Cycling in Cheltenham

The road network on the map overlaid is graded according to the degree of skill and experience needed to cycle each route. If you are a beginner or haven’t cycled for some time, you should build up your confidence and basic skills on the yellow roads where traffic is lighter and speeds are low. As your cycling skills increase, so you can explore the green roads. Only when you are able to deal with the blue and pink routes is it safe to think of yourself as a regular cyclist, able to deal with yellow roads where traffic is lighter and speeds are low.

Cheltenham – at the heart of the countryside

There are many interesting and attractive places within a ten mile radius of the town that can be reached easily by bike.

Other useful contacts

- Cyclists’ Touring Club
- Cheltenham and Tewkesbury Cycle Campaign
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Cycle Training

Many people, particularly those new to cycling or those who feel less confident on the road, benefit from training.

Local trainers are available. Contact Cheltenham & Tewkesbury Cycle Campaign for more information.

Training is usually one to one and gives the necessary knowledge, skills and, crucially, the confidence to take to the roads and enjoy all the benefits of cycling. Tuition is in accordance with the National Cycle Training Standard. Lessons are designed for the specific needs of the individual. People are matched with their own personal cycling instructor and the trainee chooses the time and place.

Trainees learn how to get comfortable on their bikes, control them properly, how to anticipate other road users’ behaviour, and how to perform a range of manoeuvres safely and confidently.

Cycle shops

- 1 Royal Cycles
  - 2 Suffolk Parade
  - www.royalcycles.co.uk
- 2 Williams Cycles
  - 83-94 Albion Street
  - www.williams-cycles.com
- 3 Cheltenham Cycles
  - 4 Winchester street
  - www.cheltenhamcycles.co.uk
- 100% Lloyds
  - 100%Lloydsworld.com
- 123456789
  - 123456789

Choosing and maintaining your bicycle

For safe riding there must be a good fit between you and your bicycle. It is important to make sure that the saddle is properly adjusted and that the brakes work correctly.

Moving parts benefit from regular lubrication and cleaning, resulting in a better performing bike that is easier to cycle. It is also important to check your tyres – worn tyres will puncture easily and can be slippery in the wet. Most people under-inflate their tyres making cycling more difficult.

Cyclists for health

Cycling and there are few fast roads to bar your way. Cheltenham is a great town for cyclists; the road network on the map overleaf is less from ill health and illness. In fact, research has shown cycling to be associated with increased longevity!

And remember, cycling is fun – as little as 10 minutes at moderate pace can range further afield by taking your bike with you on a train. Most trains take at least two bikes but a few have only one coupler. You can range further afield by taking your bike with you on a train. Most trains take at least two bikes but a few have only one coupler.

Cycling for health

People who cycle regularly not only enjoy the fitness levels of non-cyclists ten years their junior, but, on average, live several years longer too. They also suffer less from ill health and illness. In fact, research has shown cycling to be the most effective way to increase longevity!

Cycling for as little as 15 to 20 minutes a day will significantly reduce your risk of heart disease, many cancers, stroke, obesity, stress and other common disorders.

And remember, cycling is fun – it’s guaranteed to add enjoyment to your everyday life!

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