



*Celebrating Sustrans coming to St Monica's RC Primary School*

## Trafford schools take to the saddle

**Schools in Trafford have eagerly taken up the opportunity to work with Sustrans to get more pupils cycling. We're delighted to have started working with nine primary schools in the area, offering a range of activities including special launch assemblies which look at reasons to cycle and Dr Bike health checks to ensure bikes are roadworthy. We've already checked over 800 bikes at these nine schools.**

Sustrans' Andy Adkin has been working with the schools since September and hopes to be able to continue at least until the end of the school year.

Andy has a great track record at the schools he's worked with so far, doubling the number of cyclists as a result of the activities he ran, and he's keen to do the same in Trafford. "I'm looking forward to getting fun cycling activities happening across Trafford's schools and surrounding communities," he commented. "It's important for the children to get their bikes checked – especially if they've been sitting in the garden shed for a while."

Andy runs a range of activities to boost levels of cycling, including bike maintenance lessons, competitions and rides. He adds, "Cycling is great for children's health, confidence and independence, not to mention the positive impact it has on traffic, especially around the school gates."

The work fulfils Sustrans' and the local council's aim to encourage more children in the area to walk and cycle to school to increase pupils' fitness levels and cut congestion. Executive Councillor Alan Mitchell said, "We are always encouraging parents and young people to consider healthier ways of travelling to and from school, and this scheme will enable pupils to do so as safely as possible."

If you are interested in getting your school more active go to: [www.sustrans.org.uk/schooltravel](http://www.sustrans.org.uk/schooltravel)

## Workington re-connected

Residents in Workington have been enjoying being able to walk into town and cycle to school since the opening of the elegant new Navvies Bridge. We're hoping to make it even better by improving the link routes nearby too.

It has been more than two years since the original Navvies Bridge was swept away in 2009's devastating floods. The new bridge was opened with a colourful parade and local marching band in September.

The new structure is wider than the previous one which not only enables people to pass each other without having to give way but offers a popular place to stop for a chat or watch for salmon going up river. It also has built-in lighting to make commuting on dark winter evenings much more pleasant.

The local community are in the process of choosing the local characters that they would like to see on the new Portrait Bench to be installed near the bridge.

The Navvies Bridge and some of the other new paths and crossings in this newsletter are some of the many local networks Sustrans is developing with the help of funding from the Big Lottery Fund. The aim of the work is to bring the National Cycle Network into the heart of communities. To find out more visit: [www.sustrans.org.uk/connect2](http://www.sustrans.org.uk/connect2)

## Diary Dates

28 February, 28 March and 28 April:  
British Waterways Towpath Tidy on the Rochdale canal in Newton Heath. If you would like to volunteer please contact Lucy Rogers:  
[lucy.rogers@thewaterwaystrust.org.uk](mailto:lucy.rogers@thewaterwaystrust.org.uk)

# UPDATE

## From the Regional Director



We are continuing to work with local authorities on their bids for the Local Sustainable Transport Fund (LSTF) as this provides a great opportunity to obtain funding for the facilities and support that can make local travel better for us all.

Unfortunately, bids that could have transformed the school journey for kids in Cumbria and Lancashire have been unsuccessful. However, we are hopeful that through future bids to the fund we will be able to carry on bringing walking and cycling fervour to schools in Merseyside, Cheshire West and Chester, and Salford.

We are also keen to work with Liverpool City Council and Merseytravel to create a traffic-free link from the Liverpool Loopline on National Route 62 directly into the grounds of Broadgreen Hospital to encourage staff and visitors to walk and cycle. Not only would this help relieve parking problems at the hospital, but it would promote active travel and all the benefits that this brings.

I'd like to take this opportunity to **thank you** for your generous support of our Funding Cuts Appeal last year which has helped us to work with local authorities on the bids and ensure that cycling and walking are given priority.



