

Walsall Walk On Health Walks Programme



Walking is one of the best and easiest ways of becoming more active.

Walking regularly can:

- Help weight loss
- Ease back pain
- Reduce the risks of heart disease
- Increase bone strength
- Improve muscle tone and joint flexibility
- Lead to improved balance and co-ordination helping to prevent falls
- Increase confidence, stamina and energy
- Help with anxiety and stress and increase relaxation
- Provide a social environment to make new friends

Walsall Walk On is a weekly programme of free health walks held in parks and countryside spaces across the borough.

For more information please call Sport and Leisure Development Services on 01922 658080.

Local Groups

Not sure where to start? Joining a group is a great way of discovering new routes and improving your skills and fitness with the help of more experienced people. Here are a few useful contacts:

CTC Walsall Member Group (Cyclists' Touring Club)
 Contact: 01543 377145
 jennyates11@hotmail.co.uk
 www.chasecycling.co.uk

Family Saturday Cycling Group
 Contact: 01543 899577
 dcw@chasecycling.co.uk
 www.chasecycling.co.uk

Walsall Roads Cycling Club
 Contact: 01922 626514
 Kev.adams@blueyonder.co.uk
 www.walsallroadscycling.co.uk

Walsall Ramblers
 Contact: 0121 353 4102
 www.walsallramblers.co.uk

Town Centre Map



Active Sustainable Travel And Road Safety

The A*STARS programme looks at promoting sustainable travel on the school journey and during the school day. It also develops opportunities for training and new initiatives, such as walking bus schemes. After a successful pilot, the programme is now being rolled-out across all Walsall schools

Pilot project achievements (2010-2012):

- 3% increase in walking and cycling levels in A*STARS schools, compared to an overall Walsall average of 1.8%
- 3.7% reduction in single car use.
- Nominated for 'National Road Safety Project of the Year', Highways Magazine Excellence Awards 2012
- Winner of 'Modeshift - Local Authority Initiated Project of the Year 2012'
- Over 1,000 children trained to level 2 Bikeability, 16 school staff trained as Bikeability Instructors and over 500 children received TOGO NOGO pedestrian training.

For more information please email astars@walsall.gov.uk or visit www.astarswalsall.co.uk



Walsall Active Travel Map

Traffic signs and road markings

| | | |
|---|---|--|
| | | |
| Shared-use cycle and pedestrian route | Cycle lane, track or route road marking | Direction of route to a tourist attraction for pedestrians |
| | | |
| Segregated cycle and pedestrian route (Please keep to the correct side) | No cycling | Public Footpath |
| | | |
| Route for cycles only | Cycle route ahead | Direction along a footpath indicated by waymarker |
| | | |
| Cycle lane ahead note: Cyclists can also use bus lanes | National Cycle Route Signing | Direction route for cyclist |
| | | |
| Route recommended for cycles | Cycle parking | |

Bike Check - Top Ten Tips!

Regular checking is important to your riding comfort as well as your safety. Luckily, most things on a bike can be checked easily but if in doubt, take it to a bike shop!

1. All bikes must have a red reflector at the back (and ideally a white reflector at the front).
2. If your chain is an orange colour or squeaky, get oiling! Be careful not to get oil on the brakes or rims.
3. If the gears don't change smoothly it could be a simple job for a bike shop mechanic to fix.
4. Check tyres are pumped up and not worn out, especially your back tyre.
5. Grab a pedal and try and push it towards the frame. If the pedal arms wobble, take it to your local bike shop.
6. If the wheel wobbles from side to side as it spins, it is buckled. Check also for loose or missing spokes.
7. Nuts and bolts can work loose, especially on new bikes. Check them every month.
8. Check there's plenty of rubber on the brake blocks and that they are lined up with the wheel rim.
9. If the handlebars judder when you brake, they may need tightening. (Visit the bike shop if unsure)
10. If you can pull the brake levers all the way to the handlebars your brakes need to be tighter.

Make sure your bike gets 10 / 10!!!

Cycle Training

Bikeability is cycling proficiency for the 21st century, giving children and adults the skills and confidence to cycle on today's roads. It's split into three levels including basic bike handling skills, riding on quiet roads and dealing with more complex traffic conditions. Although many people think cycle training is just for kids, it's never too late to learn or rediscover your cycle confidence.

