

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
- 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 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

ACTIVE TRAVEL
EAST DORSET
INCLUDING INDUSTRIAL ESTATES
A GUIDE TO WALKING AND CYCLING

Have you found this map useful?
Please contact 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 (search "report highway defects").

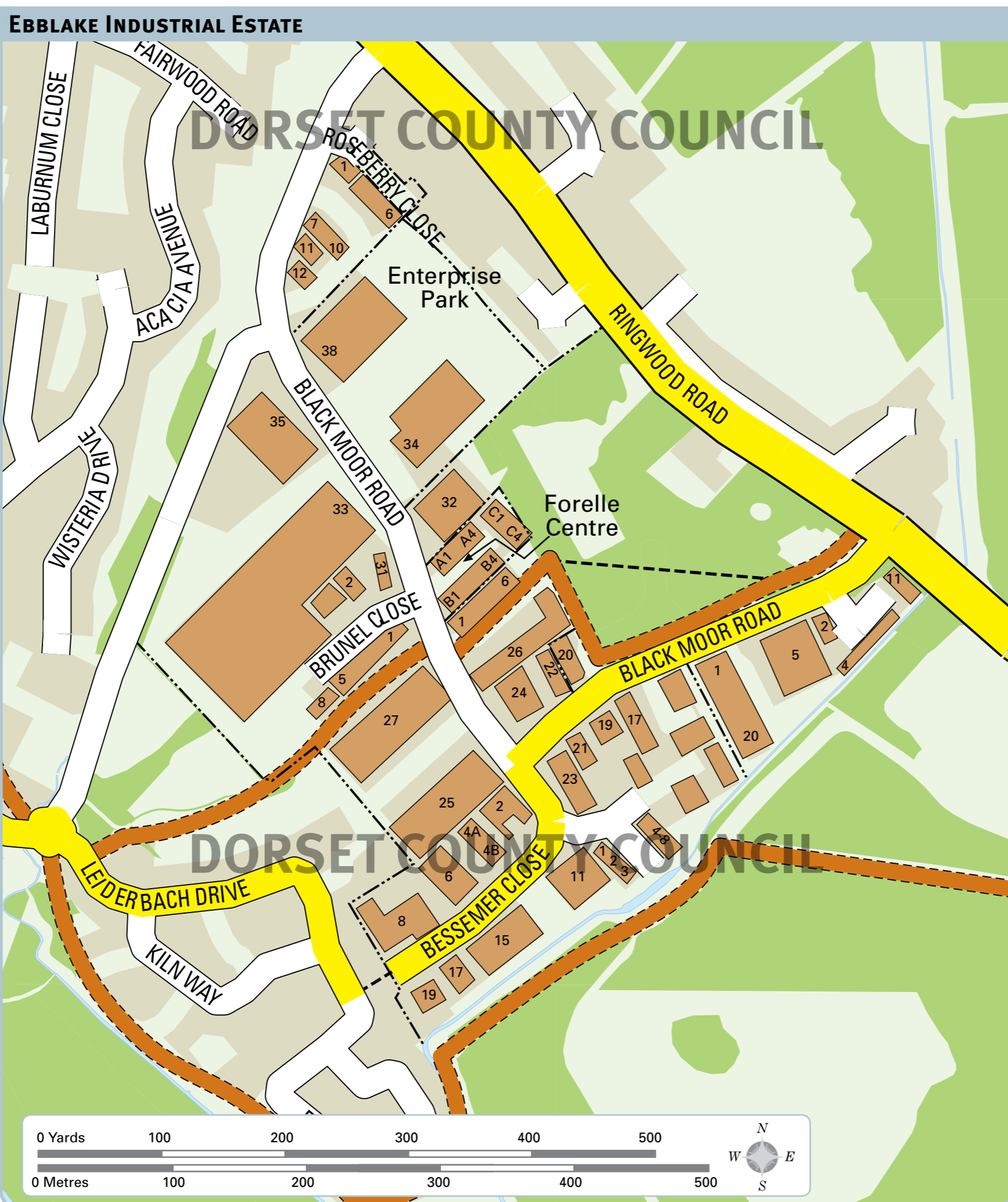
Problems with Rights of Way can be reported online at: <http://maps.dorsetforyou.com/countryside/reportproblem/>

For general issues about walking and cycling please contact the Travel Choice Team at travelchoice@dorsetcc.gov.uk or call 01305 228228

These Active Travel Maps were developed in partnership with:

