

# CITY CENTRE MAP



# BIKES AND TRAINS

One of the best ways to get around Derby and Derbyshire is to combine bike and rail. Most locations and places of interest are accessible within 10-30 minutes cycling time from the train station. Free cycle parking is available at many locations within the city centre. Did you know...

- Derby has a direct cycle and walking route to and from the rail station
- The city centre 'rail trail' is a traffic free walking and cycle path that provides a direct link to and from the rail station with excellent links to Pride Park, Intu and The Cathedral Quarter
- The rail station provides covered and secured cycle storage for up to 140 bikes
- You can take your bike onto the trains
- Cycles and folded bikes are welcome on most train service providers

Details of how to travel with us can be found under the 'Station & Train Info' tab at [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

To book train tickets go to: **EMR** [www.eastmidlandrailway.co.uk](http://www.eastmidlandrailway.co.uk)

# cycle derby

Who are Cycle Derby?

## Cycle Training for Kids

**BALANCE:** Offered in schools, this is the start of our journey and an introduction to two-wheels.

**LEARN TO RIDE:** Offered to schools and as part of our Holiday Activity sessions held regularly at Markeaton Park, this is for children who are getting onto two wheels for the first time, or have almost mastered it.

**BIKEABILITY:** LEVEL 1: Offered to Derby City primary or junior schools, we provide children aged 8-9 confidence and skills to ride in a traffic-free environment.

LEVEL 2: Offered to Derby City primary or junior schools and delivered as part of our Holiday Activity sessions, Level 2 aims to give 10-11 year olds the confidence to carry out journeys on quiet roads.

LEVEL 3: Offered to children (11+) and adults, we build on level 2 skills enabling riders to feel more confident at more complex junctions and busier roads.

At Cycle Derby we are focused on getting more people of any age or ability, more physically and mentally active, more healthy, frequently travelling sustainably and most importantly, having fun on bikes. From learning to ride, utilising our fleet of inclusive bikes or gaining confidence to commute on the roads, we're here to help. Visit our website at [www.cyclederby.co.uk](http://www.cyclederby.co.uk) and find out more about how we can help you get on two wheels!

# Cycle Training for Adults

We currently provide free adult cycle training; whether it's to learn to ride for the first time, to gain confidence to commute on the roads, or build up skills to take children out at a weekend. To access this service, please complete the enquiry form on our website and we will get right back to you. [www.cyclederby.co.uk/adults](http://www.cyclederby.co.uk/adults)

## Holiday Activities

We offer cycling activities for children during every school holiday. These include; Learn to Ride, Track Try outs, Youth Track Accreditation at the Arena and during the summer we run Bikeability Level 2 courses. Keep an eye on our social media pages and website for details. [www.cyclederby.co.uk/holidays](http://www.cyclederby.co.uk/holidays)

## Inclusive Cycling 5+

Whatever your age or ability, we can get you cycling with our incredible fleet of over 40 specially adapted bikes. In our fleet we have; hand cycles, wheelchair tandems, quads and trikes and many other variations. We have, or can source, a bike to suit any requirement. Our professional sessions run by nationally accredited coaches are designed to increase mental and physical rehabilitation, encourage an active lifestyle, improve health or just provide fun improving; balance, confidence, self-awareness and control. Access further information or download details of our entire fleet at: [www.cyclederby.co.uk/inclusive](http://www.cyclederby.co.uk/inclusive)



