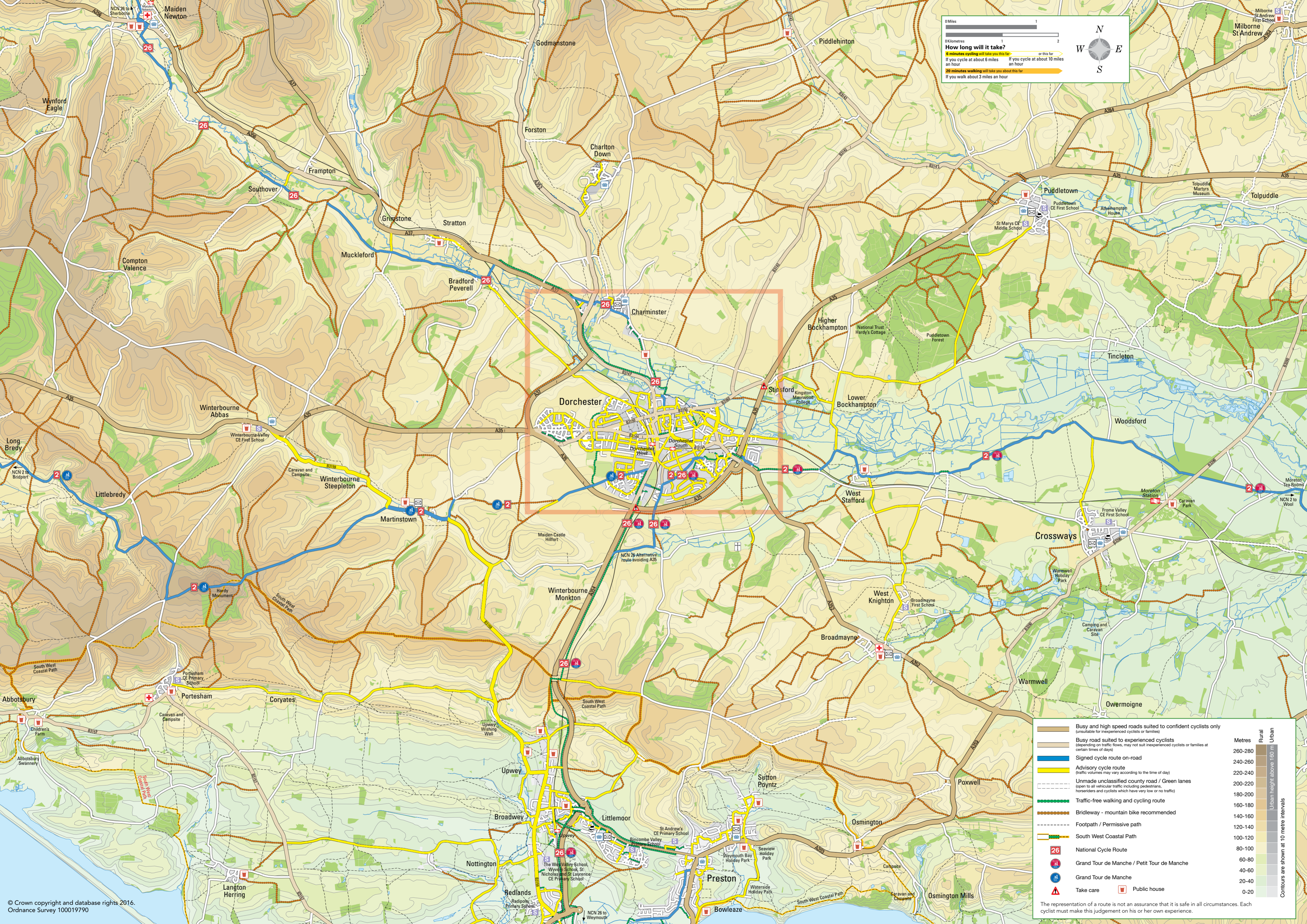


0 Miles 1  
0 Kilometres 1 2

**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

30 minutes walking will take you about this far  
 If you walk about 3 miles an hour



	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)	
	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 walking and cycling route	
	Bridleway - mountain bike recommended	
	Footpath / Permissive path	
	South West Coastal Path	
	National Cycle Route	
	Grand Tour de Manche / Petit Tour de Manche	
	Grand Tour de Manche	
	Take care	
	Public house	

	Metres	Rural	Urban
	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		

Contours are shown at 10 metre intervals

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.



