














**KEY TO SYMBOLS**

-  On-road, useful part of cycle network but generally unprotected
-  On-road, some cycle facilities/traffic calming
-  Off-road, cycle path next to road
-  Route free from motor traffic
-  Link where there is a need to dismount
-  One-way section
-  Roads which are not part of the cycle network
-  National Cycle Network – Route No.1
-  Roundabout
-  Cycle shop
-  School
-  Toucan crossing (shared pedestrian and cycle crossing)
-  Route feature

**IMPORTANT HEALTH WARNING**  
 Cycling is addictive! Regular exercise stimulates the pleasure centres of the brain. The more you do it, the more you'll want to do it!



SEE OVERLEAF FOR CITY CENTRE

**CYCLING**  
**how to use the map**

The map shows the cycle network for the city and surrounding area, together with other important roads and landmarks. It incorporates a section of the Sustrans National Cycle Network connecting through the centre of Norwich from Marriott's Way in the north-west to Whittingham Lane in the south-east (look out for the special red 'Route 1' signs).

The map will be particularly useful if you are about to make a trip to somewhere you haven't been before by bike, or want to find a better route than one you've tried.

Use the map in conjunction with a normal street map to look up your destination, then find the closest point on the cycle network and you're away!

You may find you have alternative suggested routes shown, in which case you could try them both (e.g. on the outward and return journeys). You may even discover another route all of your own, in which case you may care to let the cycling officer know about it (see Useful Contacts) so that it can be included on the next edition of this map!

