

# A map and guide to cycling in Southampton

Information from Southampton City Council on where to cycle, safety and bike security

## Bike guide



### Southampton by Bike

The City Council is developing an integrated transport system and cycling is a key component in encouraging more sustainable ways of traveling.

Substantial investment is underway in the City's cycle network and facilities. This is being progressed with key partner organisations, interested groups and individuals via the Southampton Cycle Forum.

This leaflet shows the location of cycle routes and crossing facilities in the City with links to adjoining areas.

### Why Cycle

Cycling is good for your health, helps protect our environment and is a relatively inexpensive way of getting around the City compared to the private motorcar.

Cycling can increase your strength, stamina and level of aerobic fitness, dramatically lowering the risk of coronary heart disease and strokes. A number of clinical studies have shown that regular cyclists enjoy fitness levels equivalent to those of individuals many years younger!

Using your bike is not just good for you - it benefits the environment as well. Cycling is quiet and pollution free. More than 70% of all journeys made in the UK are less than eight kilometres (five miles) and about half are under three and a quarter kilometres (two miles). With practice, most people could easily ride these distances.

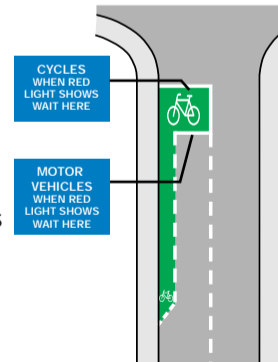
### Signals and Crossings

#### Advanced Stop Lines (ASL's)

- Advanced stop lines are green or red coloured areas at the front of traffic light junctions, usually with a cycle lane leading up to them.
- Cyclists can take a highly visible position at busy junctions, in clear view of other road users.
- The lane and ASL can help cyclists get to the front of the queue, giving them a head start and making it easier and safer to cycle.

#### How to use Advanced Stop Lines

- If the lights are red, proceed (with care) past the first stop line
- Wait behind the ASL in the 'reservoir' area until the traffic lights change to green.
- If the lights are green on approach, do not under / overtake other vehicles, drop back, making sure other drivers can see you.
- If the lights are green as you approach and you want to turn right, do not use the cycle lane but carefully position yourself towards the centre of the road.



#### Pelican crossing

- Cyclists must wait until all pedestrians have cleared the crossing.
- Always dismount when using a Pelican crossing so as to move safely across the road.
- The red man / green man indicator is located on the far side of the crossing.
- When the green man is illuminated, it is safe to start to cross the road. There may also be a bleeping sound to assist the visually impaired.

### Advice for cyclists

Many potential cyclists are discouraged from using a bike because of the perceived danger. The following points should help make your cycling experience a safer one. By using the City Bike Guide you can plan a reduced trafficked road or even a traffic free route. Read the Highway Code and follow its instructions.

What will you use a bike for - everyday transport, commuting or leisure? Discuss your requirements with a local bike shop and take time to ensure that you get the correct frame size. Keep your bike in sound working order, paying particular attention to the condition of brakes, steering, tyres and lights.

Please ride defensively and be alert for safety hazards at all times. Cyclists must remain observant, looking out for other road users and carefully checking behind before making any manoeuvre. Never ride more than two abreast and stay in single file on busy roads.

Plan your journey in advance making best use of the cycle routes and facilities shown on the Map. Try to avoid potentially dangerous locations such as roundabouts and slip roads. If this is not possible, and you are unsure about using certain sections of the highway, get off and push.

#### What do I need?

It is a legal requirement that you have approved front / rear lights and a red rear reflector fitted to your bike if you plan to cycle at night, or when visibility is poor. Consider using more than one rear light when riding at night. Fluorescent and reflective clothing and accessories could save your life.

Head injuries are the most common type of serious injury that cyclists suffer. A cycle helmet is a sensible investment and could prevent serious injury in the event of an accident. Choose a good quality helmet that conforms to British Standards or equivalent. Take time to ensure that it is comfortable and adjusted to fit correctly.

