



University linking routes

On-road / Traffic-free

Quicker / Busier linking routes

National Cycle Network

On-road / Traffic-free

Road / One way

Traffic-free path

Footpath

Bus and cycle lane

Railway / Tram

Toucan / Pelican crossing

University / Hospital

Featured sites

Take care

Citycard Cycles

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St Ann's

Canning
Circus

Jubilee
Campus

Standard
Hill

Lace
Market

New
Lenton

Old
Lenton

Meadows

Dunkirk

King's
Meadow
Campus

West
Bridgford

Wilford

Two grid squares on this map represents 1km (0.6 miles)

Approximately 10 minutes

Approximately 4 minutes

University
Park

Beeston

UoN B.indd 1

18/09/2014 10:59



Includes information about cycling at the University
how to get around in Nottingham

University and City Routes

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](http://www.nottingham.ac.uk/sustainability/transport/cyclingandwalking/cyclefacilities)

Contact

E: adam.batty@sustrans.org.uk

T: 0115 823 2394

W: www.nottingham.ac.uk/sustainability



the big wheel
turning transport around
www.thebigwheel.org.uk



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](http://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.

