

Environmental, Health and Wellbeing Benefits of Cycling...

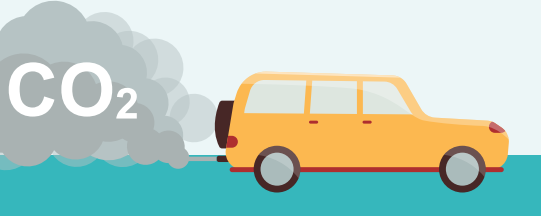
HEALTH & WELLBEING

Cycling has lots of benefits when it comes to both physical and mental health:

ENVIRONMENTAL

As well as being good for you, cycling is also good for your local community and for our planet:

Transport is now the **biggest emitter** of carbon in the UK.



For adults, **2.5 hours** of moderate activity is recommended weekly.³

One way to achieve this target is to do 30-minute exercise sessions at least five times a week – the **perfect length of time** for short, local journeys by bike.⁴

Cycling can also **boost your mood**, improving the symptoms of some mental health conditions, like depression and anxiety. Cycling can also help you **maintain a healthy weight**.⁸



Regular cycling can **reduce the risk of several serious illnesses** including, heart disease, type 2 diabetes and stroke.⁹

Cycling is a low-impact exercise, meaning it's **easier on your joints** compared to high-impact aerobic activities like running.¹⁰



Research shows adults who cycle regularly have fitness levels of someone up to **10 years younger**.⁶

Moderate cycling can burn up to **500 calories** per hour, which is more than walking or swimming.⁷



HULL CYCLE MAP



Rusty Riders

Funded by the council, this free training is for adults returning to cycling. The tailored sessions are designed to refresh skills, become more confident, cycle safely and to ride more often.

R-evolution

Appointed by the council, **R-evolution** provides bike servicing and maintenance, bike sales, training workshops and electric bike hire, with bases at Trinity Market, the University of Hull Bike Hub and a training centre in Bransholme.



CycHull

Support the development of safe and convenient cycle infrastructure in Hull. Membership is free, with members receiving regular emails and invitations to take part in cycling advocacy activities, such as group rides. Visit: www.CycHull.org.uk



