

0 Miles 0.2 0.4 0.6

0 Kilometers 0.2 0.4 0.6 0.8 1

How long will it take?

3 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*

10 minutes walking will take you about this far
If you walk at about 4 miles an hour

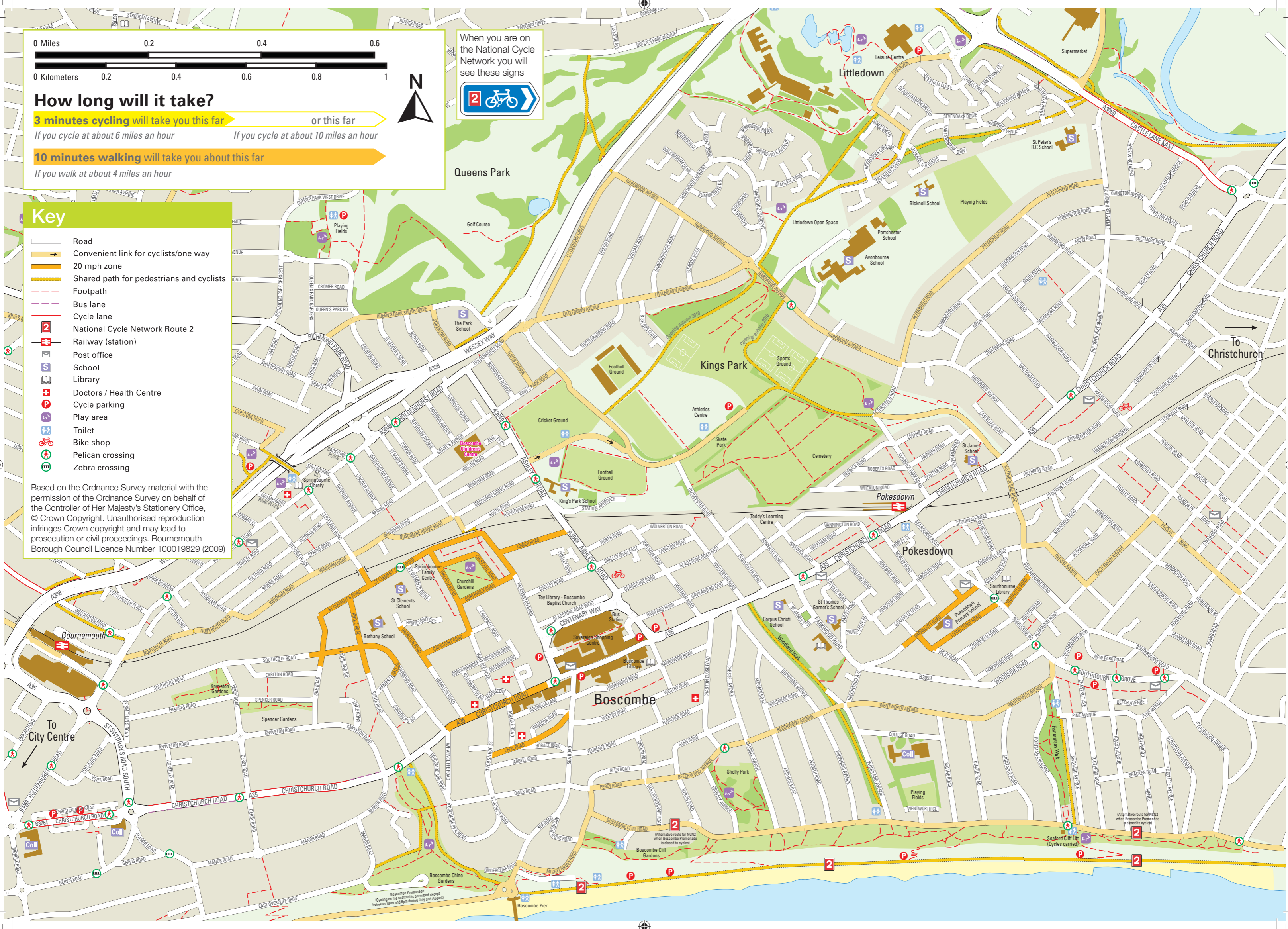
When you are on the National Cycle Network you will see these signs



Key

- Road
- Convenient link for cyclists/one way
- 20 mph zone
- Shared path for pedestrians and cyclists
- Footpath
- Bus lane
- Cycle lane
- National Cycle Network Route 2
- Railway (station)
- Post office
- School
- Library
- Doctors / Health Centre
- Cycle parking
- Play area
- Toilet
- Bike shop
- Pelican crossing
- Zebra crossing

