Bikeability Levels

Level 1
- Traffic-free routes, paths and crossings suitable for cyclists at Bikeability Level 2.
- Roads, tracks and crossings with a very high level of risk even for highly experienced Level 3 cyclists.

Level 2
- Roads, tracks and crossings suitable for cyclists at Bikeability Level 2.
- Roads, tracks and crossings with a very high level of risk even for highly experienced Level 3 cyclists.

Level 3
- Roads, tracks and crossings with a very high level of risk even for highly experienced Level 3 cyclists.

More about Bikeability

Bikeability was developed by more than 20 professional organisations including the Royal Society for Prevention against Accidents and is supported by cross-Government departments including the Department for Transport, Department of Health and Department for Children, Schools and Families.

So far, more than 250,000 young cyclists have been trained and hundreds of thousands of coveted Bikeability badges have been awarded. The aim is for half a million children to be Bikeability trained by 2012 and the ultimate vision is that no child should leave primary school without the opportunity to take part in Bikeability training.

If you want to find out more about Bikeability courses, please contact Cheshire West and Chester Council on 0300 123 7036 or visit our website www.cheshirewestandchester.gov.uk

The Three 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 3 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.

Why cycle?

- 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!
- More than 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!
- Because it's fun and it's free – what more do you need!

Cycling helps improve your health and fitness

Bike shops

If you are new or returning to cycling, your local bike shop can provide more information and advice on choosing a bike and requiring infection and outdoor clothing. To find out how to make your cycling more comfortable, the Bike Hub website can help you find your nearest bike shop - www.bikehub.co.uk

Cyclists organisations

Cyclists Touring Club – National Cyclists organisation www.ctc.org.uk
Sustrains – National Cycle Network www.sustrans.org.uk

There's a brand new world for you to discover when you get in the saddle

key to symbols

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

Further cycle maps are available for the following areas:

- HESWALL
- NESTON
- CHESTER
- ELLESMERE PORT
- HELSBY
- FRODSHAM

For more information visit: www.cyclechester.com

More Olympic champions!