



### Why walk or cycle?

- Makes you feel good and keeps you fit
- Gives you more energy
- Reduce stress and helps you sleep better
- Keeps your heart 'strong' and reduces blood pressure
- Helps to manage your weight
- Saves money – no need to worry about rising fuel costs
- Reliable journey time, avoids traffic jams
- Zero carbon emissions – do your bit to fight climate change.

### Why are walking & cycling the perfect activities for health?

- Almost everyone can do it
- You can do it anywhere and any time
- It's a chance to make new friends
- It's free and you don't need special equipment to walk
- Modern bicycles are comfortable and good value – or pick up a cheap second hand one from your local bike shop
- You can start slowly and build up gently.



### Walking tips

- Wear a good pair of comfortable shoes
- Take water with you
- Be seen – walk towards oncoming traffic if you have to step into the road
- Use this map to plan your route
- Take care when crossing roads
- Be considerate to other road users such as cyclists and horse riders.

### Cycling tips

- Follow the Highway Code (see the Bike Polite section)
- Consider wearing a cycle helmet (make sure it is fitted correctly)
- Keep your bike well maintained with a regular service by a professional. Fit a bell, check brakes, tyres and steering
- Be visible, wear reflective clothing
- Use this map to plan your route, avoid difficult junctions or high speed roads
- On road, position yourself where you are visible, maintain a gap from the kerb or parked cars and use clear signals
- Undertake refresher cycle training if you do not feel confident on your bike
- Avoid theft by always locking your bike.

## East Dorset Walking & Cycling Map

Including Industrial Estates

Have you found this map useful? Please contact [travelchoice@dorsetcc.gov.uk](mailto:travelchoice@dorsetcc.gov.uk) to provide any feedback or suggestions

### Reporting problems

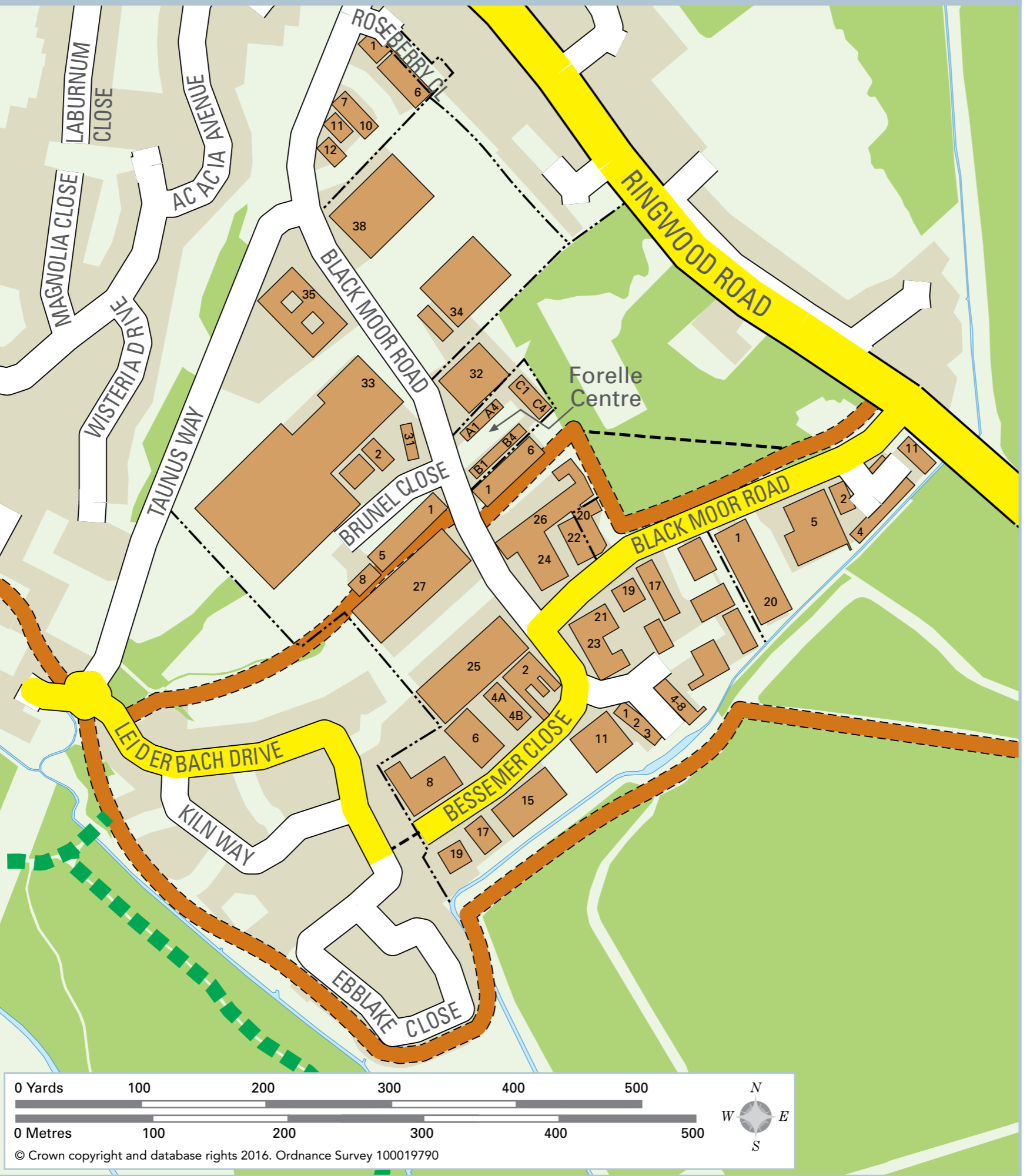
Please report defects with footways, cycle tracks and roads such as potholes, lighting, overhanging vegetation, obstructions and flooding to Dorset Direct on 01305 221000 or online at [dorsetforyou.com](http://dorsetforyou.com) - report a road fault. Problems with Rights of Way can be reported online at [mapping.dorsetforyou.com/rightsofway/reportproblem](http://mapping.dorsetforyou.com/rightsofway/reportproblem) For general issues about walking and cycling please contact the Travel Choice Team at [travelchoice@dorsetcc.gov.uk](mailto:travelchoice@dorsetcc.gov.uk) or call 01305 225085