### The North West embraces 20mph zones

Better news for Lancashire is that the county council has made plans to create an area-wide 20mph scheme. We have been campaigning for lower speeds in residential areas as part of our Get There Safely appeal so we are heartened that Lancashire and other local authorities, such as Liverpool City Council, are taking the practical steps to make this a reality. Thanks to all of you who have donated and/or pledged your support for the campaign.

### Praise for Sustrans' work

It's always good to get feedback on our work so we were delighted when we received a letter from Tracy Knight of the Stapeley Recreation Group near Nantwich about the new path there. Tracy says,

“ On behalf of the residents of Stapeley, I just wanted to say a big ‘thank you’ for implementing the new improved pathway through the conservation area on the Cronkinson Farm estate. It’s made such a positive difference to our daily school run.

Previously, during the wet months of the year, we had to walk the longer route to school via the busy and noisy main road because the conservation area footpath was always too muddy to walk along and during the summer months it would get overgrown with brambles and nettles in some places. But now the wider tarmac path has been laid it’s fantastic because we can walk the safest and quietest route to school every day of the year, without getting our shoes and clothes covered in mud! ”

Many thanks to Tracy for the feedback and to all of you who get in touch with your comments and helpful suggestions.

**Peter Foster**  
Regional Director, North West

### Contact details

If you would like to get involved or have any comments, do get in touch with Peter and the North West team:  
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# Network News

The National Cycle Network continues to grow and improve all the time due to your generous support. Thank you on behalf of happy walkers and cyclists everywhere.



Children across the North West are pedalling to school on new Sustrans routes

## Routes to schools across the region

Children in **Wigton** were so determined to get a new route to school that they elected a special pupil committee to lobby the town and county councils. Thanks to a grant, we were able to work with the pupils and the county council to create a new foot and cycle path linking three schools to the large housing estates on the edge of town, providing children with a direct, traffic-free route from doorstep to school.

Here are a few other examples of where we've made it easier for children to walk or cycle on the school journey:

- pupils at Westgate Primary in **Morecambe** are enjoying using a great new path for cyclists and walkers
- a crossing of a brook adjacent to Malbank School in **Nantwich** has improved the school journey for children there
- links to Shuttleworth Academy, in **Padiham**, Lancashire, have been completed.

## Volunteers spring clean the National Cycle Network

Throughout the winter months, our volunteers have been hard at work improving routes throughout the region:

**626** Volunteers are signing the link between Ashton Greenway in **Tameside** and Alexandra Park in **Oldham**, which will form part of National Route 626 from Rochdale to the Trans Pennine Trail.

**6** Volunteers on the **Fallowfield Loopline** have undertaken a comprehensive survey of the invasive knotweed on the route to help us work with the Friends of the Fallowfield Loopline to eradicate it.

**66** Following resurfacing work, volunteers have been busy tidying up the towpath of the **Rochdale** canal.

**563** Volunteers have signed National Route 563 which links to the **Shropshire Union Canal** and **Ellesmere Port** station.

## 6 Route news round-up

Local people in **Bury** are a step closer to having a direct route into the town centre now that the Woolfold Viaduct across Kirklees Brook has been completed. The structure, which offers fantastic views of the surrounding area, is the focal point of a network of routes which is scheduled to open by this summer.

**55** After a delayed start, we are delighted that a new bridge over the River Goyt into Chackirk Country Park near **Stockport**, complete with a link to Marple Hall School, is scheduled to open this summer.

Schoolchildren joined a walk and cycle ride to celebrate the opening in November of the new greenways in **Huyton** which link residential areas to workplaces.

**451** We are hopeful that the slightly delayed **Crewe** to **Nantwich** link will be open by the summer.

**685** Signs, information boards and improved access points have been added to the **Padiham** to **Burnley** route.

New toucan crossings at Cheshire Oaks in **Ellesmere Port** are making life easier for walkers and cyclists.

## Sharing and caring in Chester

New "Share with Care" signs on the **Chester Greenway** are reminding the many different users of the need for path etiquette. The signs were put in place following reports of accidents and near-misses between cyclists, pedestrians and dog walkers on the busy route. We've also held two Action Days where we joined forces with Cheshire Police and volunteers to talk to people on the path about their concerns and to give cyclists free bells. Similar signs have been installed on National Route 6 at **Irwell Vale** near Bury.



