



Jubilee Campus

Old Lenton

University Park

Dunkirk

King's Meadow Campus

Each grid square on this map represents 0.5km (0.3 miles)

Approximately 5 minutes

Approximately 2 minutes

- University linking routes On-road / Traffic-free
 - National Cycle Network On-road / Traffic-free
 - Road / One way
 - Traffic-free path
 - Footpath
 - Railway
 - Toucan
 - University / Hospital
 - Pub
 - Featured sites
 - Citycard Cycles
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Includes information about cycling at the University and how to get around in Nottingham

University Park to King's Meadow and Jubilee Campus

University of Nottingham
Cycle Map

FREE!

Route Planning

Looking for other cycle routes? Here is a selection of useful online mapping resources:

- www.transportdirect.info
- www.cyclestreets.net
- www.thebigwheel.org.uk
- www.sustrans.org.uk/map

Other Useful Links

- www.ridewise.org.uk
- www.bottombracket.co.uk
- www.pedals.org.uk
- www.nottingham.ac.uk/sustainability/transport/cyclingandwalking/cyclefacilities

Contact

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Why Cycle?

To encourage and support more staff, students and visitors to cycle, the University of Nottingham has partnered with UK charity Sustrans to form the Ucycle Nottingham project. Cycling solves so many problems at once: it keeps you fit; it's fast, cheap, reliable and good for the environment.

The cycle map overleaf provides information to enable staff, students and University visitors to cycle to and from University sites. The on-map time's grid shows just how quick it is to get around under your own steam!



Cycling at The University of Nottingham

A number of services and facilities are on offer for cyclists:

- A comprehensive range of cycle parking and shower facilities across the university, including swipe card access facilities using your university card.
- Dr Bike - a mechanic comes onto site to give bikes a thorough check and carry out minor repairs.
- Maintenance Workshops - local cycling experts come to campus to give cyclists lessons on checking and repairing their bikes.
- Cycle to Work Scheme - discounts on bikes and accessories for staff.
- Student Bike Hire - long term loan scheme open to all students at the University.
- Cycling Newsletter - monthly updates on cycling news and events at the University.

For more details visit:

www.nottingham.ac.uk/sustainability/transport/cyclingandwalking/ucycle.aspx

10 Tips for Safety & Maintenance

- Check tyres regularly – replace if showing signs of wear or damage.
- Pump up tyres until they are too hard to squeeze.
- Check brakes – they should stop the wheel fully at a half pull.
- Don't allow brakes to skim wheels – this will slow you down.
- Oil your chain – if it's brown or squeaky it needs some oil.
- Listen for noises – squeaks and rattles suggest something's wrong.
- Keep your bike undercover – it will prolong its life.
- Gets the seat height right – having it too low makes cycling hard work.
- Check gears for smooth changing.
- Make sure your wheels spin smooth and straight.

Security

If you are going to leave your bike at any stand then you must 'Lock it or Lose it'. There are a wide range of locks available and bike shops would be happy to provide advice on which one would suit your needs. If you do have your bike stolen then report it to the police immediately

Good quality D-locks can be bought from the SU shop.

Cycle Helmets

Cycle helmets are not compulsory but are designed to give protection from a fall and when worn correctly they can reduce the risk of serious head injury. When buying a helmet make sure it fits correctly and conforms to recognised safety standards. Do not buy a second hand helmet as damage is not always obvious.

How Long Will it Take?

Here are a few average journey times that might help you plan out your cycle journey a little better.*

University Park – King's Meadow Campus

8 minutes

Lenton – University Park

7 minutes

Canning Circus – University Park

19 minutes

Jubilee Campus – King's Meadow Campus

8 minutes

Lenton – Jubilee Campus

5 minutes

Sutton Bonington – Kegworth

14 minutes

West Bridgford – University Park

26 minutes

University Park – Jubilee Campus

9 minutes

Beeston – University Park

11 minutes

* Average times are calculated using a 'cruising' pace of 12mph on quiet paths.