

GET A BIKE

There are many cycle shops in the borough where you can buy a brand-new bike. Choose the most convenient to you:

- Corringham Cycles**
47 Lampts Hill, Corringham 01375 644 067
- Evans Cycles**
Thurrock Shopping Park, West Thurrock 03439 092 098
- Halfords**
Lakeside West, Weston Avenue, West Thurrock 01708 862 980
- GO Outdoors**
Thurrock Shopping Park, West Thurrock 03443 876 838
- Decathlon**
Thurrock Shopping Park, West Thurrock 01708 895 650
- Thurrock Cycle Centre**
55 Southend Road, Grays 01375 379 221

Save up to 40 per cent on a bike and accessories with the **Cycle to Work Scheme**. Ask your employer if they offer this benefit and find out more information at your local cycle shop.

Need more options? Visit the community-oriented **ForwardMotion Thurrock Cycle Hub** in Tilbury for a wide range of refurbished bikes on sale, bike repairs, bike marking and more.

Cycle Hub Thurrock
43 Calcutta Road, Tilbury, RM18 7QT 01375 844 837

Alternatively, you can rent a bike when you visit:

- RSPB Rainham Marshes**
New Tank Hill Road, Purfleet 01708 899 840
- Thamesview Camping**
Princess Margaret Road, East Tilbury 07957 189 049

SKILLS & TRAINING

This map is a tool to help you plan the cycle route most suited to your skill and confidence levels. Roads and paths are marked according to the level of experience we advise you to have in order to use them. Plan the route that is a better fit for you!

If you are new to cycling, traffic-free paths are the perfect environment for you, explore quiet roads as you gain more confidence, and take busier roads if you are an experienced or confident cyclist.

If you are looking to improve your cycling skills, check out the resources that Thurrock Council offers to you and your loved ones:

- Cycle training for children:** all schools in Thurrock can book Bikeability lessons for Years Four, Six and Seven. These take place during school hours. The scheme encourages cycling as an everyday activity, a healthy mode of transport and above all lots of fun. Go to www.bikeability.org.uk to find out more about 'cycling proficiency' for the 21st century.



- Learn to ride:** one-to-one sessions aimed at children aged five years and over who cannot ride a pedal bike unaided.
- Adult training sessions:** one-to-one cycling training with a qualified cycling instructor.
- Family training sessions:** training to help families or groups cycle together.

Contact the Road Safety Team for more information at: Road.Safety@thurrock.gov.uk

SAFETY CHECK & BASIC RULES

Safety always comes first! Remember to use safety equipment, wear appropriate clothing, and adhere to the **Highway Code** at all times:

- Wear a helmet. It can truly be the difference between an injury and a fatality.
- Use lights and hi-vis clothing, especially when it's dark.
- Check that tyres are pumped up and the saddle is the right height for you.
- Learn how to use a basic cycle repair kit and take it with you.



- Be aware of your surroundings, conditions and other road users.
- Be decisive, hold your line and communicate intentions clearly to others.
- Understand who has priority on the road - pedestrians are at the top of the hierarchy of road users, followed by cyclists:
 - Give priority to people crossing the road at junctions.
 - Position yourself in the middle of the lane on quiet roads and at least 0.5m (1ft 8in) away from the kerb edge on busy roads.
 - When cars are turning, bikes have priority.

Please avoid:

- jumping red lights and riding on pavements - it is illegal and can be dangerous;
- filtering up the inside of large vehicles - they may not see you and this can lead to an accident.

GO BEYOND

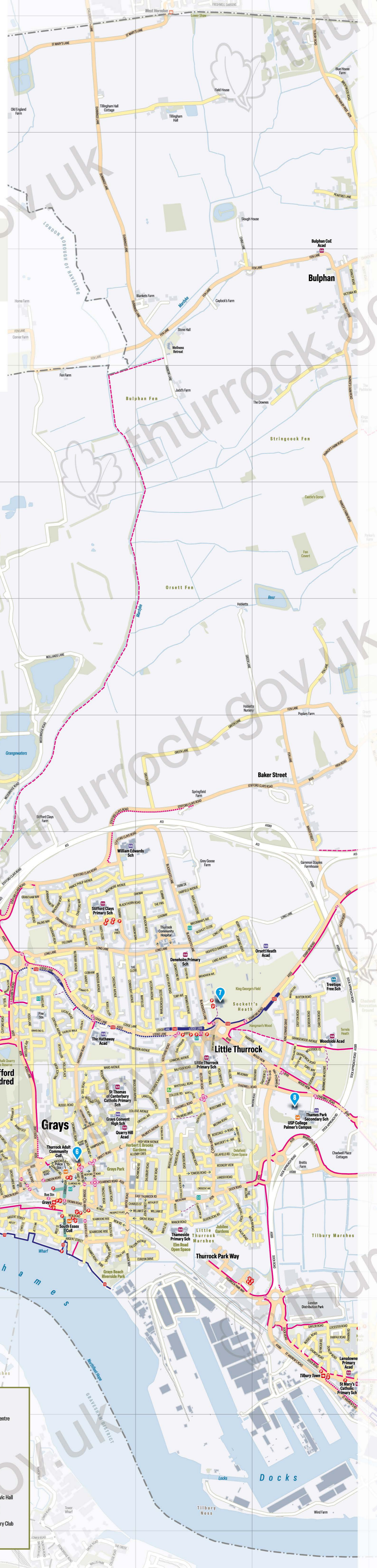
Take your bike beyond Thurrock by combining your ride with these travel options:

Take your bike on the train
There's no charge for taking your bike on the train, but spaces are subject to availability. Fully folding cycles can be carried at any time, standard bikes are usually only allowed outside of the busiest times and in dedicated compartments (look for a cycle symbol on the side of the train). Check with **c2c** on: 03457 444 422.



