



**Cycling is liberating, quick and a cheap way of travelling, particularly in towns. Cycling does not pollute the air and is generally better for the environment – designed and illustrated by Andy Gammon Art and Design, Lewes.**

**This map will help you find routes particularly suitable for cycling, that you may not know about if you normally travel by bus or car.**

**I am grateful to all those who have made this map possible and wish to pass on their knowledge and enthusiasm.**

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# CYCLE LEWES and the surrounding area

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## Introduction

Cycling in Lewes isn't as hard as it might look at first. Yes, there are hills and busy roads, but there are also ways to avoid most of them. Local cyclists from the Cycle Lewes group have produced this leaflet to share their knowledge of quieter roads, traffic-free paths and short cuts that can make cycling in and around Lewes more fun – for school, work and shopping as well as a family and leisure activity. Sometimes you may want to push your bike up a steep section or along a stretch of footpath, but cycling around town will often be quicker than a similar journey by car.

Cycling is cheaper than joining a gym – and you don't have to pay for petrol or parking.

We hope our maps will help encourage you to try cycling to new places in and around Lewes, perhaps instead of taking a car. Please let us know how you get on.

We are most grateful to Lewes District Council for financing this leaflet as part of their 'Think Air' air quality initiative, and to East Sussex County Council for their support and advice. We would like to dedicate it to the late Elisabeth Howard, for many years a committed campaigner for cycling in and around Lewes.

Contact Cycle Lewes on 01273 475381, [www.cyclelewes.org.uk](http://www.cyclelewes.org.uk)

## Cycling tips

- Keep your tyres pumped up – your bike will be much more efficient with properly inflated tyres and you will get fewer punctures
- If you wear a cycle helmet, make sure it fits well and is done up firmly
- Wear light, bright or reflective clothing and use cycle lights at night – even if you can see where you're going, motorists and pedestrians may not be able to see you
- If your brakes and gears need attention have a bike service – this will probably cost less than a tank of petrol
- Have your saddle at the right height – so that with your heel on the pedal at its lowest position your leg is almost straight. Practise pushing off before you get on the saddle and getting off the saddle before you put your foot down
- Lock your bike to an immovable object when you leave it, even if it's only for a few minutes
- If you carry heavy school books or shopping, have a rear rack fitted and use special bicycle panniers rather than a rucksack – this will help your balance

## CYCLE AND SAVE MONEY

Replacing a 6 mile/10km car journey with a half-hour round trip by bike three times a week will **save you over £100** a year in fuel bills alone.

## CYCLING AMONG PEDESTRIANS

- Most traffic-free paths and some streets like Cliffe High Street are shared by pedestrians and cyclists
- Cycle carefully and give way to pedestrians
- Keep to the left of the path – just as you would on a road
- Be aware that people may have mobility problems
- Use a ring of your bell or a polite 'excuse me' to warn people you are passing – don't take them by surprise
- Some pedestrians may be hard of hearing; don't assume that they can hear you

## CYCLING IN TRAFFIC

- It's almost impossible to avoid some cycling on busy roads in town. Our top tips include:
- Signal clearly in advance, particularly at right turns. If you don't feel confident pulling out, stop on the left and wheel across
- Ride 'assertively' by riding about a metre from the edge of the road so you will be more easily seen by traffic
- Don't ride too close to parked cars and watch out for car doors opening or people walking out between cars
- Make eye contact with drivers waiting at junctions and acknowledge them when they let you through
- Don't overtake lorries or buses on the left at junctions, as they have a blind spot and may not see you

## CYCLING TO WORK

- Cycling short distances, particularly at peak times, can often be faster than driving a car or catching a bus and you have the benefit of getting fitter and saving money while you do it. If there are no showers at work, cycle at moderate speed and change into a fresh shirt or top when you arrive – cycling needn't make you hot.
- You could also:
- Encourage your employer to provide secure cycle parking, lockers and showers, if they don't already do so
- Encourage your employer to join the Cycle to Work scheme to provide tax free bicycles. See [www.cyclescheme.co.uk](http://www.cyclescheme.co.uk) or [www.dft.gov.uk](http://www.dft.gov.uk)
- Contact East Sussex County Council's TravelChoice office [travelchoice@eastsussex.gov.uk](mailto:travelchoice@eastsussex.gov.uk)