These Active Travel Maps were developed in partnership with:



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### Ebbleke Industrial Estate

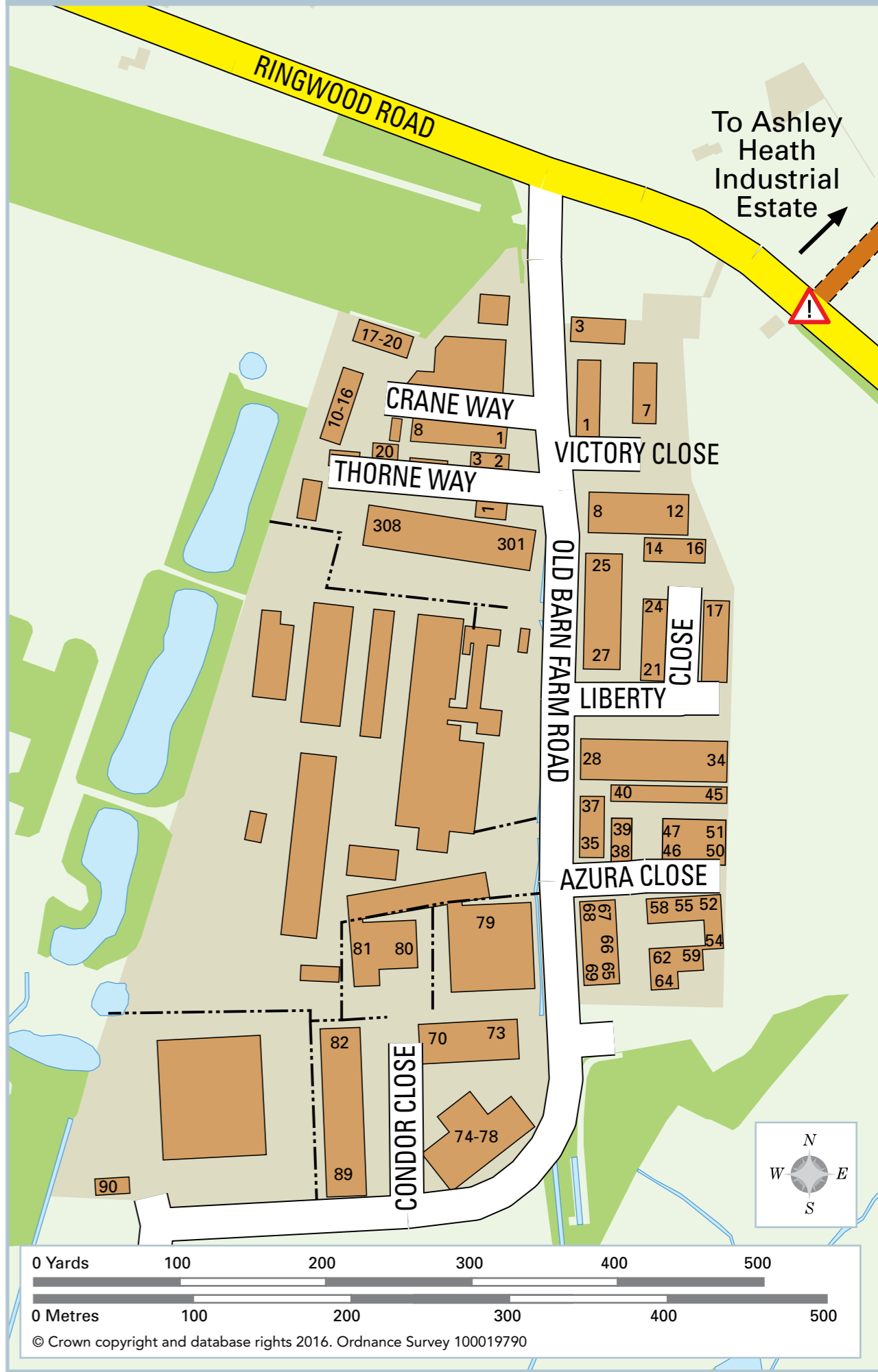


**Key**

- Advisory cycle route (with colour may vary according to the time of day)
- Bridleway - mountain bike recommended
- Footpath where you should walk your bike
- Footpath
- Industrial unit boundaries
- Take care at junction
- Building



### Woolsbridge Industrial Estate



### Ferndown Industrial Estate



### Get active!

More than half of all adults are overweight or obese. Inactive or unfit people also have a much higher risk of dying from Coronary Heart Disease, Strokes, Cancer and Type II Diabetes. Being physically active dramatically reduces the chance of contracting these diseases. The Government's Chief Medical Officer recommends people do half an hour of moderate exercise five days a week and walking and cycling instead of driving are great ways to achieve this. Just half an hour cycling a day reduces the risk of heart disease, stroke and lung disease.

