

## Cycling & Walking... benefits Kendal, your wallet and your health!

Around 75% of all local car journeys start and finish in Kendal - more cycling and walking to get around town would help reduce the congestion.

Vehicles create air pollution and noise - cycling and walking don't. Take a walk along the Kendal canal path and then along New road and compare the difference. Which do you prefer? Doctors recommend about 30 minutes of activity a day to keep healthy. This is the same as 5 miles of cycling or 2 miles of walking. So why not get your exercise whilst getting around? A leisurely cycle burns 5 times more calories than sitting still.

Cycling is quicker in rush hour than taking the car - it can save you costs on fuel, car maintenance, parking fees and gym membership!

Cycling and walking take you door to door, avoiding traffic jams and car parking stress.

How about walking the children to school whilst wheeling your bike and cycling the rest?

Or driving halfway to work with your bike in the car and cycling the rest?

Use this map to plot your routes around town - you can avoid the busy roads and more direct routes to where you want to go.

### Cycling Tips

Ride about 1 metre from the kerb to make you more visible to other road users and give you space to avoid any obstacles or pedestrians who step out into the road. Vehicles will also tend to give you more space when passing.

Look before you make a move, then signal clearly, then manoeuvre. Just like in a car.

**Narrowing road** - when the road narrows in front of you, don't squeeze to the kerb - move into the middle of the lane so vehicles don't try to pass you when there isn't room.

**Approaching a junction** - always move to the middle of the lane to avoid other vehicles turning left or right in front of you as you turn.

**Follow the Highway code**  
[www.cyclefest.co.uk/highwaycode.php](http://www.cyclefest.co.uk/highwaycode.php)

Fit a bell to your bike and use it to warn pedestrians and other cyclists when you approach from behind.

**Do not cycle on a pavement.** Unless it has been designated as a cycle route or shared route this is illegal and inconsiderate.

### You & Your Bike

**Seat height** - you should be able to touch the ground with the balls of your feet.

**Wear high visibility clothing** - in day or night time.

**Lights and reflectors** - you should have front and rear reflectors at all times. Always use front and rear lights at night.

**Check your bike regularly and keep it maintained** - check the tyres, brakes and tighten nuts and bolts. Take it in for a regular service check.

### Find Out More...

This leaflet has been produced by South Lakes Action on Climate Change *Towards Transition*, a voluntary not for profit community group based in Kendal. We need your support to continue to work towards a better future for our region - visit our website [www.slacc.org.uk](http://www.slacc.org.uk).

Want to let us know what you think of this map or have a question? Contact us at [slacc@slacc.org.uk](mailto:slacc@slacc.org.uk) or 01539 740694.

### Local Groups

- Kendal & District Cycle Scene - [www.kdcs.org.uk](http://www.kdcs.org.uk)
- Rough Stuff Fellowship - [www.southlakesgroup.org.uk](http://www.southlakesgroup.org.uk)
- Kent Valley Road Club - [www.kentvalley.co.uk](http://www.kentvalley.co.uk)
- U3A Cycling Group - [www.southlakesu3a.org.uk/Groups/cycling.php](http://www.southlakesu3a.org.uk/Groups/cycling.php)
- CycleFest - [www.cyclefest.org.uk](http://www.cyclefest.org.uk)
- Mintcake MTB - [www.mintcakemtb.co.uk](http://www.mintcakemtb.co.uk)

### Local Cycling Shops

- Askews - [www.askewcycles.co.uk](http://www.askewcycles.co.uk) 01539 728057
- Brucies - [www.bruciesbikeshop.com](http://www.bruciesbikeshop.com) 01539 727230
- Evans - [www.evanscycles.com](http://www.evanscycles.com) 01539 740087
- Halfords - [www.halfords.com](http://www.halfords.com) 01539 735001
- Wheelbase (Staveley) - [www.wheelbase.co.uk](http://www.wheelbase.co.uk) 01539 821 443



