Cycling time in minutes (based on an average 10 miles per hour or 16 kilometres per hour

Cycling 0 3 6 9

Walking 0 7.5 15 22.5

Walking time in minutes (based on an averaae 4 miles per hour or 6.5 kilometres per hour

NAVIGATING TO NEW OPPORTUNITIES •

FORWARD MOTION

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KEY

- Quieter road or street (suitable for level 2 and above)
- Moderate traffic and low speeds (suitable for level 2 and above)
- Busy road (suitable for level 2 and above)
- Busy/fast road (suitable for level 3 cyclist)
- Busy road - time of day dependant (level 2 off peak, level 3 peak)
- Paths where cycle must be walked
- Cycle track/bridleway/byway (level 1)
- Cycle track or path shared with pedestrians
- U C S University/College/School
- H Hospital
- Post Office/Library
- 41 National Cycle Network route number
- Railway
- National rail station
- Light rail station
- One way street
- Secure cycle parking
- Commuter cycle lockers
- Cycle parking
- Building of historic interest

3 minutes cycling 7.5 minutes walking

3 minutes cycling 7.5 minutes walking

3 minutes cycling 7.5 minutes walking

3 minutes cycling 7.5 minutes walking

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