

This map has been put together by local cyclists and the surrounding area highlight the best cycling routes across the town of Lewes and in the surrounding area. Map we pick out some useful back routes that we like to use. Note that hardly any of these are signposted. We've also shown some other useful features such as locations of schools and bike racks. On the district side of the map we describe four leisure rides of easy to moderate difficulty, mostly along quiet roads and dedicated cycle paths, with information on where to get the most of the benefit. Please be aware that the details all refer to cycle and walking information contained within at your risk.

CYCLEScheme LEWES

THIRD EDITION

CYCLE LEWES

and the surrounding area



Introduction

Cycling in Lewes isn't as hard as it might look at first. Yes, there are hills and busy roads, but there are also ways to avoid most of them. Local cyclists from the Cycle Lewes group have produced this leaflet to share their knowledge of quieter roads, traffic-free paths and short cuts that can make cycling in and around Lewes more fun – for school, work and shopping as well as a family and leisure activity. Sometimes you may want to push your bike up a steep stretch or along a stretch of footpath, but cycling around town will often be quicker than a similar journey by car. Cycling is cheaper than joining a gym – and you don't have to pay for petrol or parking.

CYCLE HIRE

Bikes and electric bikes can be hired from Cycleshack in Lewes (see advertisement below).

CYCLISTS WELCOME

Businesses supporting cyclists and walkers, whether with top up for water bottles bike storage or kit to clean your muddy boots. See www.southdowns.gov.uk/cyclists-and-walkers-welcome



CYCLING TO WORK

Cycling, particularly at peak times, can be faster than car or bus and is cheaper and good exercise too. If there are no showers at work, cycle at moderate speed and change into a fresh shirt or top when you arrive – cycling needn't make you hot. Encourage your employer to provide secure cycle parking, lockers and showers, and to join the Cyclescheme to provide up to £1000 of cycles and accessories. See www.cyclescheme.co.uk

CYCLING AMONG PEDESTRIANS

Most traffic-free paths and some streets like Cliffe High Street are shared by pedestrians and cyclists. Cycle carefully and give way to pedestrians. Keep to the left of the path – just as you would on a road. Be aware that people may have mobility problems. Use a ring of your bell or a polite 'excuse me' to warn people you are passing. Some pedestrians may be hard of hearing; don't assume that they can hear you.