Ennerdale Cycle Circuit

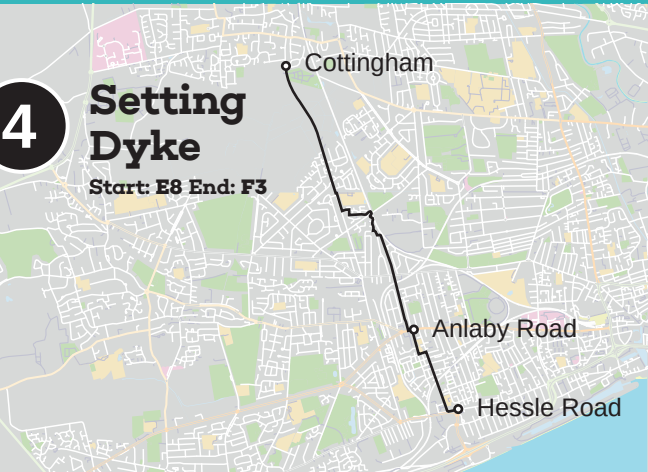
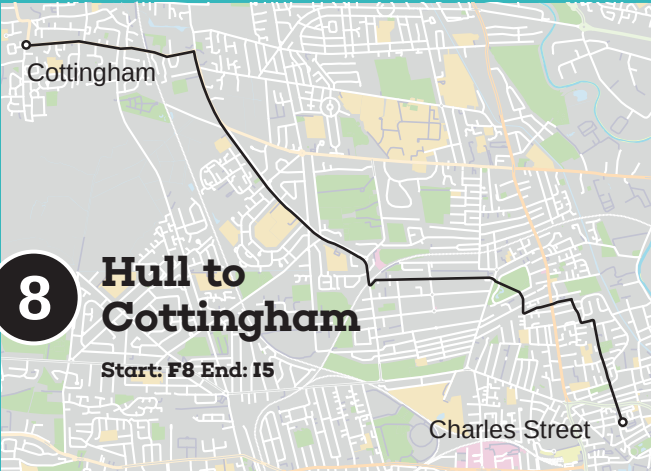
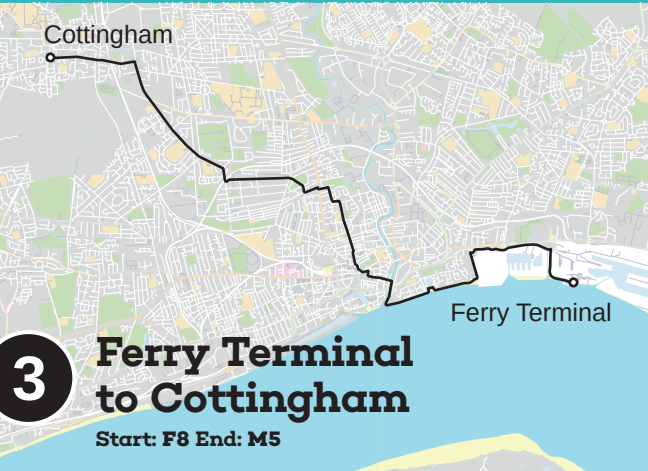
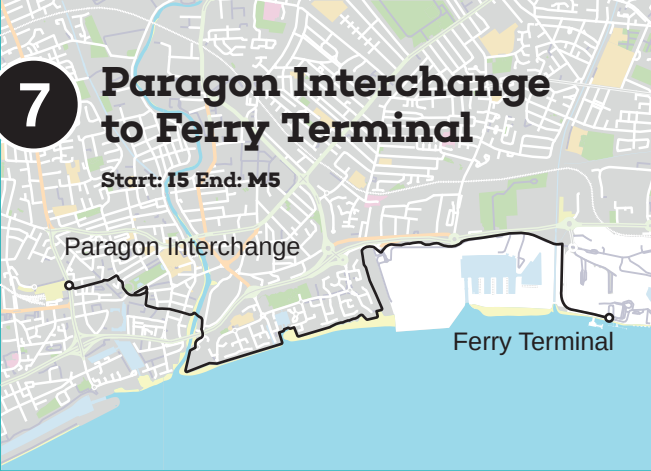
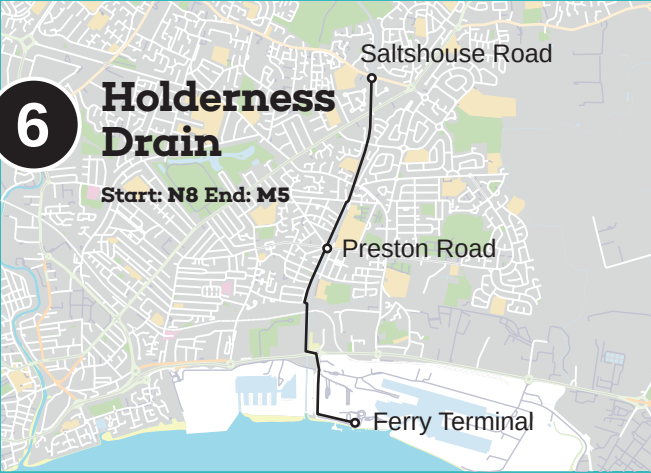
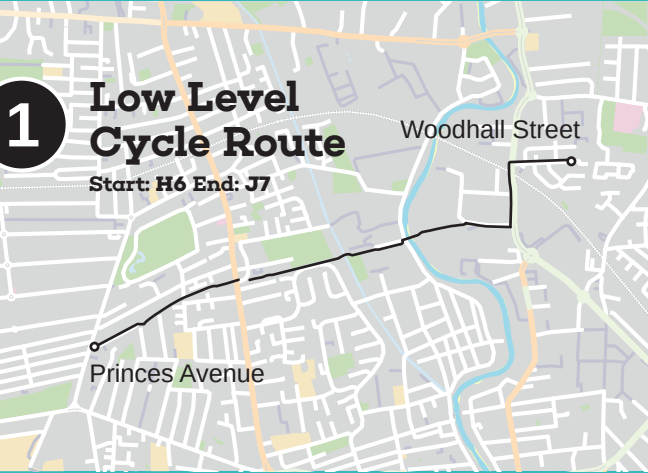
In partnership with Hull Culture & Leisure, Safer Roads Humber and British Cycling, the circuit hosts fortnightly guided ride sessions, providing a controlled and supportive environment for those getting back into cycling at the region's only all-weather 1km circuit.