A sign encouraging considerate use of the Chester Greenway



## Spring days out in the North West

Whether it's spectacular displays of springtime flowers, Mother's Day children's craft or foraging for Easter treats, there's lots of choice for car-free days out in the North West.

### Spring blooms

For seasonal colour, Lumb Brook Valley near Warrington in Cheshire, not far from **National Route 62**, is one of the loveliest woods for springtime flowers according to *the Guardian* newspaper. Whilst for a stunning carpet of bluebells, the Woodland Trust rates Sea Wood in Cumbria as one of the best places in the country; the wood can be reached via minor roads from the **Walney to Wear** diversion north east of Barrow-in-Furness. Another good choice is Speke Hall, off **National Route 62** near Liverpool.

### Mother's Day

A cream tea or lunch can be a special treat on Mother's Day – and even better if you've worked up an appetite by cycling there! Tatton Park, near Knutsford in Cheshire and close to **Regional Route 70**, is serving tea and cakes and the Tullie House Museum and Art Gallery, near **National Route 72** in Carlisle, is offering Mother's Day lunches. At Lyme Park, also in Cheshire and situated five miles west of **National Route 68**, children can make crafts before lunch. Locations can be found on the Sustrans online mapping at [www.sustrans.org.uk](http://www.sustrans.org.uk) Follow the links to the relevant websites for dates and booking information.

### Easter Treats

There's lots of Easter fun to be had at some of these venues too: Lyme Park is holding Easter egg hunts and other activities and at Tatton Park you could be lucky enough to see a lamb being born as part of lambing week. Greystoke Cycle Café on the **Sea to Sea Cycle Route** (National Route 71) is running a whole host of interesting workshops over Easter or you can just sip tea and eat cakes in the beautiful flowered garden, gazing out at Greystoke Castle ([www.greystokecyclecafe.co.uk](http://www.greystokecyclecafe.co.uk)).

For information about attractions on the National Cycle Network plus nearby railway stations, visit the online mapping at: [www.sustrans.org.uk](http://www.sustrans.org.uk)

## Featured Ride:

### Pendle Country from Foulridge to Gargrave

This ride takes you through the Pendle area of Lancashire, right on the border with the Yorkshire Dales and the Pennines, and then into Yorkshire and the village of Gargrave. This relatively undiscovered area has some of the most stunning scenery in the north of England: breathtaking views that go on for miles, dramatic rocks and rugged hills that leave you feeling in awe of mother nature.

The route follows part of the Pennine Cycleway, one of the longest cycle routes in Britain, using the towpath of the Leeds and Liverpool Canal and minor roads. The section from Foulridge Wharf to Greenberfield Locks is traffic-free and suitable for families. You may decide to turn around after this four-mile stretch if you have young children so that you can avoid crossing the busy A59 later on.

There are pubs and cafés at either end of the ride and at various points en route. It's worth stopping in Barnoldswick, the highest town on the longest canal in Britain, where again you'll find a choice of refreshment stops and independent shops.

The route is well signed as National Route 68. Starting at Foulridge Wharf, follow the canal northwards and, about one mile after Greenberfield Locks, join the road on the right and turn right. Take care crossing the A59 at West Marton. After Stainton Hall bear right towards Bank Newton and Gargrave. Take a well-deserved rest in this picturesque village on the edge of the Yorkshire Dales. There is plenty to amuse you before you head for home, including shops, pubs and cafés if you are in need of refreshment.



### The Route

**Distance:** 11 miles/17.3 km

**Terrain:** mainly towpaths and on-road sections with one small hill

**Getting there:** railway station at Gargrave

**OS maps:** Landranger 103

**Tourist information:**  
[www.visitpendle.com](http://www.visitpendle.com)



Cycling along the towpath at Bank Newton

