



	National Cycle Network On-road / Traffic-free		School (Arrow indicates main entrance)
	Promoted cycle route (Traffic volumes may vary according to time of day)		College (Arrow indicates main entrance)
	National Cycle Network route number		Place of worship (Arrow indicates main entrance)
	On-road cycle lane		Library
	Traffic-free cycle path		Post office
	Footpath (Alignment of all footpaths is indicated)		Convenience shop
	Authority boundary		Hospital
	Railway with station		Health Centre
	Guided Busway under construction		Cycle parking
	One way		Theatre
	One way with cycle contraflow		Commercial / Industrial area
	Crossing		Urban area
	School Crossing Patrol		

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 or this far in 6 minutes
 if you cycle at about 10mph

3 minutes walking or 6 minutes or 9 minutes or 12 minutes or 15 minutes or 18 minutes
 if you walk at about 3mph