For more information about cycling services in Hull or to book onto training or guided rides, visit travel.hull.gov.uk/cycling

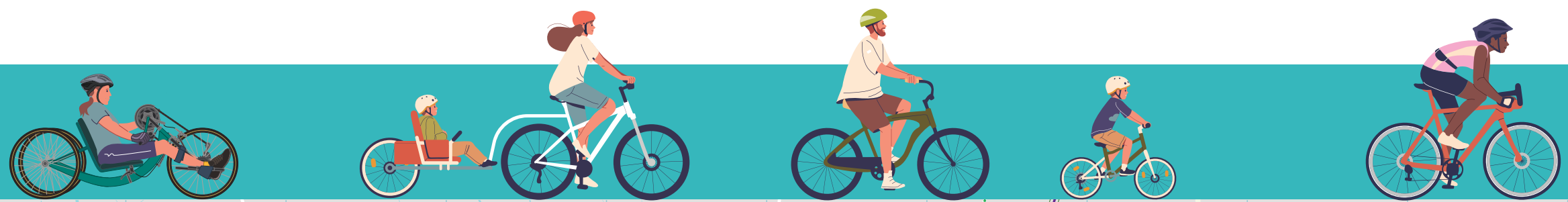


Large print versions of this map are available on request, please email: Active.Travel@hullcc.gov.uk

10 RECOMMENDED CYCLE ROUTES ACROSS HULL



HULL CYCLE MAP



12
11
10
9
8
7
6
5
4
3
2
1



KEY

Route Type

- Off-Road Cycle Track (shared with pedestrians or segregated)
- On-Road Cycle Lane (30 or 40mph speed limit)
- On-Road Bus/Cycle Lane*
- Segregated On-Road Cycle Lane
- Quiet Route (Avoids heavy traffic)

National Cycle Network

- Route 65 - Ferry Terminal to Hessle
- Route 66 - Ferry Terminal to Cottingham
- Trans Pennine Trail

Safety & Traffic Information

- 20mph speed limit or traffic calmed area
- One way street
- One way street (except cycles)
- Contraflow Cycle Lane
- Signalised junction possibly with pedestrian and/or cycle crossing
- Traffic restriction with exemption for cycles

Cycling Facilities

- Street Cycle Parking Racks
- Secure Covered Cycle Parking
- Bike Repair Station
- Adapted Cycle Scheme

Public Services & Land Marks

- Library
- Fire Station
- Police Station
- Hospital
- Health Centre
- Family Hub
- Customer Service Centre
- Hull Maritime
- Primary School
- Secondary School
- College

Shopmobility

- Shopmobility
- Millennium Milepost

*Where there is an On-Road Bus Cycle Lane, the operating times for:
• buses
• cycles
• taxis
is Monday to Saturday, 7am to 9.30am and 4pm to 6.30 pm.
Outside of these times, the lanes are available for use by all vehicles, except Queen Victoria Square, Carr Lane and Brook Street which are 24 hours a day, 7 days a week.
The link to the MKM Stadium, from Londesborough Street, is only open for matchdays and events.

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