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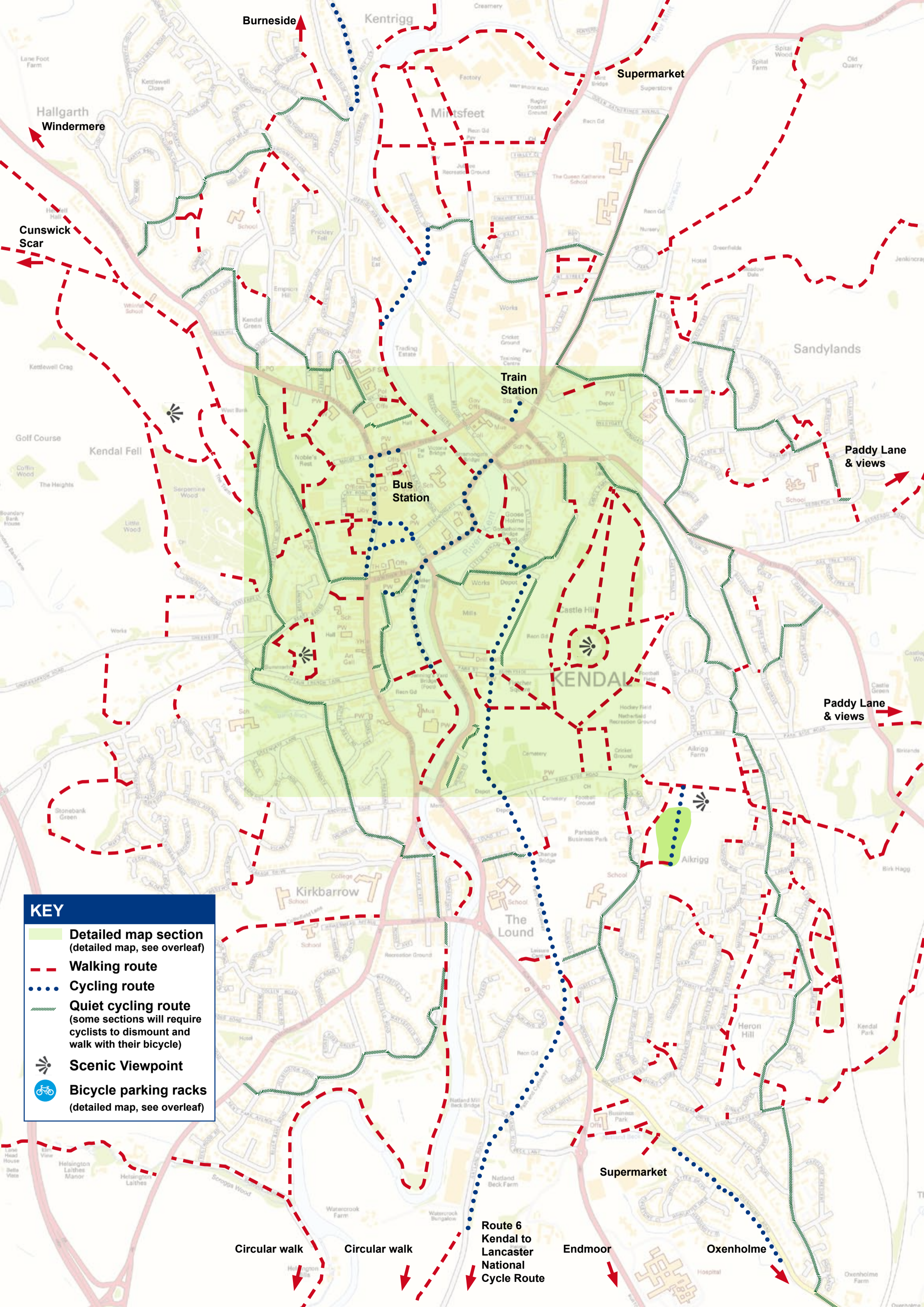
Design: [www.thedesignworks.co.uk](http://www.thedesignworks.co.uk) • Photography: Designworks, Dave Willis and Cumbria Tourism

# Kendal Cycling & Walking Map

FREE

[www.cyclefest.org.uk](http://www.cyclefest.org.uk)





**KEY**

- Detailed map section (detailed map, see overleaf)
- Walking route
- Cycling route
- Quiet cycling route (some sections will require cyclists to dismount and walk with their bicycle)
- ✳ Scenic Viewpoint
- 🚲 Bicycle parking racks (detailed map, see overleaf)