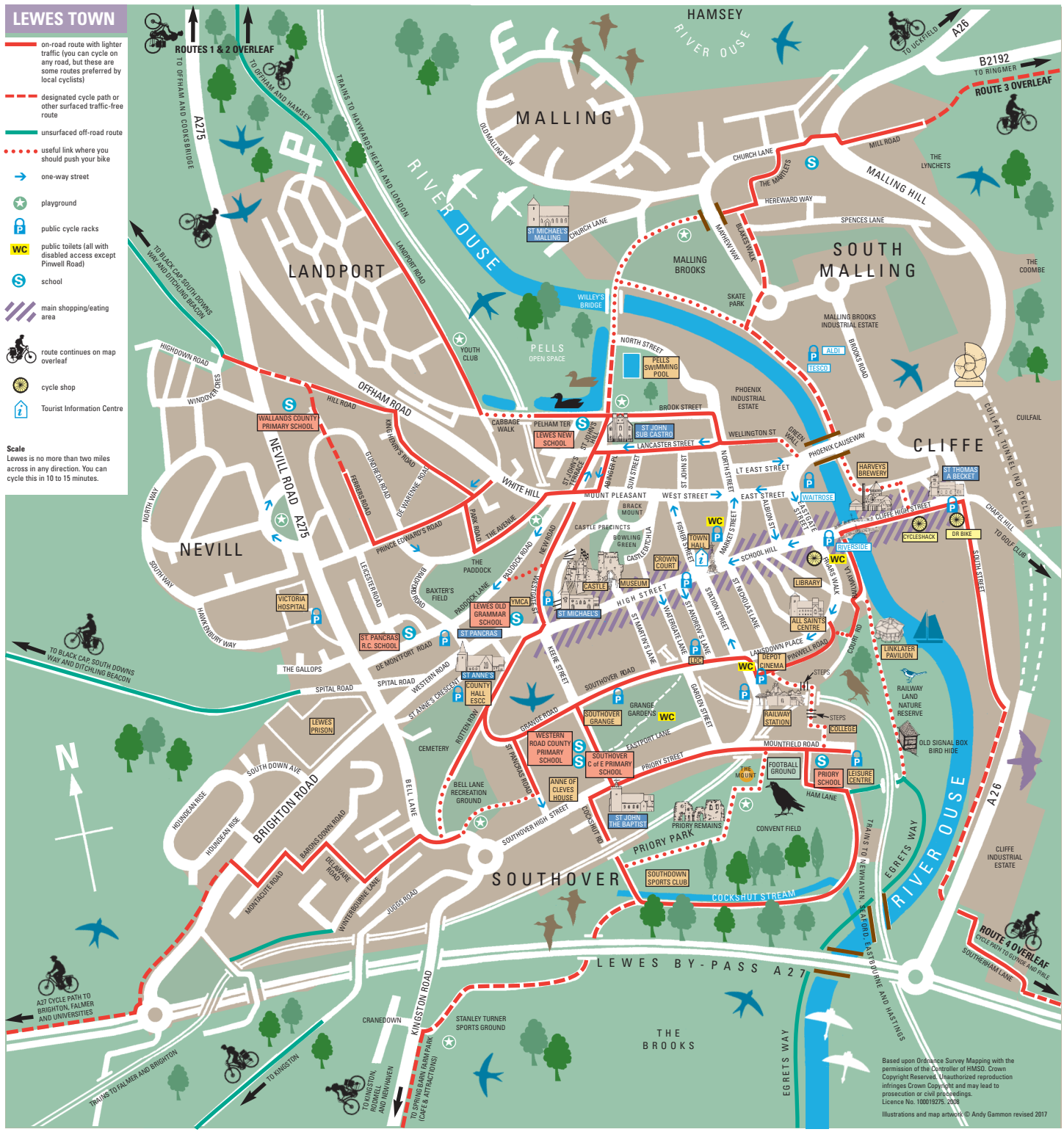
HOW TO CYCLE IN TRAFFIC

It is almost impossible to avoid some cycling on busy roads in Lewes. Signal clearly in advance, particularly at right turns. If you don't feel confident pulling out, stop on the left and wheel across. Ride 'assertively' by riding about a metre from the edge of the road so you will be more easily seen by traffic. Don't ride too close to parked cars and watch out for car doors opening or people walking out between cars. Make eye contact with drivers waiting at junctions and acknowledge them when they let you through. Don't overtake lorries or buses on the left at junctions, as they have a blind spot and may not see you.

LEWES TOWN

- on-road route with lighter traffic (you can cycle on any road, but these are some routes preferred by local cyclists)
- designated cycle path or other surfaced traffic-free route
- unsurfaced off-road route
- useful link where you should push your bike
- one-way street
- + playground
- P public cycle racks
- WC public toilets (all with disabled access except Pinwell Road)
- S school
- /// main shopping/eating area
- 🚲 route continues on map overleaf
- 🚲 cycle shop
- i Tourist Information Centre

Scale
 Lewes is no more than two miles across in any direction. You can cycle this in 10 to 15 minutes.



CYCLEScheme

LEWES' LOCAL CYCLING SPECIALISTS

- ELECTRIC BIKE EXPERTS
- SALES, ACCESSORIES & CLOTHING
- CYCLE TO WORK SCHEMES
- SERVICING & FLEET MAINTENANCE
- TWO FULLY EQUIPPED WORKSHOPS
- BIKE HIRE
- FREE QUOTATIONS
- FREE, FRIENDLY, LOCAL ADVICE

Cliffe High St & Friars Walk

tel: 01273 479688 & 01273 483108
 Mon-Sat 9am-5:30pm Sun 10am-4pm
www.lewescycleshack.co.uk

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