Tilbury to Gravesend Ferry
This passenger ferry runs a regular service between Tilbury Riverside and Gravesend from Monday to Saturday, all year round. Single fares start from £4 for adult and £2.50 for child tickets, with return and 10-trip saver options. You can take your bike with you for free! More information at: thurrock.gov.uk/ferry-services
Tilbury landing stage: next to the Cruise Terminal, Fort Road: 01634 525 202

Dartford Crossing
You cannot cycle over the bridge or through the tunnel, but you can ask for a free pick-up vehicle to take you and your bike through the Dartford Crossing. Just turn up at the Essex Point or Kent Point if you have a standard bike or book in advance for groups and non-standard bikes. Find pick-up times and more details at: www.gov.uk/dartford-crossing-bike
Essex Point, 859 London Road, Grays: 020 338 68826



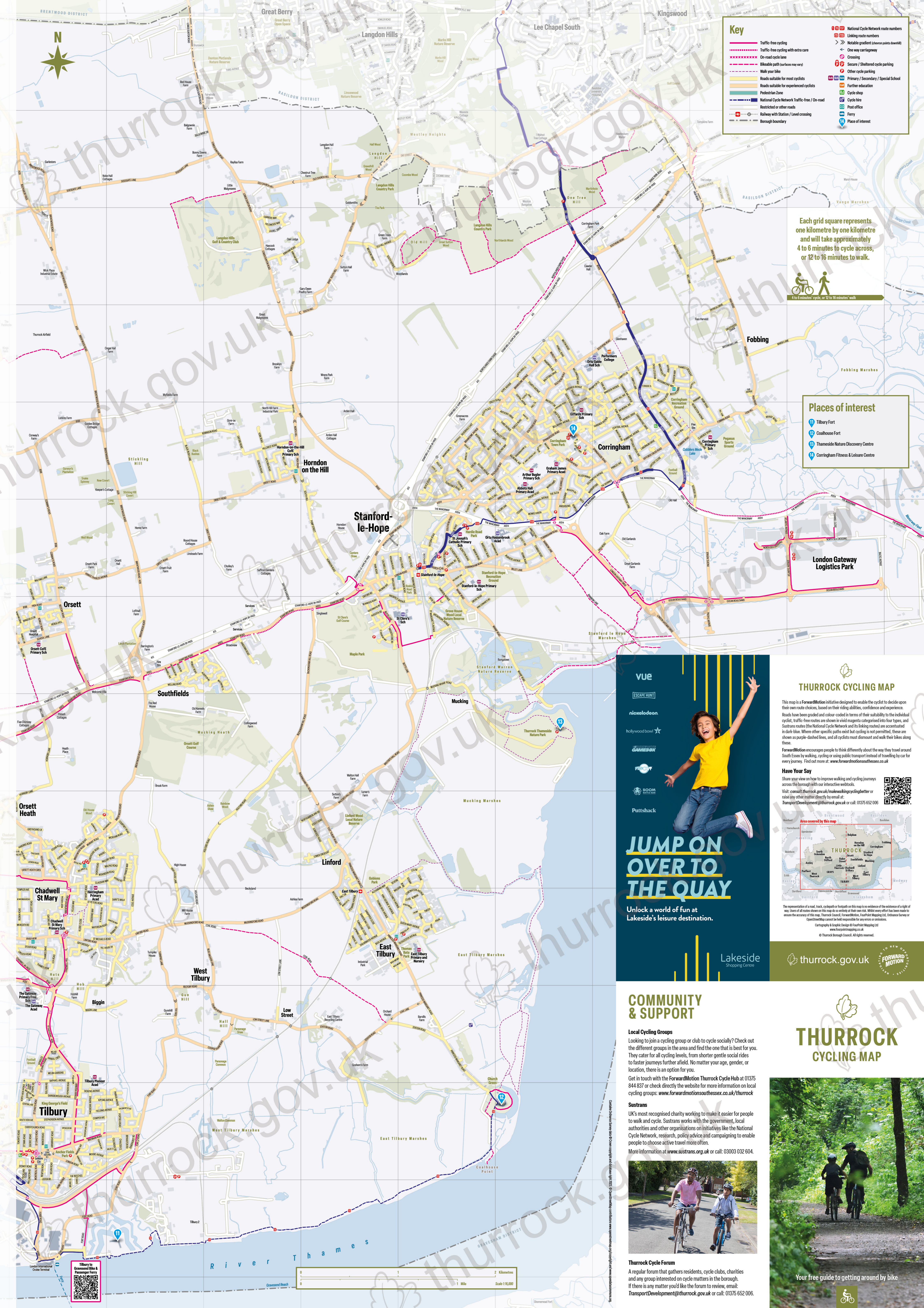
Key

- Traffic-free cycling
- Traffic-free cycling with extra care
- On-road cycle lane
- Bikeable path (surfaces may vary)
- Walk your bike
- Roads suitable for most cyclists
- Roads suitable for experienced cyclists
- Pedestrian Zone
- National Cycle Network Traffic-free / On-road
- Restricted or other roads
- Railway with Station / Level crossing
- Borough boundary
- National Cycle Network route numbers
- Linking route numbers
- Notable gradient (shown points downhill)
- One way carriageway
- Crossing
- Secure / Sheltered cycle parking
- Other cycle parking
- Primary / Secondary / Special School
- Further education
- Cycle shop
- Cycle hire
- Post office
- Ferry
- Place of interest

Each grid square represents one kilometre by one kilometre and will take approximately 4 to 6 minutes to cycle across, or 12 to 16 minutes to walk.



- ### Places of interest
- Rainham Marshes Nature Reserve Visitor Centre
 - High House Production Park
 - Lakeside Shopping Centre
 - Dary Down Visitor Centre
 - Chafford Gorges Nature Discovery Centre
 - Thameside Complex
 - Blackshots Fitness & Leisure Centre and Civic Hall
 - Storm Fitness & Leisure Centre
 - Belhus Park Leisure Centre, Golf and Country Club
 - Belhus Woods Country Park Visitor Centre



Key	
	Traffic-free cycling
	Traffic-free cycling with extra care
	On-road cycle lane
	Stable path (surface may vary)
	Walk your bike
	Roads suitable for most cyclists
	Roads suitable for experienced cyclists
	Pedestrian Zone
	National Cycle Network Traffic-free / On-road
	Restricted or other roads
	Railway with Station / Level crossing
	Borough boundary
	National Cycle Network route numbers
	Linking route numbers
	Notable gradient (green points downhill)
	One-way carriageway
	Crossing
	Secure / Sheltered cycle parking
	Other cycle parking
	Primary / Secondary / Special School
	Further education
	Cycle shop
	Cycle hire
	Post office
	Ferry
	Place of Interest