Circular walk

Circular walk

Route 6  
Kendal to  
Lancaster  
National  
Cycle Route

Endmoor

Oxenholme

Hallgarth  
Windermere

Cunswick  
Scar

Burnside

Kentrigg

Mintsfeet

Supermarket

Train  
Station

Bus  
Station

Kendal Fell

Sandylands

Paddy Lane  
& views

Paddy Lane  
& views

KENDAL

Aikrigg

Kirkbarrow

The Lound

Supermarket

Heron Hill

Kendal Park

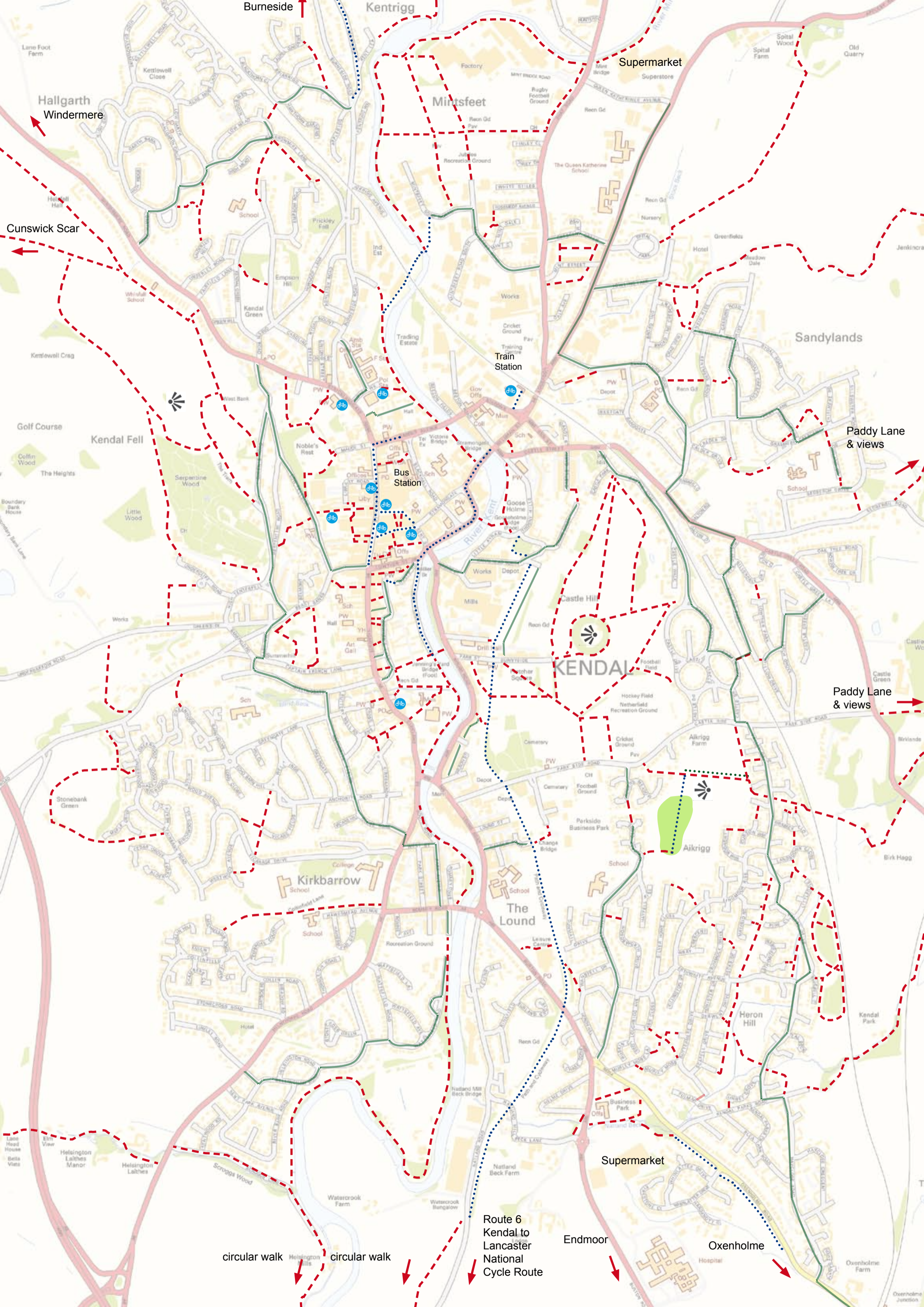
Helsington Laithe Manor

Watercrock Farm

Watercrock Bungalow

Hospital

Oxenholme Farm



Hallgarth  
Windermere

Cunswick Scar

Mintsfeet

Supermarket

Sandylands

Paddy Lane  
& views

Kendal Fell

Bus Station

Train Station

KENDAL

Paddy Lane  
& views

Kirkbarrow  
School

The Lound

Aikrigg

Supermarket

circular walk

circular walk

Route 6  
Kendal to Lancaster  
National  
Cycle Route

Endmoor

Oxenholme