#### Puffin Crossing

- Cyclists must wait until all pedestrians have cleared the crossing.
- Always dismount when using a Puffin crossing to move safely across the road.
- The red man / green man indicator is positioned above the push button
- When the green man is illuminated, it is safe to start to cross the road. There may also be a bleeping sound to assist the visually impaired

#### Toucan Crossing

- A Toucan crossing is provided for cyclists and pedestrians and is associated with a cycleway.
- A green cycle indicator is provided alongside the green man, which can be mounted either on the far side of the crossing like a Pelican, or on the nearside like a Puffin
- Toucan crossings have a green bike symbol as well as the green person symbol used for pedestrians.
- Cyclists can use Toucan crossings but please remember that pedestrians use them as well - keep your speed down and take care.
- When the green man / green cycle is illuminated, it is safe to start to cross the road.

#### Zebra Crossing

- You must always give way to people using a zebra crossing and be prepared to stop for pedestrians waiting to cross.
- Wait for traffic to stop and look both ways before crossing
- Always dismount when using a zebra crossing.

#### Watch out for large vehicles

- Drivers of large vehicles (lorries and buses) often have difficulty clearly seeing cyclists and can have a 'blind spot' in their rear vision.
- If you can't see the driver in their wing mirrors they can't see you! Large vehicles frequently need extra space to make a left turn and may have to move out to the right in order to complete their manoeuvre.
- Do not try and turn right alongside a lorry, but hang back until it has made the turn.
- Stay well back from these vehicles when they are turning / maneuvering.



### Children are special

Children should undertake a recognised cycle training course (see below). Rear child seats must offer head support and not allow children to get their feet near the wheels. Link bikes, which fit to the rear of an adult's bike, are suitable for children aged from four to nine. Encourage your child to look after their bike and set a good example by riding sensibly.

### Vehicle-mounted cycle racks / carriers

Carefully consider the best type of carrier for your vehicle and seek advice from an appropriate retailer or the manufacturer. Ensure that the carrier is fitted correctly and your bikes are properly secured. Please drive with care as your vehicle may well handle differently when carrying bikes. It is a legal requirement that your number plate and lights are clearly visible. If necessary use a lighting board / number plate.

### Training Courses

Southampton City Council offers cyclists the following training opportunities:

- Basic training for children over the age of ten
- Advanced training for Secondary School pupils
- Adult confidence building sessions
- Family cycling.

Additionally, there are off-road public practice sites at Riverside Park, and The Common where parents can take young children to help them learn basic control and riding skills.

For more information and advice please contact Southampton City Council's, Road Safety Office 023 8083 3240 Email: [road.safety@southampton.gov.uk](mailto:road.safety@southampton.gov.uk)



### Bike Security

Always lock your bike when you leave it, even if only for a minute. A good quality D-shaped shackle lock is better than a padlock or chain. If possible lock your bike by the frame and wheels to a bike stand or other suitably robust street furniture and leave it where it is highly visible. Remember to remove any 'quick release' items before leaving your bike.

It is worth getting the best lock you can afford. Look on packaging for products that have been tested against attack and are resistant against a determined thief for five minutes.

'Property Marking' your bike can act as a deterrent to thieves and will help the police get it back to you: local cycle dealers and the police are able to 'Property Mark' your bike. They will give you a 'Recorded Cycle' form so that you can note details (make / model, colour) of your bike - it is useful to take a photograph as well.

A number of companies offer security marking linked to a computer database. Make sure that the company you use follows the National Cycling Forum's code of practice for the security marking and registration of bikes. For advice please contact:

0845 045 4545



### The National Cycle Network

Sustrans is an independent Charity. They are co-ordinating the construction of the National Cycle Network (NCN), which will eventually comprise around 16,000 kilometres (10,000 miles) of safe, attractive and high quality routes for cyclists. More than 8,000 kilometres (5,000 miles) are now open for use throughout the UK.

