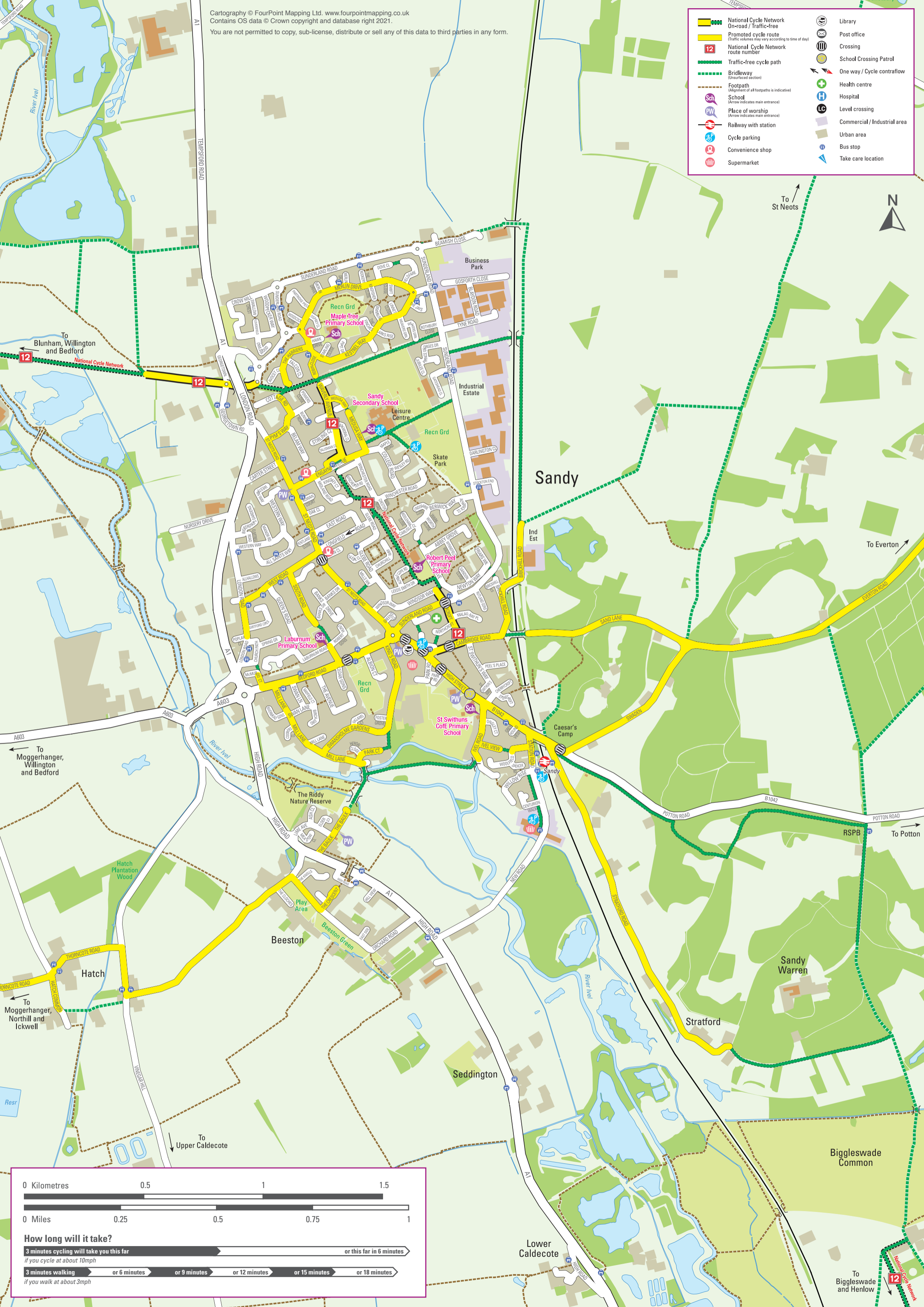


	National Cycle Network On-road / Traffic-free		Library
	Promoted cycle route (Traffic volumes may vary according to time of day)		Post office
	National Cycle Network route number		Crossing
	Traffic-free cycle path		School Crossing Patrol
	Bridleway (Unsurfaced section)		One way / Cycle contraflow
	Footpath (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 (Arrow indicates main entrance)		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 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