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|--|--------------------------------------------------------------------------|--|------------------------------|
|  | National Cycle Network On-road / Traffic-free                            |  | Library                      |
|  | Promoted cycle route (Traffic volumes may vary according to time of day) |  | Post office                  |
|  | National Cycle Network route number                                      |  | Crossing                     |
|  | Traffic-free cycle path                                                  |  | School Crossing Patrol       |
|  | Bridleway (Unsurfaced section)                                           |  | One way / Cycle contraflow   |
|  | Footpath (Alignment of all footpaths is indicative)                      |  | Health centre                |
|  | School (Arrow indicates main entrance)                                   |  | Hospital                     |
|  | Place of worship (Arrow indicates main entrance)                         |  | Level crossing               |
|  | Railway with station                                                     |  | Commercial / Industrial area |
|  | Cycle parking                                                            |  | Urban area                   |
|  | Convenience shop                                                         |  | Bus stop location            |
|  | Supermarket                                                              |  | Take care location           |

0 Kilometres                      0.5                      1                      1.5

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0 Miles                      0.25                      0.5                      0.75                      1

**How long will it take?**

3 minutes cycling will take you this far  
*if you cycle at about 10mph*                      or this far in 6 minutes

3 minutes walking                      or 6 minutes                      or 9 minutes                      or 12 minutes                      or 15 minutes                      or 18 minutes  
*if you walk at about 3mph*

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