# DERBY PARKS

- Derby's parks have a lot to offer for families, individuals and thrill seekers and are a great way to break up a walk or cycle ride. Here is a selection of what Derby parks have on offer:
- Alvaston Park**
    - Play Area
    - adizone (outdoor gym)
    - National BMX race track
    - Café
    - Wheeled sports freestyle park
  - Bass Recreation Ground**
    - Wheeled sports freestyle park
  - Chaddesden Park**
    - BMX track
    - Café
    - Water Play (during summer months)
  - Cotton Lane Recreation Ground**
    - BMX track and scooter track
  - Derby Arboretum**
    - Outdoor Gym
    - Café
    - Community building
    - Climbing boulder and Play Area
    - Tree trail
  - Darley Park**
    - Play Area
    - Café
    - Orienteering course
    - Tree trail
  - Osmaston Park**
    - Café
    - Wheeled sports freestyle park
    - Play Area
  - Markeaton Park**
    - Café
    - Craft village
    - Footgolf, disc golf and 'pitch & putt'
    - Mundy Play Centre (mini golf/bouncy castle)
    - Water Play (during summer months)
    - Rowing boats
    - Wheeled sports freestyle park
  - Mickleover Meadows Local Nature Reserve**
    - BMX track
- There are many events taking place on Derby Parks throughout the year, visit: [www.inderby.org.uk/parks/events/](http://www.inderby.org.uk/parks/events/) For more information, please contact Derby City Council's Parks Team: (t): 01332 640789 Minicom: 01332 256666 (e): [parks@derby.gov.uk](mailto:parks@derby.gov.uk) (f) @DerbyParks (t) @derby\_parks [www.inderby.org.uk/parks](http://www.inderby.org.uk/parks)

