



Cycling is a great way to get around and makes the most of what Torbay has to offer.

This map and guide is designed to be useful to all types of cyclist, whether experienced or inexperienced. The roads and cycle tracks are colour coded to show what type of route to expect when you cycle around the Bay.

Torbay Council aims to provide routes that are safe, useful and memorable.

- **Safe** - for children and less experienced cyclists
- **Useful** - for local journeys
- **Memorable** - for everyone

Cycling is a good way to get fit, stay healthy and save money. Some of the things that stop people getting on a bike, include confidence, riding on the road, deciding what to wear and planning a route. It can seem daunting as a beginner, but by following the basic rules of the road – riding safely, responsibly and respectfully – can greatly reduce any chance of having a problem.



This map can help you to plan your route. Try and choose those roads that are traffic-free, those with an on-road cycle lane or one of our advisory routes. Traffic-free routes that can be good in daylight can often be unlit at night and are best avoided. When riding in the dark you need to be more aware of hazards such as potholes as these will be harder to spot.

Finally and most importantly, make yourself as visible as possible at all times. When riding in the dark, the law states you must have lights and reflectors fitted to your bike but it is also advisable to wear reflective or bright coloured clothing to help improve your visibility at any time.

Parkfield BMX Track

BMX is an exciting sport that everyone can get involved in, be it as a racer, recreationally or as a spectator. The international standard BMX track is run by Torbay BMX Racing Club as part of the Parkfield facility. The club is currently inviting membership and access will incur a charge for non-members in order to ensure a safe standard and maintenance of the track. This is an all year round track, but can be closed in periods of heavy rainfall. Please check if you are unsure about access by calling **01803 698900**.



Let's get Cycling

Cycling in Torbay is on the up! There are more people cycling, young and old, learning or experienced. Whether you cycle to work or for pleasure; alone, with your family and friends, or in a group, cycling is a great way of keeping fit and getting about without hassle, fuel costs, and arriving on time just when you want to, avoiding all the queues and congestion.

Cycling is a key part of Torbay Councils Local Transport Plan, contributing to improved access for all, as well as reducing carbon emissions, which is helping the environment, personal fitness and wellbeing.

Cycling is one of the best forms of transport when travelling short distances, and that includes getting across the Bay between Torquay and Brixham. The new coastal cycle route will be as flat as it can be, making it easier and safer for all cycling. With links up through the valleys planned in the future, there will be less and less excuses to say "it's too hilly to cycle in the Bay".



Bikeability

Bikeability is Cycling Proficiency for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads. Torbay Council currently delivers subsidised Bikeability cycle training if you live, work or study in Torbay!

- Level 1** - Teaches basic bike handling skills in an off-road environment and is ideally suited to children aged 7-9 years old.
- Level 2** - Is covered on quiet roads with real traffic conditions and is available to children aged 9 and older.
- Level 3** - Is carried out on busier roads with more complex road junctions and is suited to secondary school-aged children and adults.

Torbay Council works in all primary schools in Torbay to give as many young people as possible the opportunity to gain this important life skill. If your child has missed the training at school why not book them onto one of our holiday courses.

Level 3 training is offered to secondary school students in Torbay by Torbay Sports Partnership, giving them the opportunity to plan and cycle more complicated routes.

Torbay Council is also able to provide adult and child 'Learn to Ride' sessions and cycle training for adults who would like more confidence to undertake journeys.

The National Cycle Network

The National Cycle Network is a countrywide network of cycle paths that pass through the Bay. Start by looking out for the blue signs near you – the network is well signed and easy to follow. You can use this map to find those on-road and traffic-free routes near you that are part of the National Cycle Network.

When planning a route, aim to stick to these as much as you can and get to know your journey:

- Quiet roads or cycle paths
- Roads with low speed limits
- Bus lanes
- Parks and open spaces which allow cycling

Public bridleways can be used by walkers, cyclists and horse riders. By law, those on two wheels should give way to other users. Remember the surfaces can be variable and not always suitable for all bikes. Shared-use paths are free of motor traffic and designated for use by walkers, cyclists and sometimes horse riders. These paths generally have good surfaces.

For more information visit www.sustrans.org.uk

Days Out

Cycling in Torbay is one of the best forms of transport when travelling around the Bay. Get out and ride and become part of the change! Bikes in the Bay do work – for pleasure, leisure and business.

Use the map to plan great days out.

A coastal route around the Bay stopping at beaches and harbours ending with a cream tea in Brixham and the ferry back to Torquay.

An easy ride through rolling countryside and a wooded valley with a cream tea in Cockington.

A hilly, scenic route with great views out across Lyme Bay with a cream tea in Babbacombe.