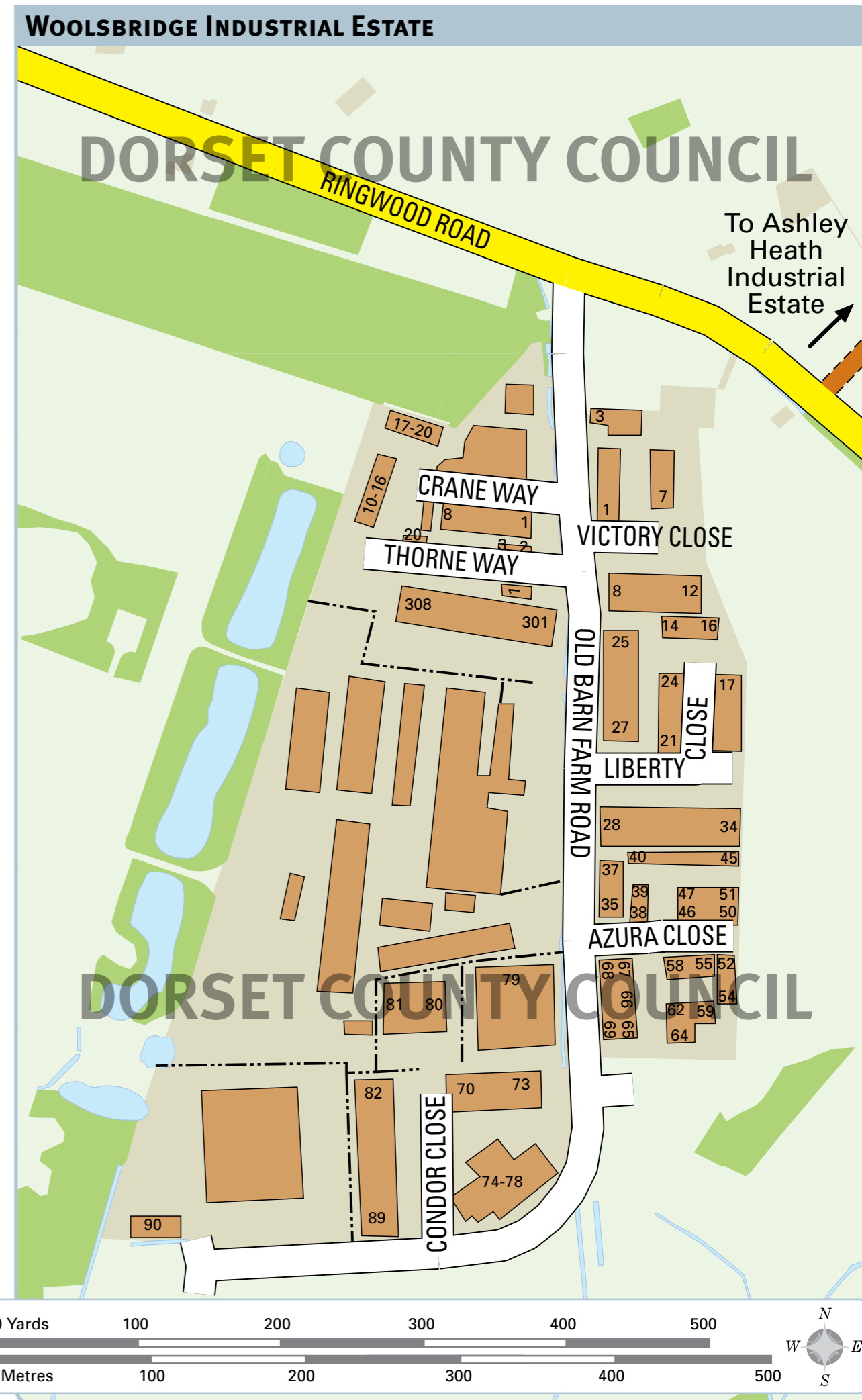


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The representation of a track or path is no evidence of a public right of way. This is not a Definitive Map of Rights of Way and has no legal status. Users of all routes shown on this map do so entirely at their own risk. We cannot guarantee that all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

- Advisory cycle route (Traffic volumes may vary according to the time of day)
- Traffic-free cycle path
- Bridleway - mountain bike recommended
- Footpath
- Industrial unit boundaries
- Building



FERNDOWN INDUSTRIAL ESTATE

KEY

- Busy and high speed road suited to confident cyclists only (unsuitable for inexperienced cyclists or families)
- Advisory cycle route (Traffic volumes may vary according to the time of day)
- Traffic-free cycle path
- Bridleway - mountain bike recommended
- Footpath
- Industrial unit boundaries
- Bus stop
- Castlemans Trailway
- Building



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!

Cycling has grown by 80% in Dorset since 2003. 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. Failing to stop at 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



CONTACTS

- www.b-activeindorset.org – supporting people to participate in sport and physical activity
- www.carsharedorset.com – free carshare journey matching database to help you save money and reduce your carbon emissions
- www.cyclescheme.co.uk – Cycle 2 Work Scheme
- www.dcn.org.uk – Dorset Cyclists' Network campaigning for a cycle friendly Dorset
- www.dorsetforyou.com/travelchoice – reduce your car use by using active, sustainable transport
- www.dorsetforyou.com/castlemans-trailway – Castlemans Trailway. Paul Jones, Eastern Area Ranger, Dorset Countryside, Ranger Service, 01425 483809
- www.dorsetforyou/393080 – child cycle training in Dorset to the "Bikeability" standard
- www.dorsetyoungwalkers.org.uk – Ramblers Association group for younger members with led walks
- www.dorset-ramblers.co.uk – find a local walk and local Ramblers Association groups
- www.freeindex.co.uk/south-west/dorset/ferndown-industrial-estate – list of business on Ferndown Industrial Estate
- www.iam.org.uk/welcome/welcometocycling.html – IAM guidance on cycling safely in traffic
- www.livingstreets.org.uk – national charity representing the rights of pedestrians
- www.mags4dorset.co.uk/trading-estates-2 – lists information about Ferndown, Ebblake and Woolsbridge Trading Estates
- www.moors-valley.co.uk – enjoy walking and cycling in Moors Valley Country Park. Cycle training is available
- www.sustrans.org.uk – the UK's leading sustainable transport charity
- www.transportdirect.info – UK wide multi-modal journey planning tool
- www.Walkbudi.com – search for other people going your way to share your walk with
- www.walkingworks.org.uk – support and information to encourage people to walk to work
- www.wessexctc.org – local group of the Cyclists Touring Club providing led cycle rides throughout Dorset