For more information on bikeability contact the Road Safety Team on 01922 65 4678 or roadsafety@walsall.gov.uk

Contacts

Walsall Council Cycling
 01922 654677
roadsafety@walsall.gov.uk
www.walsall.gov.uk/cycling

Rights of Way
 01922 654673
publicrightsofway@walsall.gov.uk
www.walsall.gov.uk/public_rights_of_way

Other useful links:
www.britishcycling.org.uk
www.ctc.org.uk
www.sustrans.org.uk
www.cyclingwestmidlands.org.uk
www.canalrivertrust.org.uk
www.ramblers.org.uk
www.networkwestmidlands.com

Have your say on local issues and influence decisions...

Walsall Cycling Forum
 Contact: 01922 654677

Local Access Forum
 Contact: 01922 654673

Cycling in Walsall

Wheeler - Dealers!

If you're having mechanical problems, fancy some lycra or even want to buy a new bike, your local bike shop is the place to go! Here are a few cycle shops local to Walsall:

- 1 Dave's Cycles**
Shelco House
Northgate
Aldridge
WS9 8TH
01922 451004
www.davescycles.co.uk
- 2 Decathlon**
Gallagher Retail Park
Axletree Way
Wednesbury
WS10 9QY
0121 5021065
www.decathlon.co.uk
- 3 Halfords**
6 Bescot Retail Park
Walsall
West Midlands
WS1 4SB
01922 646046
www.halfords.com
- 4 Hawk Cycles**
Unit 1 Watling Street
Cannock
Staffordshire
WS11 9XG
01543 361656
www.hawkcycles.co.uk
- 5 Russell Cycles**
201 Stafford Street
Walsall
West Midlands
WS2 8ED
01922 626514
www.russellcycles.co.uk
- 6 Wardys Cycles**
16 Wolverhampton Street
Wednesbury
West Midlands
WS10 8UQ
0121 5264580
www.wardycycles.co.uk

Walsall Active Travel Map

KEY

- 5 National Cycle Route
- Existing cycle routes and safer routes to school
- On road cycle facilities and bus lanes
- Canal towpath
- Cycle stands
- Places of interest
- Beacon Way
- Monarch's Way
- Nature trails
- Motorway
- 20mph speed limit

Scale 0 1/4 1/2 3/4 mile
0 1/2 1 kilometre

Disclaimer
Some routes may become obstructed and unavailable for public use. Where any problems are encountered they can be reported to the council.

Cycling Journey time in minutes (based on average speed of 12mph)

| | | | | | |
|--------------------------------|----|----|----|----|----|
| Walsall | 17 | 14 | 27 | 14 | 19 |
| 3.4 Aldridge | 22 | 17 | 31 | 36 | |
| 2.7 4.4 Bloxwich | 21 | 21 | 17 | | |
| 5.4 3.3 4.1 Brownhills | 41 | 37 | | | |
| 2.7 6.1 4.1 8.1 Darlaston | 9 | | | | |
| 3.8 7.2 3.3 7.4 1.7 Willenhall | | | | | |

Distance between centres (measured in miles)

West Midlands Cycle Journey Planner

The West Midlands Cycle Journey Planner is an on-line route planner to help you plan your cycling trips across the West Midlands (and beyond!).