Cycling on-road and off-road

Many people say they are put off cycling because they don't like the idea of cycling in traffic, but many cyclists use busy roads every day without any problems. That's because they cycle safely and make sure drivers know they are there. Once you know the basics of road cycling, you can start to enjoy these journeys.

Never cycle along the inside of large vehicles, such as lorries and buses, especially at junctions, where most accidents happen. When turning left, a lorry will often pull out to the right first, creating a wide gap between the vehicle and the kerb. Many cyclists think it's safe to ride into this space, but this is a dangerous place to be as the gap quickly disappears when the lorry swings around to the left.

The Torbay Coast and Countryside Trust has developed many off-road routes in Torbay. It manages miles of cycleways and permitted cycle routes through country parks, woodland, farmland and coastline in Torbay, including Cockington Country Park, the Ocombe Farm area and throughout much of the English Riviera Geopark.

Scassdon Woods Bike Park has single track trails with optional challenging features. To become a member please visit www.tq3riders.co.uk



Know the signs

You'll see these signs when you're out on the National Cycle Network or cycling around the Bay. The number relates to the route you are following with red for the National route and blue for Regional routes.



This sign, with no white lines, tells you that it's a shared cycle and pedestrian route.

A white line in the sign indicates that it's a segregated shared-use route for cyclists and pedestrians, so make sure you ride on the correct side.

If you see this sign it means you're in a contra-flow cycle lane. This allows you to safely ride against the direction of flow of the one-way street and usually offers a more convenient and direct route.



Velopark



The circuit is the only outdoor closed road circuit in Devon and Cornwall, and can accommodate amateur and professional cycling and a range of other sporting activities. There are three different distance options that the Velopark offers:

- Whole Track: 1.5km
- 1.0km
- 0.5km

Anyone wishing to buy a membership for the Velopark can do so at the reception desk of Torbay Leisure Centre. 'Pay as you Go' users can also pay here.

Alternative activities include athletics, jogging, nordic walking, in-line skating and a range of fitness activities for people with disabilities. The Park offers a dog-free activity area that includes changing and toilet facilities, bike and helmet hire, bike storage, an office and a rest. Anyone wishing to use the Velopark for an alternative sport other than cycling and for changing facilities, please contact the Torbay Council Sports Team.

The Velopark Programme will be updated on a regular basis. Please keep an eye on the timetable for availability: www.torbay.gov.uk/index/yourbay/sports/sportsfacilities/velopark.htm

You can also access professional coaching sessions, delivered by a British Cycling Qualified Instructor for a small cost per hourly session. Again, these can be booked through the Torbay Council's Booking Office on **01803 208873**. Dates and times of coaching courses will be published online and at Torbay Leisure Centre. Places will be allocated on a strictly first come, first served basis.



Cycling and rail travel in Torbay

Peak times space is at a premium. The rail operating companies have different cycle carriage policies and varied space available.

First Great Western 125 high speed trains have space for up to 6 cycles in Coach A, advance booking is free and required.

Cross Country trains carry up to 4 cycles in Coach F in a 4 or 5 carriage train – this is normally the opposite end of the train to the 1st class carriage – advance booking is free and required.

First Great Western local trains carry cycles on a first come first served basis, no booking is required but space is limited to 2 cycles on single carriage trains though there is often more on multiple coach trains.

South West Trains carry up to 2 cycles in a small compartment in one of the (3) carriages – booking is free and required.

If in doubt please check the rail company's cycle carriage policy.



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If you have a problem....

All these independent, privately owned local cycle shops have workshops and can help. They provide repair services, hold a wide range of spares and know lots about bikes and cycling.

- Bay Cycles**
1 Foxlands Walk, St Marychurch, Torquay TQ1 4NL
t: 01803 316785
- Colin Lewis Cycles Ltd**
17 Dartmouth Road, Paignton TQ4 5AD
t: 01803 553095
- Dialled in Bikes**
249 Torquay Road, Paignton TQ3 2HL
t: 01803 551001
- Fish Bikes**
20 Tor Hill Road, Torquay TQ2 15RD
t: 01803 214489
- Simply the Bike**
100-102 Belgrave Road, Torquay TQ2 5HZ
t: 01803 200024

Want to know more?

If you have any suggestion about cycling in Torbay please email us at – Travel@torbay.gov.uk

[@TravelTorbay](https://www.facebook.com/TravelTorbay) | [TravelTorbay](https://www.facebook.com/TravelTorbay)

Torbay Coast and Countryside Trust: **01803 520022**
Mid Devon Cyclists: info@mdcc.org.uk

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Key

- Traffic free cycle lane
- On road cycle lane
- Advisory cycle route
- Planned traffic free cycle lane
- Geopark cycle loop (on road and off road)
- Road number
- Train station and line
- Paignton to Dartmouth Steam Railway station and line
- Ferry stop and route (some services permit bicycles)

0 1km
Approximately 5 minutes cycling

