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|--|---|--|------------------------------|
| | National Cycle Network
On-road / Traffic-free | | Library |
| | Promoted cycle route
(Traffic volumes may vary according to time of day) | | Post office |
| | National Cycle Network
route number | | Crossing |
| | Traffic-free cycle path | | School Crossing Patrol |
| | Bridleway
(Unsurfaced section) | | One way / Cycle contraflow |
| | Footpath
(Alignment of all footpaths is indicative) | | Health centre |
| | School
(Arrow indicates main entrance) | | Hospital |
| | Place of worship
(Arrow indicates main entrance) | | Level crossing |
| | Railway with station | | Commercial / Industrial area |
| | Cycle parking | | Urban area |
| | Convenience shop | | Bus stop |
| | Supermarket | | Take care location |

0 Kilometres 0.5 1 1.5

0 Miles 0.25 0.5 0.75 1

How long will it take?

3 minutes cycling will take you this far
if you cycle at about 10mph

3 minutes walking
if you walk at about 3mph

or this far in 6 minutes

or 6 minutes or 9 minutes or 12 minutes or 15 minutes or 18 minutes