



A GUIDE TO WALKING AND CYCLING

# SHAFTESBURY & GILLINGHAM ACTIVE TRAVEL

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, flooding etc to Dorset Direct on 01305 221020 or online at [www.dorsetforyou.com](http://www.dorsetforyou.com) (search "report highway defects").

Problems with Rights of Way can be reported online at:  
<http://maps.dorsetforyou.com/countryside/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 228228

These Active Travel Maps were developed in partnership with:  
**Transition Town Shaftesbury**

Published by CycleCity Guides for Dorset County Council.  
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The representation of a track or a path is no evidence of a public right of way. This is not a Definitive Map of Rights of Way and has no legal status. Users of all routes shown on this map do so entirely at their own risk. We cannot guarantee that all routes and bridleways will always be passable by bike particularly in wet weather.  
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## BIKE POLITE!

Cycling has grown by 80% in Dorset since 2003 as people cycle to work, to school, to get fit or just to get out of the house and enjoy themselves. More cyclists mean that there is greater chance of conflict with other road users. However, if everyone is considerate, then there is plenty of space for all. Set a good example to other road users and keep yourself and them safe by following the Bike Polite Code:

- **Shared Paths** – slow down, ring bell or say "excuse me" and say thanks when passing
- **Footways** – pavements are for pedestrians. Never cycle on a busy pavement, it is illegal, selfish and may put other road users at risk of injury
- **Traffic Lights** – cyclists are traffic too, so stop at red lights. Jumping red lights is illegal and may put you and other road users at risk of injury
- **After Dark** – use front and rear lights and reflective or light clothing after dark so you can be seen

## 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.

## 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 emission – 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

## WALKING TIPS

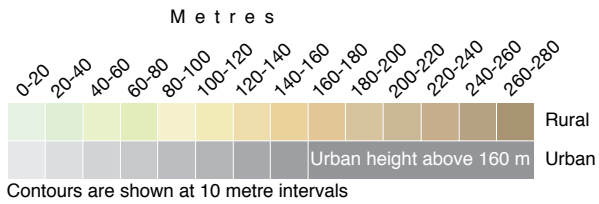
- Wear a good pair of comfortable shoes
- Take water with you
- Be seen – walk towards oncoming traffic if you have to step into the road
- Use this map to plan your route
- Take care when crossing roads
- Be considerate to other path users such as cyclists and horse riders

## CYCLING TIPS

- Follow the Highway Code (see the Bike Polite! section)
- Wear 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

## KEY

- Busy and high speed roads suited to confident cyclists only (unsuitable for inexperienced cyclists or families)
- Busy road suited to experienced cyclists (depending on traffic flows, may not suit inexperienced cyclists or families at certain times of day)
- Signed cycle route on-road
- Advisory cycle route (traffic volumes may vary according to the time of day)
- Bus route
- Unmade Unclassified County Road/Green Lanes (open to all vehicular traffic including pedestrians, horse riders and cyclists which have very low or no traffic)
- Traffic-free cycle path
- Bridleway - mountain bike recommended
- Byway open to all traffic
- Footway where you should walk your bike
- Footpath / Permissive Path
- Stour Valley Way
- National Cycle Route / Regional Cycle Route
- Cycle parking
- Place of worship
- College / School
- Library
- Toucan / Pelican crossing
- Railway station
- One-way
- Steep arrow (arrow points downhill)
- Hospital
- Post office
- Supermarket / Convenience store
- GP Surgery
- Bike Shop
- Tourist information



The representation of a route is not an assurance that it is safe in all circumstances. Each cyclist must make this judgement on his or her own experience.

## CONTACTS

[www.whi.org.uk/walkfinder](http://www.whi.org.uk/walkfinder) – search the walking for health website to find a walk led by the Gillingham Group

[www.northdorsetramblers.org.uk](http://www.northdorsetramblers.org.uk) – local branch of The Ramblers leading local walks

[www.transitiontownshaftesbury.org.uk](http://www.transitiontownshaftesbury.org.uk) – community network rebuilding resilience and reducing carbon emissions to help Shaftesbury deal with peak oil and climate change

[www.walkingworks.org.uk](http://www.walkingworks.org.uk) – support and information to encourage people to walk to work

[www.livingstreets.org.uk](http://www.livingstreets.org.uk) – national charity representing the rights of pedestrians

[www.dorset-ramblers.co.uk](http://www.dorset-ramblers.co.uk) – find a local walk and local Ramblers Association groups

[www.dorsetyoungwalkers.org.uk](http://www.dorsetyoungwalkers.org.uk) – Ramblers Association group for younger members with led walks

[www.Walkbudi.com](http://www.Walkbudi.com) – search for other people going your way to share your walk with

[www.dcn.org.uk](http://www.dcn.org.uk) – Dorset Cyclists' Network campaigning for a cycle friendly Dorset

[www.wessexctc.org](http://www.wessexctc.org) – local group of the Cyclist's Touring Club providing led cycle rides throughout Dorset

[www.cycloan.co.uk](http://www.cycloan.co.uk) – providers of cycle hire and cycle training

[www.wessexcycletaining.co.uk/index.htm](http://www.wessexcycletaining.co.uk/index.htm) – providers of cycle training

[www.dorsetforyou/bikeability](http://www.dorsetforyou/bikeability) – child cycle training in Dorset to the "Bikeability" standard

[www.b-activeindorset.org](http://www.b-activeindorset.org) – supporting people to participate in sport and physical activity

[www.dorsetforyou.com/travelchoice](http://www.dorsetforyou.com/travelchoice) – reduce your car use by using active, sustainable transport

[www.carsharedorset.com](http://www.carsharedorset.com) – free carshare journey matching database to help you save money and reduce your carbon emissions

[www.sustrans.org.uk](http://www.sustrans.org.uk) – the UK's leading sustainable transport charity

[www.lcc.org.uk/index.asp?PageID=62](http://www.lcc.org.uk/index.asp?PageID=62) – useful guidance about cycling in traffic

[www.transportdirect.info](http://www.transportdirect.info) – UK wide multi-modal journey planning tool

