Hundreds of thousands of **coveted** Bikeability badges have been **awarded**

**Ellesmere Port**

**Bikeability Levels**

- **Level 1**
  - Most traffic-free routes, paths and crossings plus shared spaces with very low traffic flows – suitable for cyclists of all Bikeability Levels.

- **Level 2**
  - Roads, tracks and crossings suitable for cyclists at Bikeability Level 2.

- **Level 3**
  - Roads, tracks and crossings suitable for cyclists at Bikeability Level 3.

**Key to symbols**

- Zebra Crossings
- Signalled Crossings
- Pedestrian Refuge
- Cycle Parking (Sheffield Stands)
- National Cycle Network
- Regional Cycle Network
- Hospitals
- Schools
- Higher Education/College
- Leisure
- Supermarkets
- Library

**The Bikeability levels**

There's a Bikeability level to match every ability, whether you're just starting out or already have some good skills and just want to use your bike more safely and more often. You might start from the beginning at Level 1 and train all the way through to Level 3, or you might dive in with Level 2 if you already have lots of cycling experience. It's important to remember that there's always something new to learn, and that the right level of Bikeability training will help you to develop the best habits that will keep you safe whenever you cycle.

- **Level 1**
  - During Level 1 Bikeability training, you learn to control and master your bike. The training takes place in an environment away from cars or traffic – usually in a playground or closed car park.

- **Level 2**
  - During Level 2 Bikeability training you will get out on the roads! Level 2 gives you a real cycling experience so that you are able to deal with traffic on short journeys such as cycling to schools.

- **Level 3**
  - During Bikeability Level 3 training you will learn the skills to tackle a wider variety of traffic conditions than on Level 2. When you reach Level 3 standard you will be able to deal with all types of road conditions and more challenging traffic situations.

You can find out more about the Bikeability levels here: [www.dft.gov.uk/bikeability](http://www.dft.gov.uk/bikeability)
Why cycle?

- Cycling is so much faster than walking, meaning you can get to school in half the time – that means more time in bed!
- You'll get fit – cycling is one of the best forms of exercise you can get.
- Cycling is good for the planet – bikes don’t pollute the air with exhaust fumes, the only energy they use is pedal power!
- Cycling gives you loads of freedom – you can pop round to a mate's house without having to wait for a lift.
- Cycling at least twenty miles a week reduces the risk of heart disease to less than half that for non-cyclists who take no other exercise.
- Kids who cycle are more confident, more independent and perform better at school!

- More children cycling will lead to improved health and fitness, reduced congestion and pollution and hopefully even more Olympic champions!
- There's a brand new world for you to discover when you get in the saddle, whether you're cycling to school or riding around in your free time with your mates.
- Because it's fun and it's free – what more do you need!

For more information visit: www.cyclechester.com