Based on the Ordnance Survey material with the permission of the Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office, © Crown Copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Bournemouth Borough Council Licence Number 100019829 (2009)



To Christchurch

To City Centre

Boscombe Promenade
(Cycling on the seafront is permitted except between 10am and 8pm during July and August)

Alternative route for NCN2 when Boscombe Promenade is closed to cyclists

Sealord Cliff Lit (Cycles carried)



JOIN THE MOVEMENT
sustrans

WALKING AND CYCLING MAP

Boscombe

Active Play and Active Travel

Active Play and Active Travel

Why get active?

Keeping active is crucial both for your physical and mental well-being and for your children's healthy development.

But just as importantly, it's great fun and can be done alone or with your family and friends.



Did you know?

- Many of us live only a short walk from a park, playground or green space and they're free to use
- Active play is a great way for children to let off steam, helping them to focus at school and sleep better at night
- Play helps children to get their recommended dose of an hour of physical activity each day
- Helping children to learn to love walking through play is a great habit that will last a lifetime.



Reasons to walk

- Walking is good for your heart and lungs, and is great for strengthening your muscles, bones and joints
- Walking helps improve your mood and boosts self-esteem
- Walking burns as many calories as jogging over the same distance.



Reasons to cycle

- Cycling is perfect for travelling short distances in urban areas
- On average, cyclists live two years longer than non-cyclists
- Cycling firms the thighs and bottom, and can even help tone the tummy muscles.

Teaching your child to ride

Get a child on a bike and it's hard to get them off! It's fast, fun, gives them a sense of freedom and independence, and is good for their health and the environment.

There are lots of ways for children to develop confidence and skills before heading out on their own;

- Tricycles are available for children from ten months old
- Balance bikes are like normal bikes but without pedals. This helps children to develop balance, steering and confidence on two wheels. Some have brakes too.
- Stabilisers give support to the rear of the bike and are the easiest way to learn but potentially the slowest.
- Children may be ready to learn to ride between the ages of three and seven. Emphasising the fun involved will help them to take the tumbles in their stride. Scuffed knees are part of growing up!



Sustrans is the UK's leading sustainable transport charity, working on practical projects so people choose to travel in ways that benefit their health and the environment.

To find out more visit or call:
0845 113 00 65
www.sustrans.org.uk

Photography © Sustrans staff
Registered Charity No. 326550 (England and Wales) SC039263 (Scotland)

Make play part of every day

Play is a great way for children to develop physical and social skills. Running, jumping and climbing are an essential part of a healthy lifestyle which makes for happy, healthy children growing into happy, healthy adults.

Fitting physical activity into our busy lives can seem challenging, but the beauty of play, walking and cycling is that they can become part of your daily routine.

A journey can be play time – kids love to avoid the lines on paving stones, playing hopscotch on the way, splashing in puddles or kicking leaves. Why not make up stories about the things you see on the way or play i-spy as you walk around Boscombe?



Pic: Edward Riley, age 10

Cycling with children

It's now easier than ever for you to ride with young children.

Child seats: Once a baby can support its own head they can be carried in a child seat.

Trailers: Trailers are great solutions for travelling with more than one young child, be it on a family day out or the school run.

Tag-along trailer bikes: Tag-alongs (the back half of a child sized bike attached to the rear of any adult bike) allow a child to be towed. Children can add some of their own pedal power or just freewheel and enjoy the ride.

Tow bar: This converts a standard child's bike to a trailer bike by lifting their front wheel from the ground, while allowing them to pedal. When you reach a safe place the tow bar can be detached and they can cycle independently.

Travelling further afield

With 12,000 miles of routes, the National Cycle Network is a great place to walk, cycle and play. Visit sustrans.org.uk to find out where your local routes are.



An Area Cycle Map shows cycle routes around Bournemouth, Poole and Christchurch, including many traffic-free paths. Maps are available from Bournemouth Tourist Information Centre, libraries, the reception at the Town Hall Annexe (St Stephens Road, Bournemouth) or from the **Getting About** website below.

Useful contacts

- Bournemouth Borough Council, Planning and Transport Division
Tel: 01202 451 451
Email: highways@bournemouth.gov.uk
- Bournemouth Children's Information Service
Tel: 01202 456222
Email: cis@bournemouth.gov.uk
- Visit www.gettingabout.info for information on transport within Bournemouth, Poole and the surrounding area