The NCN runs throughout urban areas and provides valuable routes into the countryside. Safe links are provided to schools, workplaces, shops and railway stations. The network when completed will pass within just over three kilometres (two miles) of half the country's population. Two NCN routes go through the City:

#### NCN Route 2 (South Coast Cycle Route)

The route runs from Bournemouth and the New Forest through the City and onto Portsmouth. From Town Quay, the route runs across the Itchen Bridge and into Woolston passing along Weston Parade. NCN routes 2 and 23 will combine between the Itchen Bridge and Central Road / Dock Gate 4 linking into the Oceanography Centre. Route 2 runs along Weston Shore, but extends along most of the South Coast, locally it links to Portsmouth via Hamble, and to The New Forest via the Hythe Ferry.

#### NCN Route 23 River Itchen Cycle Route

Route 23 will run from the Itchen Bridge to Winchester via Eastleigh and on to Reading. It is planned to form a route via Northam to St Deny's, crossing Cobden Bridge and connecting Riverside Park to Mansbridge.

The City Council is implementing these routes in conjunction with Sustrans. Some sections have already been completed, including that by the new St Mary's football stadium, at Riverside Park and along Weston Shore. Sustrans web pages can be found at [WWW.Sustrans.org.uk](http://WWW.Sustrans.org.uk)

sustrans



### Do you know the road signs?



Segregated pedal cycle and pedestrian route (please keep to the correct side)



Cyclists sharing with buses and taxis



Start of pedal cycle and bus lane



Unsegregated pedal cycle and pedestrian route (Cyclists give way to pedestrians)



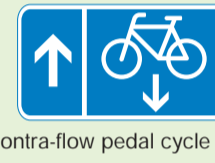
Pedal cycles and buses only (Cyclists are permitted to use bus lanes in Southampton except the right turn from Bitterne Road into Lances Hill)



Route to be used by pedal cycles only



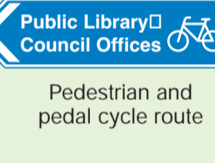
Warning pedestrians of cycle route



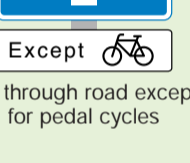
Contra-flow pedal cycle lane



Except for pedal cycles



Pedestrian and pedal cycle route



No through road except for pedal cycles



No cycling (cycling prohibited)



National cycle route



Cycle route ahead



End of path for cyclists. (Return to road. It is illegal to ride on a footway)



No entry for all vehicles (including pedal cycles)



Pedal cycle symbol to identify the route for cyclists



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[www.southampton.gov.uk](http://www.southampton.gov.uk)



If you have difficulty reading the map and guide in this format please contact 023 8083 2366

Southampton City Council work in partnership with:  
Sport England  
CTC - Cyclists' Touring Club  
Southampton City Primary Care Trust  
Sustrans  
Cycling England

Call Actionline 0800 5 19 19 19

Dale Bostock  
Cycling Development Officer  
Planning and Sustainability  
Ground Floor Civic Centre  
Southampton SO14 7LS  
Tel: 023 8083 2366  
Fax: 023 8083 3405  
Email: [dale.bostock@southampton.gov.uk](mailto:dale.bostock@southampton.gov.uk)

If you want to find out more about progress on new routes/facilities or the work of the Southampton Cycle Forum please contact:

# City bike guide

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- KEY**
- Bridle Way
  - Shared Pedestrian and Cycle Route
  - Link Road (Convenient route for cyclists)
  - On Road Cycle Facility
  - Possible Shared Pedestrian/Cycle Route
  - Possible Link Road
  - Possible On Road Cycle Facility
  - Commuter Route
  - One Way
  - Motorway (Pedal Cyclists Prohibited)
- Existing Planned
- Traffic Signals
  - Traffic Signals with advance cycle stop lines
  - Special Cycle Facility
  - Toucan (Combined Cycle and Pedestrian Crossing)
  - Pelican/Puffin Crossing (Cyclists dismount)
  - Zebra Crossing
  - Pedestrian Link (with steps) cyclists dismount
  - Cyclists take extra care
  - Cycle Parking
  - Cycle Shop
  - Rail Station - For Information on Carriage of Cycles tel: 08457 484950 (24 hours)
  - Public Convenience
  - National Cycle Route

