Carlisle is a compact city with most of it within two miles of the City Centre, the equivalent of only a 15 minute cycle ride. The zones on the map will help give you an indication of the distance and time you are from the centre (English/Scottish Streets).

This map aims to help you consider walking or cycling when making your journeys within Carlisle whether to school, work, the shops or leisure facilities; even if that is only one of the journeys a week you presently make by car. Walking and cycling within the city is a great way of improving your health whilst saving money and will help achieve the 30 minutes of daily physical activity recommended.

All roads apart from the M6 are available for cyclists and pedestrians. This map only shows the key roads within the City. Please do not cycle on the pavement unless it is a designated shared route. No responsibility will be accepted by Cumbria County Council for any errors or omissions.
Why walk?

- Builds up fitness gradually and acts as a stepping stone to other activities
- It can be easily incorporated into everyday life
- Provides time to clear your head and leave stresses behind
- Anyone can do it regardless of age, ability, location or income
- It’s free!

For further details on health walks please contact Carlisle City Council on 01228 817370 or visit carlisle.gov.uk to download a walking brochure.

The 3 River Corridors

The rivers Caldew, Eden and Petteril each offer attractive off-road family friendly riverside routes for walking, cycling and mobility scooters. The rivers form part of a Special Area of Conservation and the wildlife you may catch sight of include lamprey, salmon, crayfish, otters and kingfishers.

Safety
Wear reflective clothing and ensure you have a front light and rear reflector. Always use lights when cycling at night.

Helmet
Should be worn with the peak just above the eyebrows. The strap should sit in a 'V' under the ears and should be tight enough not to move around.

Saddle
Correct height improves comfort and avoids knee strain. When pedal at bottom of crank with ball of foot on pedal, leg should be very slightly bent. Too straight will hurt knees and too bent will make pedaling hard work.

Wheels
Check tyres regularly, well inflated tyres make cycling easier. A correctly inflated tyre should not compress when a thumb is pressed against it.

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Check the following regularly:
- Brakes and cables
- Tyre pressure and condition

Local bike shops will help you find the right bike or adjust yours properly so it’s safe and comfortable to ride.

Be healthy

Even new cyclists travelling short distances can reduce the risk of dying from heart attack or stroke by up to 22%.

Car drivers suffer four times higher levels of air pollution than walking.

Walk off a full day’s worth of food
30 mins walking x 5 days a week = 2000 calories

Save money

Save over £300 a year just on car parks and petrol

Swap your car for a bike one day a week to get to work in the city centre from two miles away.

Bike Shops

- **Halfords**
  London Road
  St Nicholas Gate
  01228 514045
  halfords.com
- **Holly Mill Cycles**
  140 Botchergate
  01228 513909
  hollymillcycles.co.uk
- **Mystery Cycles**
  (mobile spares and repairs)
  Dalston
  01228 711566
- **Palace Cycles**
  120–124 Botchergate
  01228 625600
  palacecycles.co.uk
- **Scotby Cycles**
  Church Street
  Caldewgate
  01228 546931
  bikebike.co.uk
- **Whitehead Cycle Centre**
  120–124 Botchergate
  01228 526890

Contacts

- **Cumbria County Council**
  01228 226735
  cumbriacc.gov.uk/cycling
cyclingcumbria.co.uk
- **Highways Hotline**
  To report pot holes etc.
  0845 609 6609
cumbriahighways.org.uk
- **Carlisle City Council**
  01228 618580
carlisle.gov.uk
- **Carlisle Cycle Campaign Group**
  01228 711832
  bordercitywheelers.co.uk
- **Sustrans**
  Information on National Cycle Network
  sustrans.co.uk
- **Hadrians Wall Bus**
  (AD122)
  Carries two bikes per bus
  01434 32022
- **Traveline**
  Public transport information
  0871 200 2233
- **National Rail**
  Train times
  0845 748 4950
- **Carlisle Tourist Information Centre**
  Local cycling and walking publications
  01228 625600

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