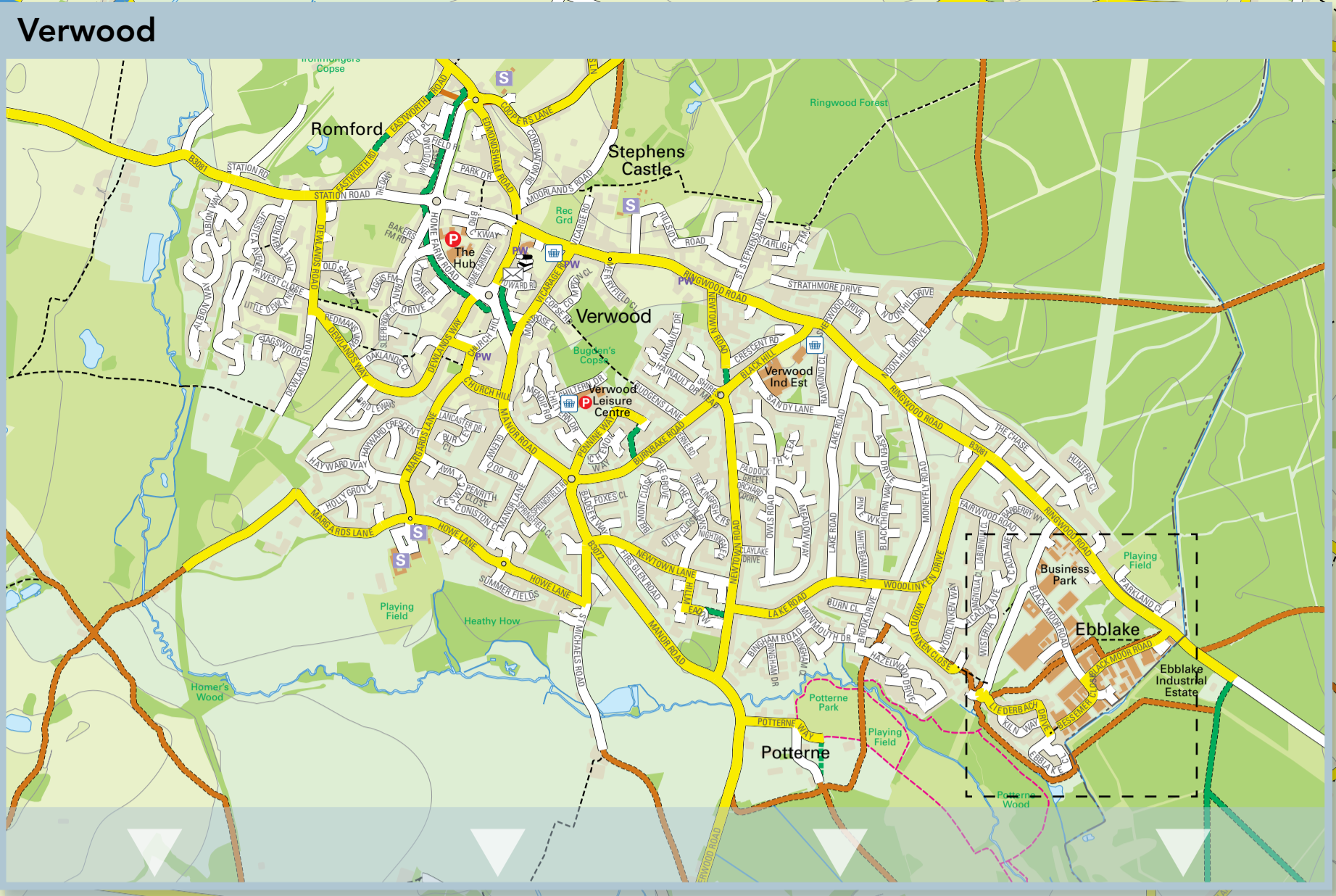
### Bike Polite

- Please keep yourself and other road users safe by following the Bike Polite Code:
- **Shared paths** – pedestrians cannot always hear or see cyclists. Please slow down, ring your bell and say thanks when passing
- **Footways** – pavements are for pedestrians. Please do not cycle on the footway; it is illegal and may put others at risk
- **Traffic lights** – cyclists are traffic too. Stop at red lights; disobeying them is illegal and may put others at risk
- **After dark** – cycling without lights means others cannot see you. Please use adequate front and rear lights and consider wearing reflective clothing.



