

## Pershore to Worcester Cycle Route -Regional Route 46

s is an attractive cycle route which links the Abbey at shore with the Cathedral at Worcester via a mixture back streets, country lanes and off road cyclepaths. y not cycle the route and return by train or simply use t of the route for work, school or visiting the shops?

# Cycling your way to better health

- Regular cycling is an ideal way to build physical activity into your daily routine
- It can help you control weight and keep you in shape
- Cycling gradually improves general muscle function and is great for the mobility of hip and knee joints can help prevent falls, fractures and injuries, through improved strength and coordination.
- Regular cycling halves the risk of heart attacks and helps reduce risk factors like high blood cholesterol and high blood pressure.
- Regular exercise also increases your stamina and aerobic fitness cycling is a fun way to keep your lungs healthy.
- Regular exercise can improve general well being and self esteem and can help reduce feelings of anxiety and depression.
- Cycling is an excellent and enjoyable way to get out and meet new people!

## Get on your bike and feel the benefits!

- Make sure your bike is set at the right height for you a saddle that's too high or too low means you're doing extra
- If you're cycling to work, consider getting panniers to put your work gear in it means you won't get so hot riding (and you can use them for the shopping too).
- Whenever you are cycling wear comfortable clothing and sunscreen of at least SPF15+
- Use front and rear lights and have a reflective band or clothing when cycling in the dark or in poor light conditions
- Cycle helmets should fit properly and be certified to Snell B95 safety standard and European standard EN1078
- Bicycles should be serviced regularly to ensure they are safe
- Leave at least half an hour after eating before exercising Stop exercising if you feel sick, dizzy, overtired or in pain

**Useful phone numbers**Walk-Cycle Officer, Worcestershire County Council **(01905) 766085** Cycle Officer, Worcester City Council (01905) 722431 Senior Planning Officer, Wychavon District Council (01386) 565367 Worcester Tourist Information Centre, Guildhall, High St, Worcester, WR1 1PC (01905) 726311 Sustrans - sustainable transport charity (0117) 9290888 CTC - the national cyclists' organisation **0870 873 0060** Youth Hostels Association **0870 770 8868** Heart of England Tourist Board (01905) 761100

Bikes 51, 78 High Street, Pershore (01386) 550250 F Lewis, 24c New Street, Worcester (01905) 26455 JD Cycles, Worcester (mobile bike service) **07973 909 971** Peddlers, 46 Barbourne Road, Worcester **(01905) 24238** Star Cycles, 22-24 Pump Street, Worcester (01905) 25064 Worcester Cycle Centre, 8 College Street, Worcester (01905) 611123

## Health

Citizens Advice Bureau **(01905) 611371** NHS Direct **0845 4647** Rural Stress Network 0870 70 74 445 Smoking Cessation Service (01905) 760222

### **Public Transport**

## Why not return by train?

There is a direct service between Worcester Foregate Street/Shrub Hill and Pershore Stations. Two train companies operate on this line:

First Great Western allow bikes on a weekend only service. Advanced bookings incur a £1 charge for a bicycle; or you can pay £3 on the day. There are no restrictions on this service, other than tandems not being permitted, and up to six bicycles can be carried. The sales line for perinited, and up to six Dicycles can be carried. The sales line for advanced bookings is **08457 000125**. Information line **0845 600 5604**. **Thames Trains** operate a no charge, no booking system, and the restrictions for bicycles apply only to peak time London bound trains. Two bikes per carriage can be carried; average train length is three carriages. No advanced bookings are required.

National Rail Enquiries 08457 48 49 50 Traveline **0870 608 2 608** 

South Worcestershire NHS











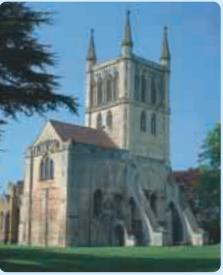
presentability County Council has produced this map in order to promote cycling in this sere of Worcesterbrike. White server, each selven taken to access that all information is correct. Worcestershire County Council can accept no liability for any inaccuracy of information. The County Council would be grateful to be informed of any inaccuracies which do occur so these can be retetful in Intuitive editions.

e produced with the help of the Worcester City Cycle Forum Map produced by **FWT** 19.6.03 www.fwt.co.uk



Regional Cycle Route 46

## **Pershore to** Worcester **Cycle Route**



الرَّابِ كَالَ وَحَادِي عِي تَطَلَّى مِدْوَكَا وَالْرِيقِ وَالْكِرِي فِي 1905 \$ 1900 يَافِي كُرِي. 如果你在明白這份文件方面需要幫助的話。請致電 01905 25121