## CYCLING TO SCHOOL

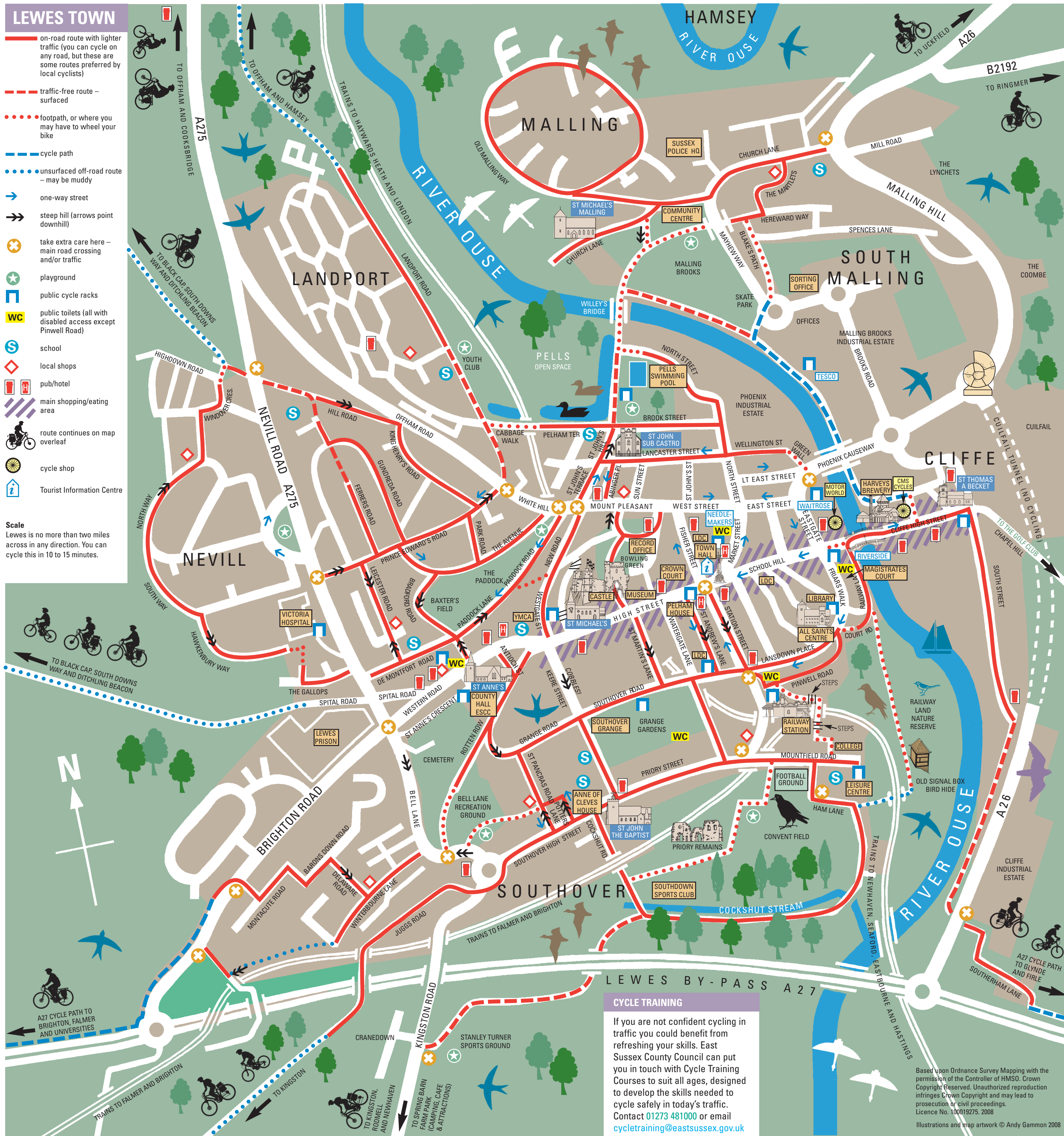
Most children at primary school are given training in road skills including cycling. Contact 01273 482490 or email [cyclctraining@eastsussex.gov.uk](mailto:cyclctraining@eastsussex.gov.uk)

Most Lewes schools have a School Travel Plan promoting alternatives to driving to school. However, not all schools actively encourage children to cycle. Please contact your child's school about its arrangements.

## LEWES TOWN

- on-road route with lighter traffic (you can cycle on any road, but these are some routes preferred by local cyclists)
- traffic-free route – surfaced
- footpath, or where you may have to wheel your bike
- cycle path
- unsurfaced off-road route – may be muddy
- one-way street
- steep hill (arrows point downhill)
- take extra care here – main road crossing and/or traffic
- playground
- public cycle racks
- public toilets (all with disabled access except Pinwell Road)
- school
- local shops
- pub/hotel
- main shopping/eating area
- route continues on map overleaf
- cycle shop
- Tourist Information Centre

**Scale**  
Lewes is no more than two miles across in any direction. You can cycle this in 10 to 15 minutes.



## CYCLE TRAINING

If you are not confident cycling in traffic you could benefit from refreshing your skills. East Sussex County Council can put you in touch with Cycle Training Courses to suit all ages, designed to develop the skills needed to cycle safely in today's traffic. Contact 01273 481000 or email [cyclctraining@eastsussex.gov.uk](mailto:cyclctraining@eastsussex.gov.uk)

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