### Contacts

- [activate@christchurchandeastdorset.gov.uk](mailto:activate@christchurchandeastdorset.gov.uk) – request information on health cycle rides and walks in East Dorset and Christchurch.
- [carsharedorset.com](http://carsharedorset.com) – free carshare journey-matching database to help you save money and reduce your carbon emissions.
- [cycletreets.net](http://cycletreets.net) – UK-wide cycle journey planner, which lets you plan routes from A to B by bike.
- [dcrn.org.uk](http://dcrn.org.uk) – Dorset Cyclists' Network campaigning for a cycle friendly Dorset.
- [dorsetforyou.com/adult-cycle](http://dorsetforyou.com/adult-cycle) – why not try out one-to-one adult cycle training? For just £10, a qualified training instructor will provide you with a two hour session to refresh your skills and help you feel more confident and be safe on your bike.
- [dorsetforyou.com/bikeability](http://dorsetforyou.com/bikeability) – information on child cycle training in Dorset.
- [dorsetforyou.com/castlemantway](http://dorsetforyou.com/castlemantway) – information and maps relating to the Castlemantway.
- [dorsetforyou.com/travel-dorset](http://dorsetforyou.com/travel-dorset) – the one stop shop for your travel needs in Dorset. Providing information, guidance and advice on walking, cycling and bus travel as well as live road disruptions.
- [dorsetramblers.co.uk](http://dorsetramblers.co.uk) – find a local walk and local Ramblers Association Groups.
- [dorsetyoungwalkers.org.uk](http://dorsetyoungwalkers.org.uk) – Ramblers Association group for younger members with led walks.
- [freindex.co.uk/south\\_west/dorset/ferndown\\_industrial\\_estate](http://freindex.co.uk/south_west/dorset/ferndown_industrial_estate) – list of businesses on Ferndown Industrial Estate.
- [liveandwell.dorset.co.uk](http://liveandwell.dorset.co.uk) – access to advice on ways of becoming more active as well as stopping smoking, reducing weight and reducing drinking.
- [livingstreets.org.uk](http://livingstreets.org.uk) – national charity promoting walking and the rights of pedestrians.
- [moors-valley.co.uk](http://moors-valley.co.uk) – enjoy walking and cycling in Moors Valley Country Park. Cycle hire is available. Also find out about all the volunteer led health walks and health cycle rides in the area.
- [sustrans.org.uk](http://sustrans.org.uk) – the UK's leading sustainable transport charity.
- [westdorsetcc.org.uk](http://westdorsetcc.org.uk) – local group of Cycling UK providing led cycle rides throughout the area.
- [walkingforhealth.org.uk](http://walkingforhealth.org.uk) – promoting walking for health. Supporting you to get active and stay active.