Each grid square represents one kilometre by one kilometre and will take approximately 4 to 6 minutes to cycle across, or 12 to 16 minutes to walk.



- ### Places of interest
- Tilbury Fort
 - Coalhouse Fort
 - Thameside Nature Discovery Centre
 - Corringham Fitness & Leisure Centre

London Gateway Logistics Park

JUMP ON OVER TO THE QUAY

Unlock a world of fun at Lakeside's leisure destination.

Lakeside Shopping Centre

THURROCK CYCLING MAP

This map is a ForwardMotion initiative designed to enable the cyclist to decide upon their own route choices, based on their riding abilities, confidence and experience. Roads have been graded and colour-coded in terms of their suitability to the individual cyclist, traffic-free routes are shown in vivid magenta categorised into four types, and Sustrans routes (the National Cycle Network and its linking routes) are accentuated in dark blue. Where other specific paths exist but cycling is not permitted, these are shown as purple-dashed lines, and all cyclists must dismount and walk their bikes along these.

ForwardMotion encourages people to think differently about the way they travel around South Essex by walking, cycling or using public transport instead of travelling by car for every journey. Find out more at: www.forwardmotionsouthessex.co.uk

Have Your Say

Share your view on how to improve walking and cycling journeys across the borough with our interactive webtools.

Visit: consult.thurrock.gov.uk/makewalkingcyclingbetter or raise any other matter directly by email at: TransportDevelopment@thurrock.gov.uk or call: 01375 652 006

Area covered by this map

thurrock.gov.uk

COMMUNITY & SUPPORT

Local Cycling Groups

Looking to join a cycling group or club to cycle socially? Check out the different groups in the area and find the one that is best for you. They cater for all cycling levels, from shorter gentle social rides to faster journeys further afield. No matter your age, gender, or location, there is an option for you.

Get in touch with the ForwardMotion Thurrock Cycle Hub at 01375 844 837 or check directly the website for more information on local cycling groups: www.forwardmotionsouthessex.co.uk/thurrock

Sustrans

UK's most recognised charity working to make it easier for people to walk and cycle. Sustrans works with the government, local authorities and other organisations on initiatives like the National Cycle Network, research, policy advice and campaigning to enable people to choose active travel more often.

More information at www.sustrans.org.uk or call: 03003 032 604.

Thurrock Cycle Forum

A regular forum that gathers residents, cycle clubs, charities and any group interested on cycle matters in the borough. If there is any matter you'd like the forum to review, email: TransportDevelopment@thurrock.gov.uk or call: 01375 652 006.

THURROCK CYCLING MAP

Your free guide to getting around by bike

Tilbury to Grays and Thurrock Ferry