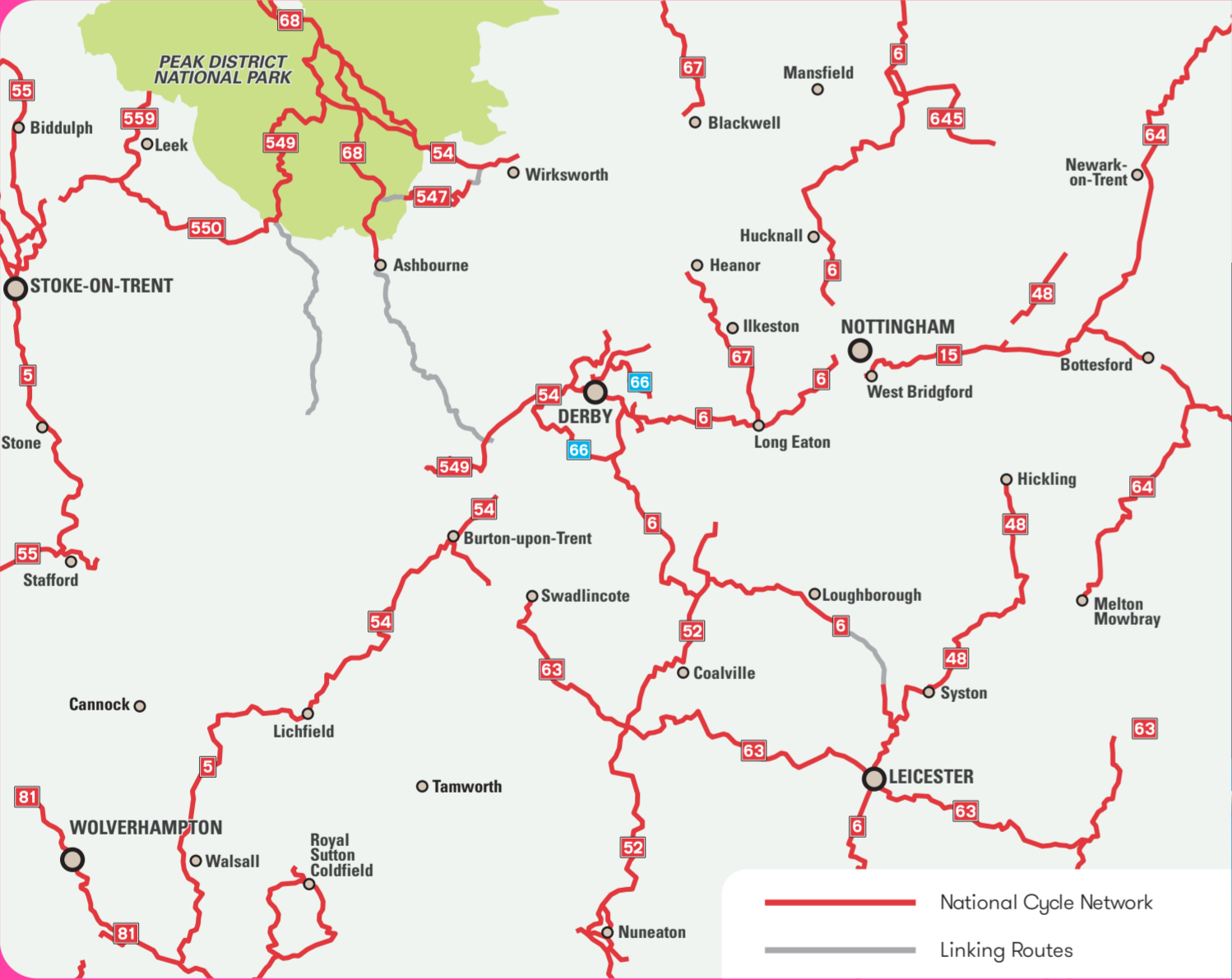
# SUSTRANS NATIONAL CYCLE NETWORK

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

The National Cycle Network (NCN) extends for 16,500 miles across every part of the United Kingdom. 619 million walking and cycling trips are made on the NCN each year. Sustrans the national, sustainable transport charity are the custodians of the NCN. Derby has three National Cycle Network Routes and two regional routes.

Route 6 starts in Chellaston and follows the canal path to Alvaston Park. One path turns west into Derby City Centre along the Riverside and Pride Park. The eastern path goes to Nottingham. Route 54 starts in Little Eaton then via the city centre and the Mickleover Green Way out towards Etwall. Route 68 starts at the train station, via the city centre it joins Route 54 before going to Ashbourne and the Peak District. Regional orbital Route 66 uses quieter roads and traffic free routes. R66 links many of the city's parks and suburbs. Regional Route 672 is the Northern Greenway, it starts at Breadsall Hill Top and uses the old railway line, via Breadsall village.

For more information [www.sustrans.org.uk](http://www.sustrans.org.uk)



# livewell

HELPING PEOPLE IN DERBY LIVE BETTER

A Derby City Council Project

## HELPING YOU TO LIVE BETTER

Offering free, 12-month, supportive programmes to help people in Derby to:

- Lose Weight**
- Look after your Health**
- Stop Smoking**

Our no-nonsense, life-changing programmes for adults and children can help you manage your weight for good. Plus you can get fitter with our fun and free exercise sessions.

Free 30-minute NHS Health Checks for 40 to 74 year olds. These include a few simple tests to help you stay healthier for longer. Day, evening and Saturday appointments available at locations across Derby city.

You're three-times more likely to quit smoking with us than going it alone. You may also qualify for free, stop-smoking treatments (conditions apply).

To find out more or apply for a programme go to: [www.livewellderby.co.uk](http://www.livewellderby.co.uk)

# Derby Highlights

There is so much to see in Derby, and with the abundance of foot and cycle paths, exploring the city and wider county couldn't be easier. Here are a few of the many highlights Derbyshire has to offer:

- Parks and open spaces:** there are 375 in the county to explore, including Markeaton Park which is Derby's most visited park.
- National Trust:** properties such as Calke Abbey or Kedleston Hall offer period houses and historical grounds and gardens to explore.
- The Peak District National Park:** 555<sup>2</sup> miles of countryside to discover, easily accessible from Derby following Route 68.
- Derby Arena:** the Velodrome is the Midlands' hub for track cycling.
- Elvaston Castle Country Park:** 200 acres of woodland and parkland, adventure playground, lake and refreshments.
- The Derby Silk Mill - Museum of Making:** World Heritage Site and part of Derby Museums. Located alongside Cathedral Green in the city centre.
- BMX:** a National Standards BMX racetrack in Alvaston and freestyle areas at Osmaston Park, The Bass Recreation Ground, Alvaston and Markeaton parks.

Visit [www.inderby.org.uk](http://www.inderby.org.uk) for more details on what to do and see in Derby.



