



School cycle map

YOUNG BIKERS

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This map features cycle routes to schools throughout the Isle of Dogs and Poplar.

Pupils can take advantage of, and parents be reassured by, an extended network of off-road and quiet cycle routes.

Routes are colour-coded to show the different levels of cycling ability required, from **basic** to **advanced**.

Most schools offer free cycle training for pupils. Contact the school, or Tower Hamlets council, for information. Consider the benefits of cycling: it's fun, healthy, saves money and is better for the environment than driving to school.

Supported by a Can Do community grant and Tower Hamlets council



Customize!

Make this map your own by using coloured pens, stickers and labels...

- Put an X where you live. Name the road that you live in, if it's not already marked
- Add the places you visit regularly, such as a shop, club or mosque
- Trace your own routes and plan new ones. Think about the best routes you might take to get from A to B
- Draw symbols for the landmarks you know. Think about the design of the symbols you would use

Route key

- Level 3 Advanced – major roads
- Level 2 Intermediate – minor busy roads
- Level 2 Intermediate – minor quiet roads
- Level 1 Basic – off-road cycle lanes / shared use with pedestrians
- On-road cycle lanes
- Off-road restricted access and / or walking advised
- Off-road canal route does not join junction
- Off-road route not yet in use

Symbol key

- Traffic lights crossing point
- Zebra crossing point
- Subway crossing point
- Bridge crossing point
- Lift
- Steps
- Sports facility
- School
- Place of interest
- Tube
- DLR

Using this map

This map is designed to encourage cycling to schools (and other places) in LAPS 7 + 8: **Poplar and Isle of Dogs**.

The suggested routes are colour-coded, as explained in the **Route key**. Most routes are equivalent to Levels 1 (basic) + 2 (intermediate). Level 3 routes are included only where necessary.

Crossing points – toucan, pelican and zebra crossings – have been marked, where appropriate, to create safer routes.

Customise this map for your personal use. See the suggestions featured on the other side of this map. Use the fold lines to make it pocket-sized.

If you have any comments or ideas for improving this map, or would like to get involved with the Young Bikers project, please contact:

youngbikersproject@gmail.com / www.youngbikers.blogspot.com

Cycling – best practice

- Make sure your bike is well maintained. Before you cycle do the **ABC** check and make sure that: there is enough **air** so that the tyres are hard, the **brakes** grip securely and the **control** (handlebar stem) is not loose.

- When cycling on-road make sure to cycle away from parked cars. Look out for car doors being opened and pedestrians stepping out into the road.

- Always give clear signals to other road users so that they know what you want to do.

- Always use lights at night and consider wearing hi-vis clothing and a helmet.

This map features an extended network of **green** off-road routes that are shared with pedestrians. When using these routes always cycle at a sensible speed, be considerate and give way to pedestrians, leaving as much room as possible for them, especially at bends and entrances. Be observant and use a bell so as not to surprise people.

Cycling in Tower Hamlets

Tower Hamlets Wheelers – the local cycling group organise cycle rides, stalls, meetings and much more, including a free monthly maintenance workshop at Limehouse Town Hall, 646 Commercial Road, London E14 7HA (see map) www.towerhamletswheelers.org.uk

Tower Hamlets council – free maps, information, training and buddying www.towerhamlets.gov.uk/cycling

Bikeworks – Bikeability training, cycle hire, sales and maintenance www.bikeworks.org.uk
Unit 8 Gun Wharf, 241 Old Ford Road, London E3 5QB / 020 8980 7998

Evans – cycle sales
30 South Colonnade, London E14 5EZ / 020 7516 0094

Tri and Run – cycle sales
Unit 123 Cannon Workshops, Cannon Drive, London E14 4AS / 020 7987 3310

Cycling websites

Transport for London – free London cycle maps and information www.tfl.gov.uk/cycling

London Cycling Campaign – news and much more for London's cyclists www.lcc.org.uk

Sustrans – organisers of the Bike It scheme that promotes cycling in schools www.sustrans.org.uk

CTC – the cycle organisation for touring in the UK (and abroad) www.ctc.org.uk

London Cyclist – news and views from this independent blogger www.londoncyclist.co.uk