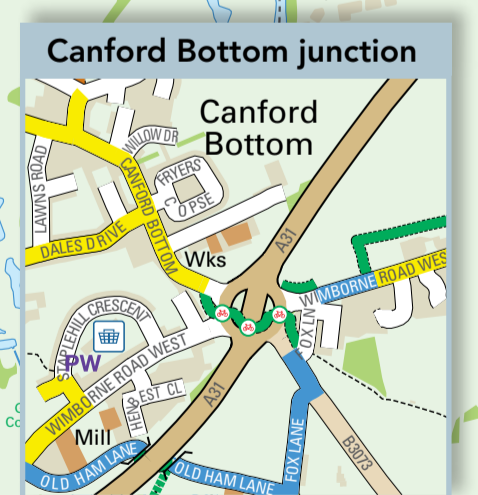
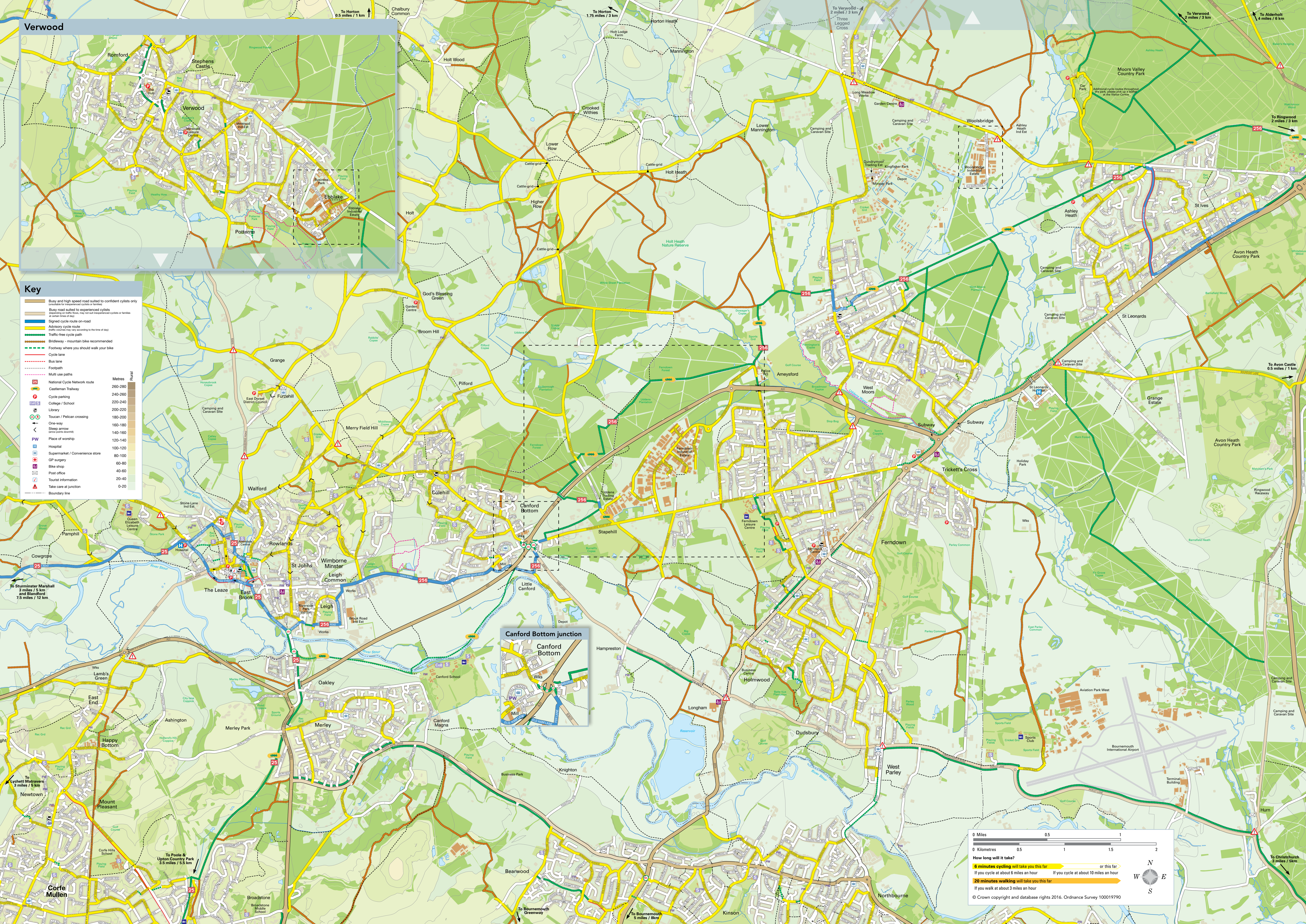
**Key**

- Busy and high speed road suited to confident cyclists only (suitable for experienced cyclists or families)
- Busy road suited to experienced cyclists (suitable for confident cyclists or families)
- Signed cycle route on road
- Advisory cycle route
- Traffic-free cycle path
- Bridleway - mountain bike recommended
- Footway where you should walk your bike
- Cycle lane
- Bus lane
- Footpath
- Multi use paths
- National Cycle Network route
- Castlemans Trailway
- Cycle parking
- College / School
- Library
- Toucan / Pelican crossing
- One-way
- Sleep arrow (one-way street)
- Place of worship
- Hospital
- Supermarket / Convenience store
- GP surgery
- Bike shop
- Post office
- Tourist information
- Take care at junction
- Boundary line

**Metres**

Rural

260-280
240-260
220-240
200-220
180-200
160-180
140-160
120-140
100-120
80-100
60-80
40-60
20-40
0-20



0 Miles 0.5 1

0 Kilometres 0.5 1 1.5 2

**How long will it take?**

6 minutes cycling will take you this far or this far

If you cycle at about 6 miles an hour If you cycle at about 10 miles an hour

20 minutes walking will take you this far

If you walk at about 3 miles an hour

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