

## 5. New Eltham Cycling Routes



Your local area has plenty of great places to cycle. Use this map to get out and explore!

## Why Cycle?

### Good for you

Cycling is good for your health; it's fun, free, perfect to help you get active and get to know your neighbourhood and it makes you feel good!

### Good for your wallet

Bicycles require no vehicle excise duty, no MOT, no insurance, no licensing, no breakdown recovery services, and above all no fuel bills. Bicycle commuting is also shown to be 40 times less expensive than average car travel. Shifting from public transport to a bicycle can also save you money.

### Good for your world

2kg of carbon dioxide are saved for every short journey made by bike instead of car!

This is one of a set of free leisure walking and cycling route maps available for:

- Abbey Wood
- Charlton
- New Charlton
- Eltham
- New Eltham
- Greenwich
- Plumstead
- East Thamesmead
- West Thamesmead
- Woolwich

Just email [info@greenwichgetactive.com](mailto:info@greenwichgetactive.com) with your request.

## Getting Started

### Cycle Training

The Royal Borough of Greenwich runs a free Bikeability Training programme for children and adults of all abilities. Courses are carried out in schools in term time, at weekends (adults only) and during the summer holidays. Bespoke and one to one training sessions are also available at other times by arrangement.

To sign up for a course go to [www.royalgreenwich.gov.uk/cycling](http://www.royalgreenwich.gov.uk/cycling) and click the link for cycle training.

For more information call: **07984 628 049** or email: [cycle-training@royalgreenwich.gov.uk](mailto:cycle-training@royalgreenwich.gov.uk)

### Local Cycling Clubs

Gain confidence and join one of several cycling clubs in Greenwich offering social rides catering for all levels, from children and beginners to experienced riders.

### Limited Edition Cycling Club

[www.limitededitioncycling.co.uk](http://www.limitededitioncycling.co.uk)

### Greenwich Cyclists

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

### British Cycling Sky & Breeze Rides

British Cycling now provide a number of free led cycle rides with trained ride leaders. These local community rides are a great way to get out and explore your neighbourhood with family and friends. Breeze rides are specifically targeting women.

Visit: [www.goskyride.com/london](http://www.goskyride.com/london)

## Further Information

For more information on cycling please head to the Royal Borough of Greenwich cycling pages and the Greenwich Healthy Living website.

The Greenwich Healthy Living website has loads more help and advice if you are interested in cycling as well as the full range of cycling timetables.

Visit: [www.royalgreenwich.gov.uk/cycling](http://www.royalgreenwich.gov.uk/cycling)

Visit: [www.greenwichhealthyliving.nhs.uk/active-travel-cycling/](http://www.greenwichhealthyliving.nhs.uk/active-travel-cycling/)

## Need Further Support?

This leaflet focuses on cycling but there are a whole range of activities out there locally if you want to get moving more.

If you want advice on getting active, or help finding a suitable activity, get in touch with the Greenwich Get Active team.

Visit: [www.greenwichgetactive.com](http://www.greenwichgetactive.com)

Text: **ACTIVE** to 60066

Call: **FREE** on 0800 096 5436



## Shorter Route • Cycling Directions

- 1 Start at New Eltham Library. From the library, cross over the road and set off right along Southwood Road south westerly away from the railway and then turn right into Parkview Road. At the crossroads with Green Lane, turn right.
- 2 Bear left to join Footscray Road and at the roundabout, bear left uphill. Turn right at the T-junction at Eltham High Street. This is quite busy, so if unsure of the traffic, pull over and walk across the road at the traffic island. Go straight through the next signal controlled junction.
- 3 Just beyond the sign to the Eltham Warren Golf Club on your left, a stone water trough marks the entrance to a shared off road path (signposted Green Chain). If it has been raining this route may be too muddy, in which case continue along Bexley Road to take the next left up Riefield Road and first right into Colepits Wood Road. If you do take the path, you emerge into Riefield Road. Then, turn right and Colepits Wood Road will be your first left. Follow this road to the T-junction.

- 4 Turn right down hill into Crown Woods Way. At the traffic signals go straight over Bexley Road and down Avery Hill Road (this is signposted London Cycle Network Route 66). Fork right at the roundabout (cycle signposted New Eltham and Chislehurst) to return to the library.

✓ **Well done for completing the shorter route! Why not try the longer route next time?**

### Safer Cycling Tips

Follow these simple cycling tips to ensure your cycle journeys in the Royal Borough of Greenwich are safe and enjoyable:

- **Always obey the Highway Code.**
- **It is illegal to cycle on the footway unless it is specifically marked for cyclists.**
- **Keep safe when you are cycling, by wearing reflective or fluorescent clothing for extra visibility. At night and in poor visibility conditions, use lights.**
- **Keep your bike well serviced, check brakes, steering and tyres regularly.**
- **Show courtesy and consideration towards other road users.**
- **On shared routes pedestrians may not be aware of your approach so slow down, ring your bell and give them plenty of space.**

## Longer Route • Cycling Directions

- 1 From New Eltham Library, turn right across the railway line and cycle up Avery Hill Road to turn right at the first roundabout. Follow Cradley Road as it becomes Old Farm Avenue, which will be a long gentle downhill ride. Turn left at the T-junction with Station Street (Sidcup station is just to your right). Shortly after, turn right along Burnt Oak Lane and left into Marlborough Park Avenue following cycle signs to Welling and Blackfen.

- 2 Turn left at the entrance to Marlborough School, passing through a gate on a shared path past a children's playground. At Willersley Avenue, cycle straight across and then dismount to negotiate a motorbike barrier to join the Shuttle Riverway (signposted Avery Hill Park). Leave the Shuttle Riverway to turn right and immediately left into Fen Grove. Then, take the first right into Queenswood Road.
- 3 Turn right at the T-junction with Blackfen Road and first left into Leechcroft Avenue and then left into Ridgeway East (cycle signposted Falconwood). At the end of Ridgeway East, turn left then immediately right to continue along Ridgeway West (signposted Falconwood station). Turn right into Orchard Rise West to join a shared path beside the A2 turning left. As you approach the end of the slipway slow down to dismount.
- 4 Cycle down Riefield Road. Take the next left into Colepits Wood Road, to turn right down hill into Crown Woods Way. At the traffic signals go straight over Bexley Road, down Avery Hill Road (signposted London Cycle Network Route 66). Fork right at the roundabout (cycle signposted New Eltham and Chislehurst) to return to the library, just beyond the railway line.

✓ **Well done for completing the longer route! Have you thought about planning your own cycle rides in your local area?**