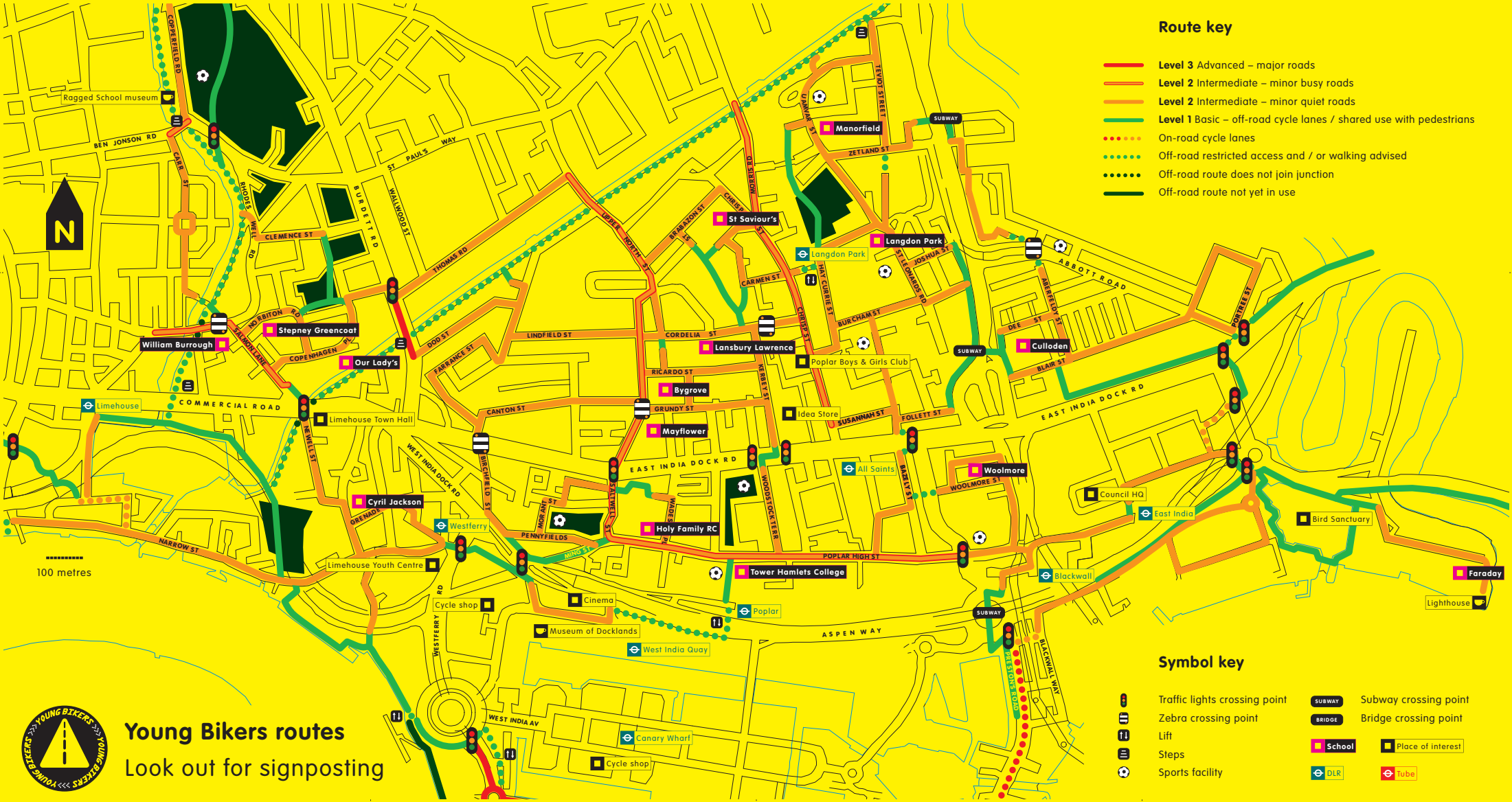
Cycling Cultures – social research into cycling: upload your own stories www.cyclingcultures.org.uk

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Young Bikers routes
 Look out for signposting