# USEFUL INFORMATION

- ## BIKE SHOPS
- Big on Bikes**  
The Hub, Duffield Road, Little Eaton, DE21 5DR  
(t): 01332 289688  
[www.bigonbikes.co.uk](http://www.bigonbikes.co.uk)
  - Bikeworks Derby**  
34 Full Street, DE1 3AF  
(t): 01332 291747  
[www.bikeworksderby.co.uk](http://www.bikeworksderby.co.uk)
  - Cyclo Monster**  
76 Derby Road, Spondon, DE21 7LX  
(t): 01332 902701  
[www.cyclomonster.com](http://www.cyclomonster.com)
  - Halfords**  
Unit 5a Kingsway Retail Park, DE22 3FA  
(t): 01332 208010  
[www.halfords.com](http://www.halfords.com)
  - Halfords**  
Unit 7 Wgvern Way, DE21 6NZ  
(t): 01332 280700  
[www.halfords.com](http://www.halfords.com)
  - Hawk Factory Cycle Store**  
960 London Road, Alvaston, DE24 8PY  
(t): 01332 756666  
[www.hawkcycles.co.uk](http://www.hawkcycles.co.uk)
  - Mercian Cycles**  
Bespoke Bicycles, Pontefract Street, Ascot Drive DE24 8JD  
(t): 01332 752468  
[www.merciancycles.co.uk](http://www.merciancycles.co.uk)
  - Made BMX**  
33-34 Market Hall, DE1 2DB  
(t): 01332 200003  
[www.madebm.co.uk](http://www.madebm.co.uk)
  - The Bike Shop**  
100-102 Monk Street, DE22 3QB  
(t): 01332 382227  
[www.thebikeshopderby.co.uk](http://www.thebikeshopderby.co.uk)

- ## USEFUL CONTACTS
- Streetpride**  
Cycle route maintenance, repairs and street lighting faults  
(t): 0333 200 6981 24 hour local call out
  - Tourist Information - Derby**  
(t): 01332 643411  
[www.visitderby.co.uk](http://www.visitderby.co.uk)
  - Wheels to Work**  
Bike loans for job seekers  
(t): 01629 592976  
[www.wheelstowork.org](http://www.wheelstowork.org)
  - Police**  
(t): 0345 123 3333
  - Public Transport Traveline**  
(t): 0871 200 2233
  - National Rail**  
(t): 0345 748 4950

- ## CLUBS AND ORGANISATIONS
- Derby BMX Club**  
[www.derbybmx.com](http://www.derbybmx.com)
  - Derby Cycling Group**  
[www.derbycyclinggroup.org.uk](http://www.derbycyclinggroup.org.uk)
  - Cycle Derby Cycling Club**  
[www.cyclederbycc.org](http://www.cyclederbycc.org)
  - Derby Mercury RC**  
[www.derbymercury.org.uk](http://www.derbymercury.org.uk)
  - Notts & Derby Cyclo-Cross League**  
[www.ndcxl.org.uk](http://www.ndcxl.org.uk)
- For up to date information on local clubs visit: [www.britishcycling.org.uk](http://www.britishcycling.org.uk)

# For the BEST Cycling Experience

- ## Buy a good-quality bike
- We sell affordable, refurbished bikes
  - Further discounts for those on low incomes
  - Donate your old/unwanted bikes
- ## Keep it running safe and smooth
- Drop into our workshop for services and repairs... Free bike health checks
  - Affordable prices, all types serviced
  - Learn to fix your own bike: check out our bike maintenance courses
- ## Volunteer for "Bike Back Derby"
- CHANGE LIVES: help prisoners to make a new start; help local people to get cycling
  - Share your skills and learn new skills
  - Meet amazing people!



## Opening Hours

Tues: 11.30am - 7pm  
Weds: 10am - 4pm  
Sat: 10am - 2pm

Find us at:  
Unit 3, 1 Canal Street, Derby, DE1 2RJ

Charity No: 1077575

## DERBY CYCLING GROUP

Our Vision: a city where everyone wants to cycle and everyone can.

Derby Cycling Group is an independent organisation, campaigning for cycle provisions in the wider Derby area. It is a voluntary group that was formed in 1979.

Would you like more people cycling in Derby? Do we need better cycling infrastructure? Should we feel safer cycling on the roads?

If you agree then join the Group to help campaign for change!

We campaign on behalf of all cyclists and potential cyclists for a cohesive cycle network that makes cycling safe, normal, convenient and fun. The Group invites those supporting our vision to join (free) and become involved in our campaigning activities. More information at: [www.derbycyclinggroup.org.uk](http://www.derbycyclinggroup.org.uk)

All information contained in this section is accurate at the time of printing, but is subject to change.

For help to access the information in this map, please contact us on 01332 641771 (or Minicom 01332 640666)

Contact Bike Back Derby  
**01332 987250** [www.lifecycleuk.org.uk/derby](http://www.lifecycleuk.org.uk/derby)

**Life Cycle UK**  
Transforming lives through cycling