- Choose between:
- Quickest route
 - Quietest route
 - Most recreational route

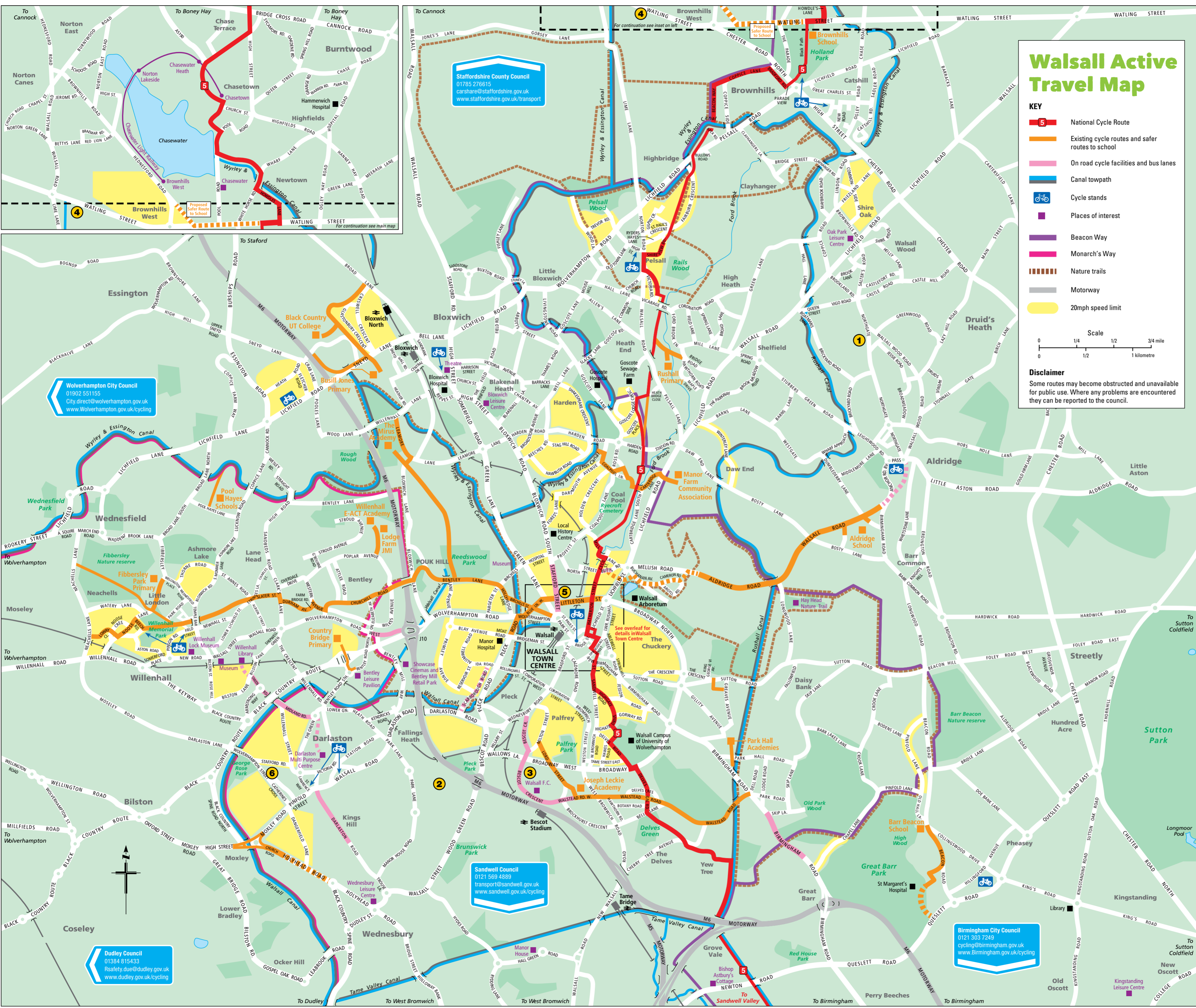
www.transportdirect.info

Find your way across the West Midlands at

www.walkit.com

Get a walking route map between any two points, including your journey time, calorie burn, step count and carbon saving. It's quick, free, healthy and green.

[walkit.com](http://www.walkit.com)
THE URBAN WALKING ROUTE PLANNER



Staffordshire County Council
01785 276615
carshare@staffordshire.gov.uk
www.staffordshire.gov.uk/transport

Wolverhampton City Council
01902 551155
City.direct@wolverhampton.gov.uk
www.wolverhampton.gov.uk/cycling

Sandwell Council
0121 569 4889
transport@sandwell.gov.uk
www.sandwell.gov.uk/cycling

Birmingham City Council
0121 303 7249
cycling@birmingham.gov.uk
www.birmingham.gov.uk/cycling

Dudley Council
01384 815433
Rsafety.due@dudley.gov.uk
www.dudley.gov.uk/cycling