Benefits of Cycling
Cycling, whether it’s a day-to-day activity or an occasional adventure, is a great way to help keep you and the rest of your family healthy as well as:
• Getting you fit
• Being an excellent low-impact exercise
• Reducing your risk of many health-related issues
• Saving you money
• Improving the environment
• A great way to spend time and explore with your family.

The best way to build your fitness on the bike is to ride for at least 150 minutes every week. For example, you could cycle to work a few days a week, or do a couple of shorter rides during the week with a longer ride at the weekend.

So get on your bike and you’ll soon feel the benefits.

60 An hour’s cycling burns approximately 500 calories

Cycling Safety Tips
• Wear a helmet
• Carry a bottle of water
• Ride to your own ability
• Make eye contact with motorists when possible
• Look behind you before you turn, overtake or stop
• Use arm signals before you turn right or left
• Obey traffic lights and road signs
• Don’t ride on the pavement unless there’s a sign that says you can
• Don’t cycle next to another person on busy or narrow roads
• Don’t use headphones or a mobile phone while cycling
• Be mindful of others especially pedestrians and horses

Hazard Awareness
• Be aware of moving and stationary vehicles at all times – especially around junctions / roundabouts
• Be aware that motorists often misjudge the speed of cyclists and may change lane and manoeuvre without signalling
• Watch out for doors opening from parked cars

Cycling in Wakefield
Active Wakefield Leisure Routes
Across the district we have Leisure Route maps to suit all abilities – please see our website for further details www.wakefield.gov.uk/cycling

The Wakefield Wheel
Identified and promoted by the Wakefield District Cycle Forum (www.cycling-wakefield.org.uk), this is a circular ride of around 40 miles and contains short sections where you might need to walk with your bike. It also has links to a series of shorter circular routes in the Wakefield area. Some of the routes may be muddy and uneven (particularly in wet weather) and are more suited to mountain bikes rather than road bikes.

West Yorkshire Cycle Route
A 150-mile partially signed touring route mainly on quiet roads and country lanes around the West Yorkshire Boundary. In the Wakefield area it takes you through Castleford, Pontefract and Hemsworth. There are railway stations within a few miles of the route so you can travel for day rides to and from individual sections.

Trans-Pennine Trail
The Wakefield arm of the cycling and walking recreational route, which runs from coast to coast and connects the Mersey and the Humber, forms part of the National Cycle Network Route 67. Other arms link to Chesterfield and York. The Wakefield arm runs from the Barnsley Boundary at Cold Hiendley, through Walton and Heath, passing Stanley Ferry Aqueduct and Bottomboat, and then onwards towards Leeds.

For further information, please see www.transpenninetrail.org.uk or contact the Trans-Pennine Trail office on 01226 772574 or at info@transpenninetrail.org.uk

Useful Contacts
British Cycling
www.britishcycling.org.uk
Ride Social
www.letsride.co.uk
‘Ride Social’ is Britain’s biggest social cycling community, helping you get together with like-minded cyclists and ride your way. The Ride Social website, powered by British Cycling, lets you organise your own bike rides using your favourite routes.

Wakefield District Cycle Forum
www.cycling-wakefield.org.uk
This is a voluntary organisation that promotes all types of cycling throughout the Wakefield District, organising numerous rides and skills courses throughout the year.

Cycling UK - The National Body for all cyclists
www.cyclinguk.org

Sustrans - The sustainable transport charity working to promote cycling, walking and public transport www.sustrans.org.uk

Wakefield Wellbeing
The Health Improvement Team is supporting people to live healthier lives by eating well and moving more. Being physically active every day is good for our health and wellbeing – combine this with a healthy diet and you can reduce your risk of major diseases such as heart disease and cancer.

To find out more about other activities in the District, like us on Facebook ‘wakefield wellbeing’ or contact us on healthimprovement@wakefield.gov.uk or ring 01924 307348

Cycle Hire
Across Wakefield we have several locations where you can hire bikes:
• Pugneys Country Park
  Asdale Road, Denby Dale Road, Wakefield WF2 7EQ
  Tel: 01924 302385
• Thornes Park Stadium
  Horbury Road, Wakefield WF2 8TY
  Tel: 01924 303285
• Anglers Country Park
  Haw Park Lane, Wintersett, Wakefield WF4 2EB
  Tel: 01924 303980

Please bring some photo ID when using this service. There are a limited number of bike sizes so pre-booking is advised for large groups. Adapted bikes are also available from Thornes Park Stadium.

Active Wakefield
Cycle Rides
Pugneys Country Park

Challenging
A circular route through Aiging, Walton, Haw Park, Newmillerdam & Pugneys Country Park

Active Wakefield Routes
A circular cycle route, suitable for the more experienced cyclist and those open to a challenge. The route follows parts of the Wakefield Wheel cycle pathway and encounters challenge. The route is a circular route through Aiging, Walton, Haw Park, Newmillerdam & Pugneys Country Park

Challenging Level
Larger routes using road and off-road tracks, encountering some hills suitable for the more experienced cyclist. Some of the routes may be muddy and uneven (particularly in wet weather) and are more suited to mountain bikes rather than road bikes.

(approximately 120 minutes)

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