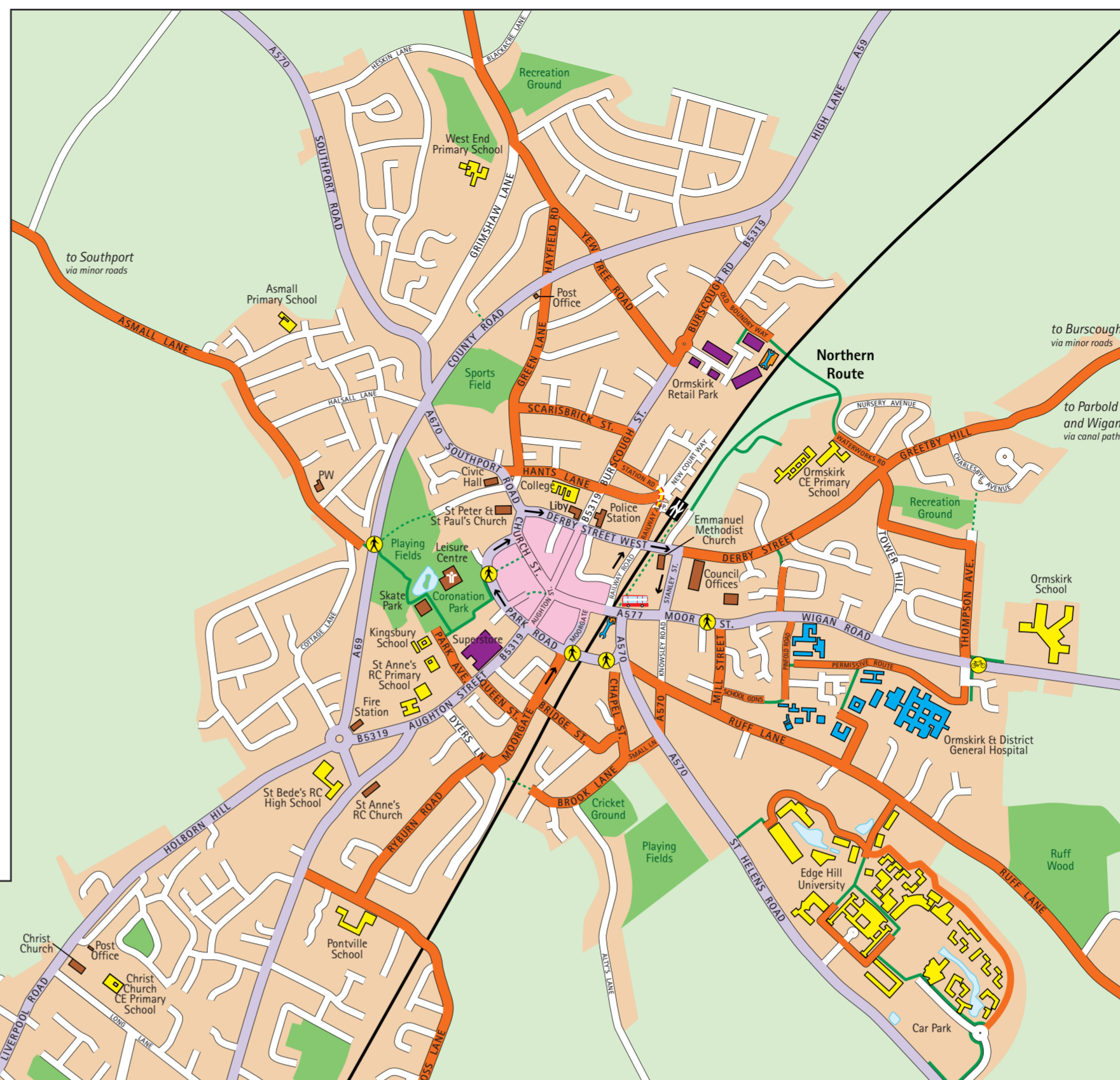
	Rail line and Station
	Main road
	Minor road
	Recommended on-road cycle route (not all signed)
	Cycle route, cyclists dismount
	Cycle track
	Cycle lane
	Bridleway (cycling allowed)
	Footpath (dismount, no cycling)
	Toucan/Pelican/Zebra* crossing (*cyclist's dismount)
	One way
	National Cycle Route number
	Regional Cycle Route number
	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

## Cycle Journey Planner

Plan your cycle journeys online with [www.cyclestreets.net](http://www.cyclestreets.net)



## Cycle to the Train

Subject to space cycles are carried free on the train. At Ormskirk Station there is secure cycle parking where you can leave your bike during the day. Cycle hire is available through Bike and Go. To get a pass for the compound and find out about cycle hire [www.merseyrail.com](http://www.merseyrail.com)



## 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!



## Cycle across the north of the town

Use the cycle path from Burscough Road to Greetley 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.

## 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. There is also a new entrance to the University for pedestrians and cyclists on St Helens Road.

## Cycling at the University

Edge Hill University is a short bike ride from the town centre. There are cycle stands, lockers, cycle hire and showers available on site and the pedestrianised areas of campus are designated shared use.