# Dorchester & Surrounding Villages Walking & Cycling Map

## 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

## Sign up and save money with carshardorset.com

Cartography © Sustrans FourPoint Mapping for Dorset County Council

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying recording or otherwise without the permission of the publisher and copyright owner.

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.

Dorset County Council accept no responsibility for omissions or errors.

Front cover photo © Tim Pestridge / CYCLE West

## 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

## Why walk or cycle

- Makes you feel good and keeps you fit
- Walking and cycling is free
- Reliable journey time
- Modern bicycles are comfortable and good value – or pick up a second hand bike from your local bike shop
- Electric bikes conquer hills with no effort

## 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. Walking and cycling instead of driving are great ways to achieve this and reduce the risk of illness.

## Adult cycle training

If you'd like to get back on your bike but are put off by the traffic or because you feel out of practice, Dorset County Council can provide cycle training to help you feel more confident and refresh your skills. You will learn:

- How to set off and stop safely
- Turning left and right
- Basic cycle safety
- Road and traffic skills

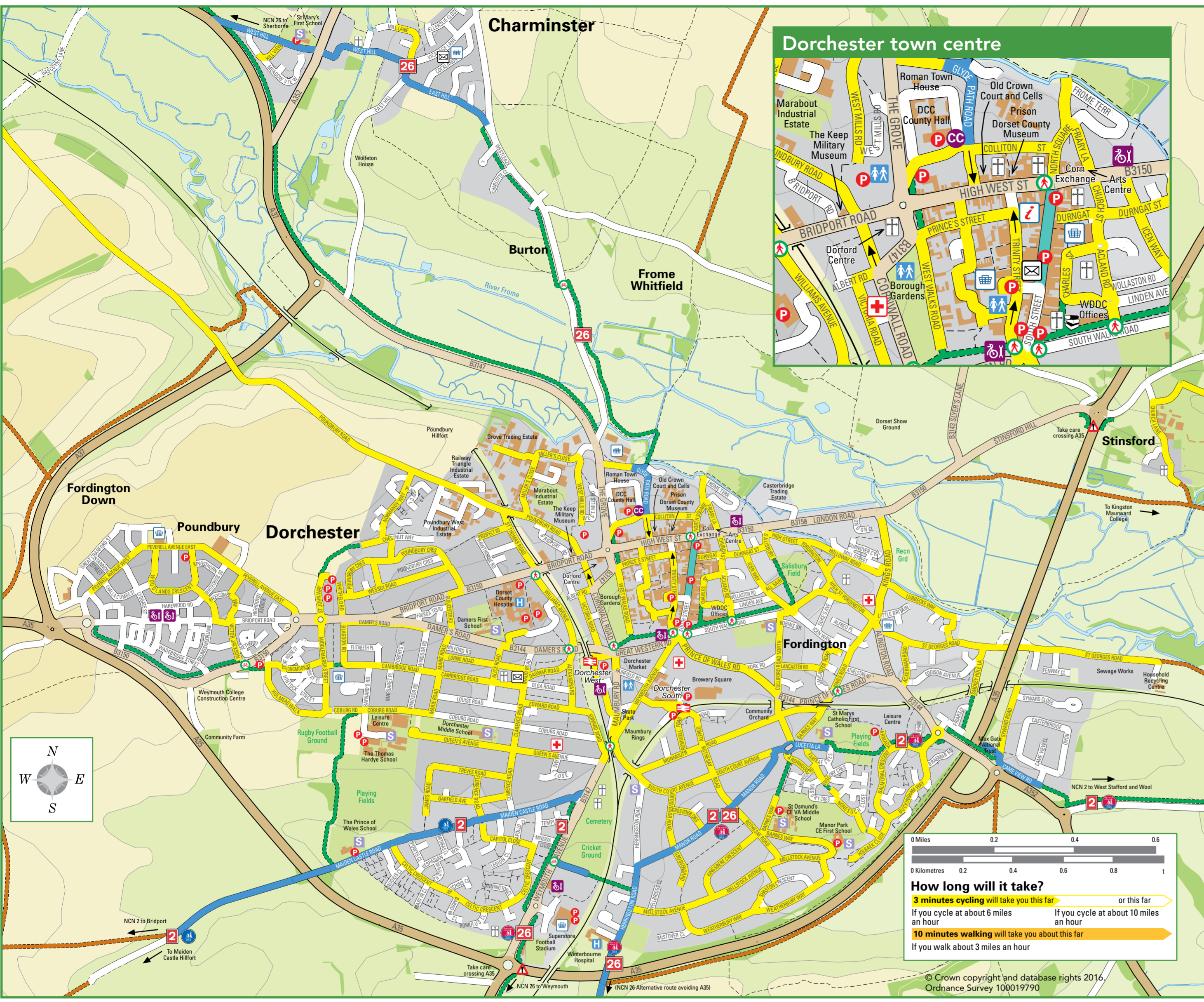
Learn at your own pace in a safe, off-road environment at first before progressing on to quiet roads.

