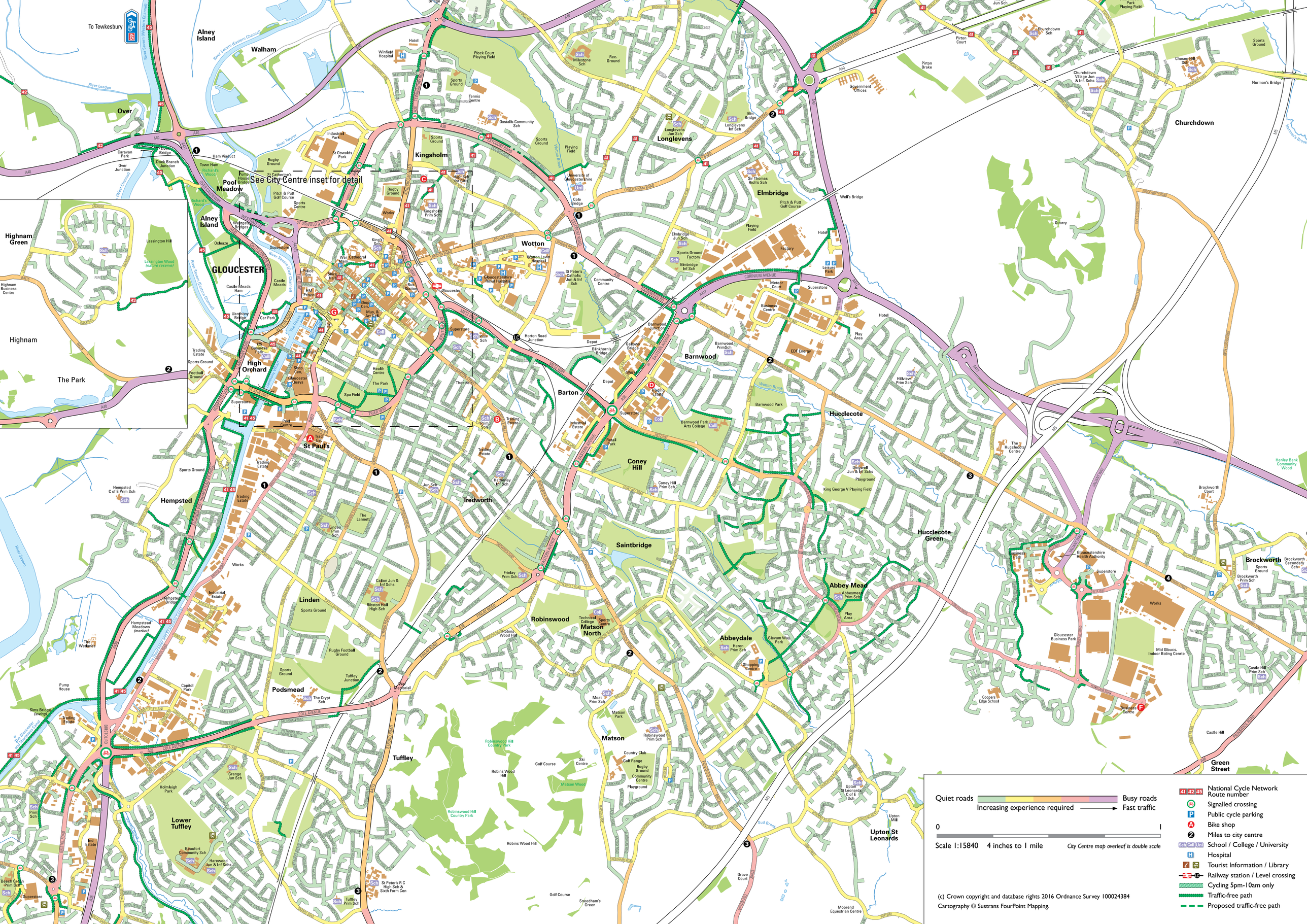
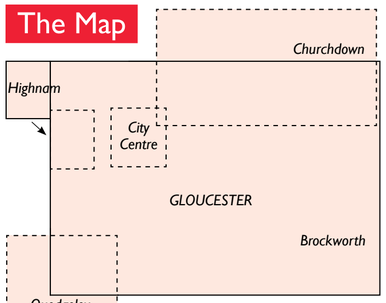


Gloucester Cycle Map

Revised and updated January 2016

Includes Kingsway, Highnam, Churchdown and Brockworth

The Map



This map has been produced by everyday Gloucester cyclists to help you choose routes that suit your needs and ability. Select the green routes if you are a beginner or have not cycled for a while. Soon you should be able to use the yellow roads. Progress to the orange then the red roads with their heavier traffic as your cycling skills increase.

Cycling is a healthy and cheap mode of transport. Often it is quicker than the car or bus and usually you can park directly outside your destination or very close. Typical urban cycle journey times are shown in the table below, for example a two mile trip at a moderate speed takes twelve minutes.

	Miles			
Speed	❶	❷	❸	❹
Leisurely	*8*	*16*	*24*	*32*
Moderate	*6*	*12*	*18*	*24*
Brisk	*5*	*10*	*15*	*20*

Contacts

Cycle shops in Gloucester

Ⓐ Striking Bikes 01452 522100
1a Morelands Trad. Est., Bristol Road GL1 5RZ

Ⓑ Mitchell's 01452 411888
260-264 Barton Street GL1 4JJ

Ⓒ Discount Cycle Warehouse 01452 381699
1 Kingsholm Road GL1 3AX

Ⓓ Halfords 01452 310055
210 Eastern Avenue GL4 4LP

Ⓔ Eastgate Cycles 01452 300366
76 Eastgate GL1 1QN

Ⓕ Slam 69 07941 784430
Hurricane Road GL3 4FF

Ⓖ Gloucestershire Bike Project 01452 690979
16 Commercial Road GL1 2EA

Reporting potholes, broken glass, etc.

Gloucestershire Highways 08000 514514
highways@gloucestershire.gov.uk

Gloucester City Council 01452 396396
enviro@gloucester.gov.uk
(overgrown vegetation within city)

Cycle training

Gloucestershire County Council 01452 425532
www.gloucestershire.gov.uk

Life Cycle UK, Bristol 0117 353 4580
www.lifecycleuk.org.uk

Gloucester City Cycling Club

The club organises rides for various abilities every Sunday, rides or events on most Tuesday evenings and Wednesday evening time trials in the summer
www.gloscitycc.co.uk 01452 423078

Cycling brings enormous health benefits:

- Increased cardiovascular fitness – regular cyclists enjoy better fitness than non-cyclists 10 years their junior!
- Increased muscle strength and flexibility combined with an improvement in joint mobility.
- Decreased stress levels – people who cycle into work are more alert and more productive; they have fewer sick days too.
- Improved posture, coordination and bone strength.
- Decreased body fat levels – cycling for 20 minutes at 10mph burns 90 calories.

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Gloucestershire County Council
www.gloucestershire.gov.uk

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