



### PUBLIC TRANSPORT

**Traveline Scotland** – www.travelinescotland.com

ScotRail – www.scotrail.co.uk
Stagecoach – www.stagecoachbus.com

D and E Coaches – www.decoaches.co.uk

Citylink - www.citylink.co.uk

### **OTHER USEFUL WEBSITES**

The Highland Council – www.highland.gov.uk
Sustrans Scotland –

www.sustrans.org.uk/scotland

Cycling Scotland - www.cycling.scot

Paths for All – www.pathsforall.org.uk

CTC – The National Cycling Charity – www.ctc.org.uk

Living Streets – www.livingstreets.org.uk



### **BIKE HIRE**

If you are a visitor to the city, or don't have your own bike, why not hire a bike to explore?

# Inverness Bike Hire

(@ Caledonian Gifts, 12 Church Street) www.invernessbikehire.co.uk 01463 710664

## Ticket to Ride

(@ Bellfield Park Pavilion) www.tickettoridehighlands.co.uk 01463 419160



# **SIGNS YOU WILL SEE**

# \$40 M

### **Shared Use Routes**

These routes are shared by people walking and cycling and are traffic-free.

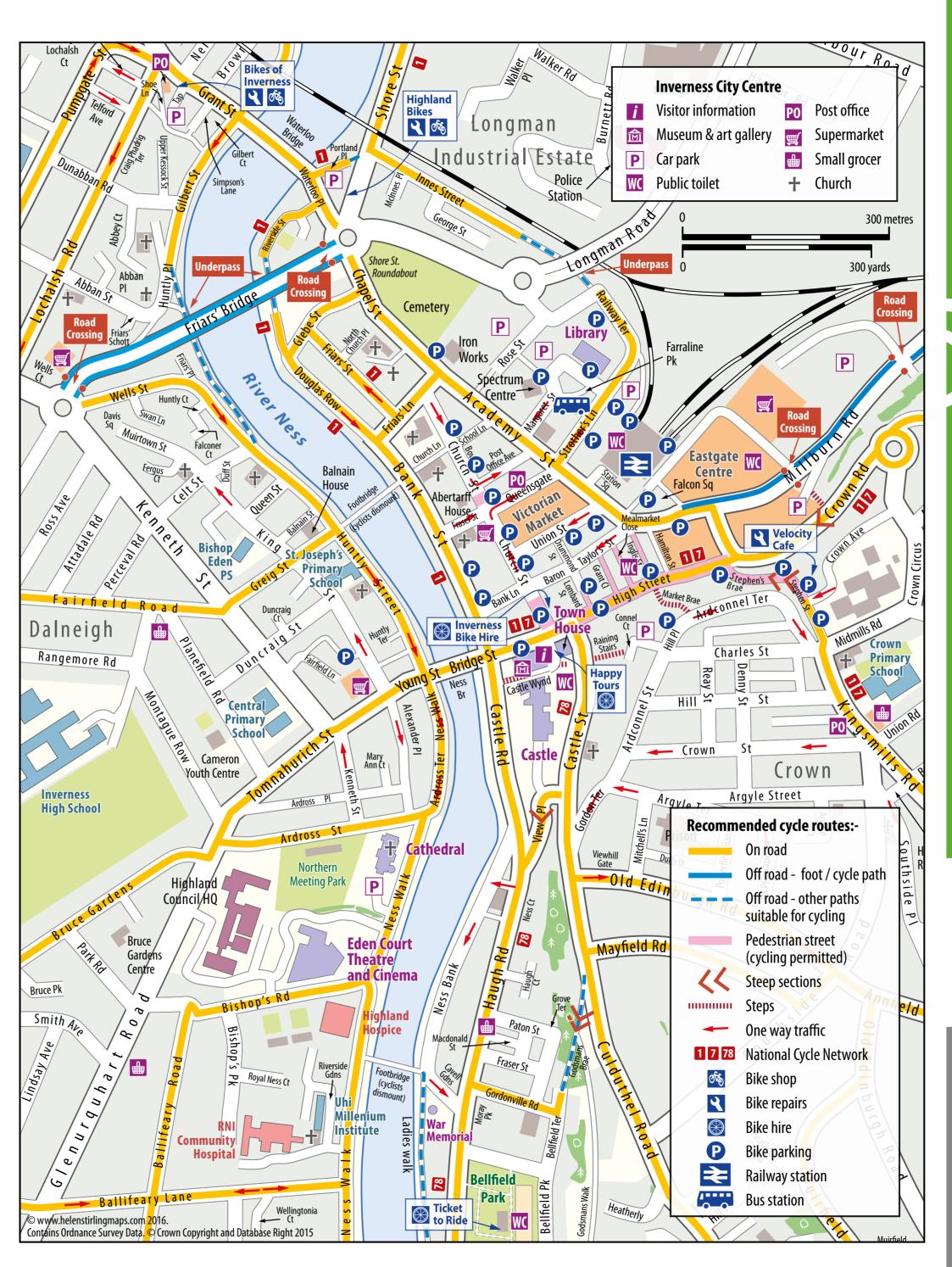


### On Road Cycle Lane

Advisory cycle lanes are marked on the road with a dashed white line.

### **National Cycle Network**

The number in the red box indicates the NCN route number (1, 7 or 78 in Inverness). Signs without arrows show you are on the route. You will also see signs with distances to destinations in miles. For information on NCN visit: www.sustrans.org.uk /ncn/map



#### WHY CYCLE?

#### Cycling is fast and convenient

It is often quicker to travel by bike than by bus or car in the city; cycle parking is easy and free.

#### It's cheap

Cycling is a low cost alternative to driving or using public transport.

It's a clean, sustainable form of transport
By cycling, you are contributing to quieter streets
and cleaner air.

#### Cycling is good for your health

Cycling to work or school is great for fitness, keeping the mind and body active.



### **LOCAL BIKE SHOPS**

Velocity Café and Bicycle Workshop (DIY workshop space, repair/servicing) www.velocitylove.co.uk 01463 419956

**Bikes of Inverness** (Sales, repair/servicing) www.bikesofinverness.co.uk 01463 225965

**Highland Bikes** (Sales, repair/servicing) www.highlandbikes.com 01463 234789

**Halfords** (Sales, repair/servicing) www.halfords.com/Bikes 01463 223388

Alpine Bikes @ Tiso (Sales, repair/servicing) www.tiso.com/alpine 01463 729171

(Highlands and Islands Regional Transport Partnership) 2nd Floor, 7 Ardross Terrace, Inverness, IV3 5NQ www.hitrans.org.uk



This map was produced by:



Inverness is a great city for walking and cycling where many people choose to make their everyday journeys actively. This map shows how easily you can reach key destinations in the city by bike or on foot.

This active travel map highlights suggested routes for cycling within Inverness. Where possible, it identifies traffic-free routes which are recommended for walking too. The map also shows quieter roads which people may prefer for cycling.

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