Email: [travelchoice@dorsetcc.gov.uk](mailto:travelchoice@dorsetcc.gov.uk) or Tel: 01305 225085 to register.

To find a course near you, visit [dorsetforyou.com/adultcyclingtraining](http://dorsetforyou.com/adultcyclingtraining)

## Cycling tips

- Follow the Highway Code (see the Bike Polite section)
- Consider wearing a cycle helmet and 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



<ul style="list-style-type: none"> <li>● Busy and high speed roads suited to confident cyclists only (unsuitable for inexperienced cyclists or families)</li> <li>● Busy road suited to experienced cyclists (depending on traffic flows, may not suit inexperienced cyclists or families at certain times of day)</li> <li>● Signed cycle route on-road</li> <li>● Advisory cycle route (traffic volumes may vary according to the time of day)</li> <li>● Pedestrian street (no cycling)</li> <li>● Unmade unclassified county road / Green lanes (open to all vehicular traffic including pedestrians, horse riders and cyclists which have very low or no traffic)</li> <li>● Traffic-free walking and cycling route</li> <li>● Bridleway - mountain bike recommended</li> <li>● Footpath / Permissive path</li> <li>● One-way</li> <li>● Steep arrow (arrow points downhill)</li> <li>● National Cycle Route</li> <li>● Grand Tour de Manche / Petit Tour de Manche</li> <li>● Grand Tour de Manche</li> </ul>	<ul style="list-style-type: none"> <li>▲ Take care</li> <li>☉ Toucan / Pelican crossing</li> <li>🚉 Railway station</li> <li>Ⓟ Cycle parking</li> <li>🎓 College / School</li> <li>🏥 Hospital</li> <li>📖 Library</li> <li>📧 Post office</li> <li>🛒 Supermarket / Convenience store</li> <li>🏠 GP surgery</li> <li>🛒 Bike shop</li> <li>🚗 Car club</li> <li>📄 Tourist Information Centre</li> <li>🚻 Toilets</li> <li>⛪ Place of worship</li> </ul>	<p>Metres</p> <p>Rural Urban</p> <p>Urban height above 160m</p> <p>Contours are shown at 10 metre intervals</p> <p>260-280</p> <p>240-260</p> <p>220-240</p> <p>200-220</p> <p>180-200</p> <p>160-180</p> <p>140-160</p> <p>120-140</p> <p>100-120</p> <p>80-100</p> <p>60-80</p> <p>40-60</p> <p>20-40</p> <p>0-20</p>
---	---	---

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.

## Travel information

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

[co-cars.co.uk](http://co-cars.co.uk) – a car club offers you the convenience of being able to use a clean, modern and reliable vehicle for those trips you cannot do by using public transport, cycling or walking.

[cyclestreets.net](http://cyclestreets.net) – UK-wide cycle journey planner, which lets you plan routes from A to B by bike.

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

[dorsetforyou.com/bikeability](http://dorsetforyou.com/bikeability) – information on child cycle training in Dorset.

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

[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.

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

[livewelldorset.co.uk](http://livewelldorset.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.

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

[walkingforhealth.org.uk](http://walkingforhealth.org.uk) – promoting walking for health. Supporting you to get active and stay active.

[westdorsetcc.org.uk](http://westdorsetcc.org.uk) – local group of Cycling UK providing led cycle rides throughout the area.