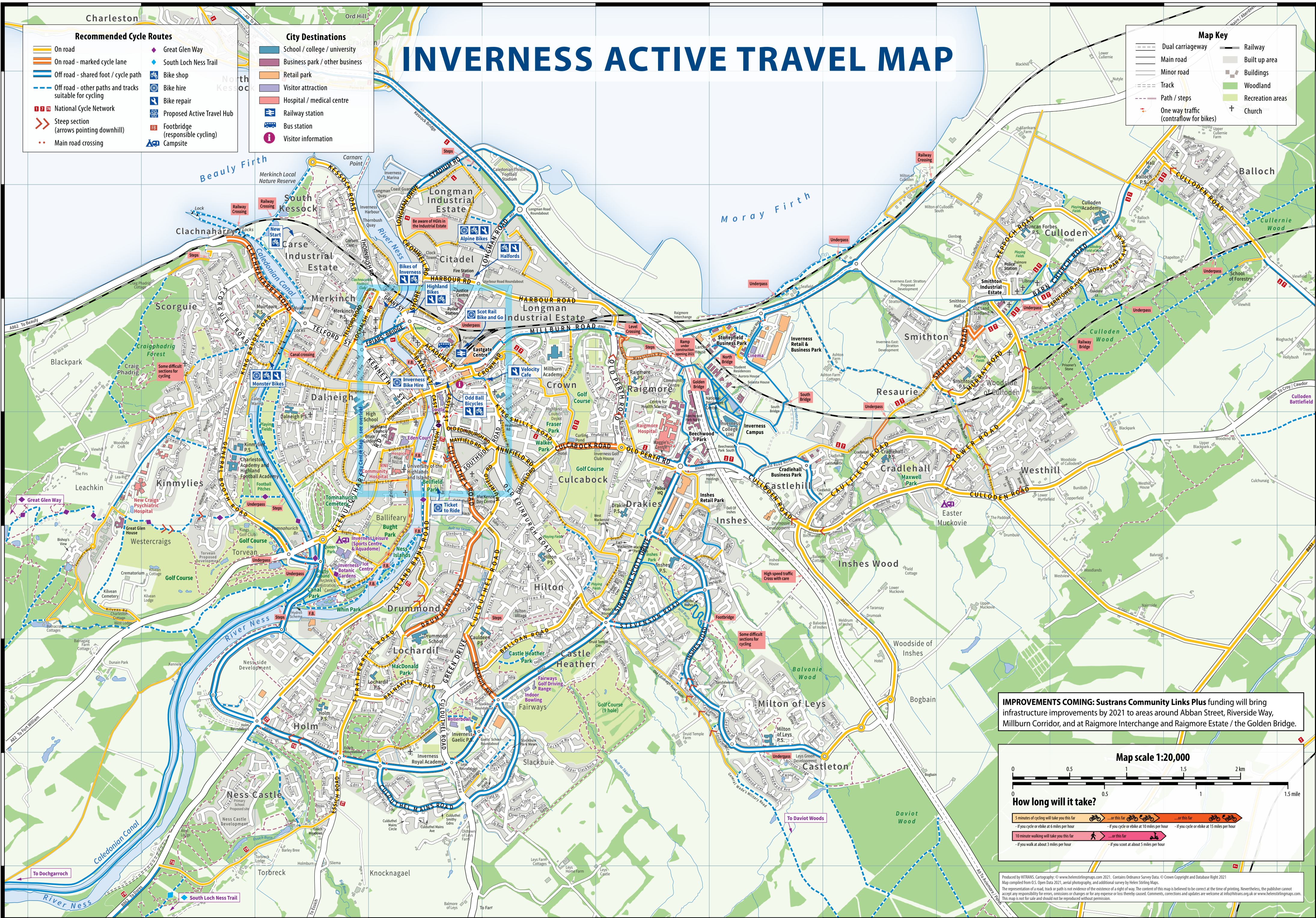


INVERNESS ACTIVE TRAVEL MAP

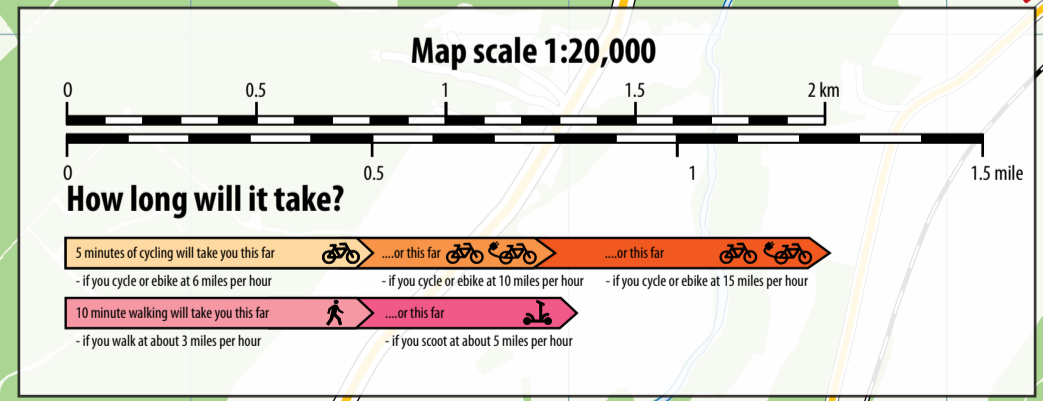
- ### Recommended Cycle Routes
- On road
 - On road - marked cycle lane
 - Off road - shared foot / cycle path
 - Off road - other paths and tracks suitable for cycling
 - National Cycle Network
 - Steep section (arrows pointing downhill)
 - Main road crossing
 - Great Glen Way
 - South Loch Ness Trail
 - Bike shop
 - Bike hire
 - Bike repair
 - Proposed Active Travel Hub
 - Footbridge (responsible cycling)
 - Campsite

- ### City Destinations
- School / college / university
 - Business park / other business
 - Retail park
 - Visitor attraction
 - Hospital / medical centre
 - Railway station
 - Bus station
 - Visitor information

- ### Map Key
- Dual carriageway
 - Main road
 - Minor road
 - Track
 - Path / steps
 - One way traffic (contraflow for bikes)
 - Railway
 - Built up area
 - Buildings
 - Woodland
 - Recreation areas
 - Church



IMPROVEMENTS COMING: Sustrans Community Links Plus funding will bring infrastructure improvements by 2021 to areas around Abban Street, Riverside Way, Millburn Corridor, and at Raigmore Interchange and Raigmore Estate / the Golden Bridge.



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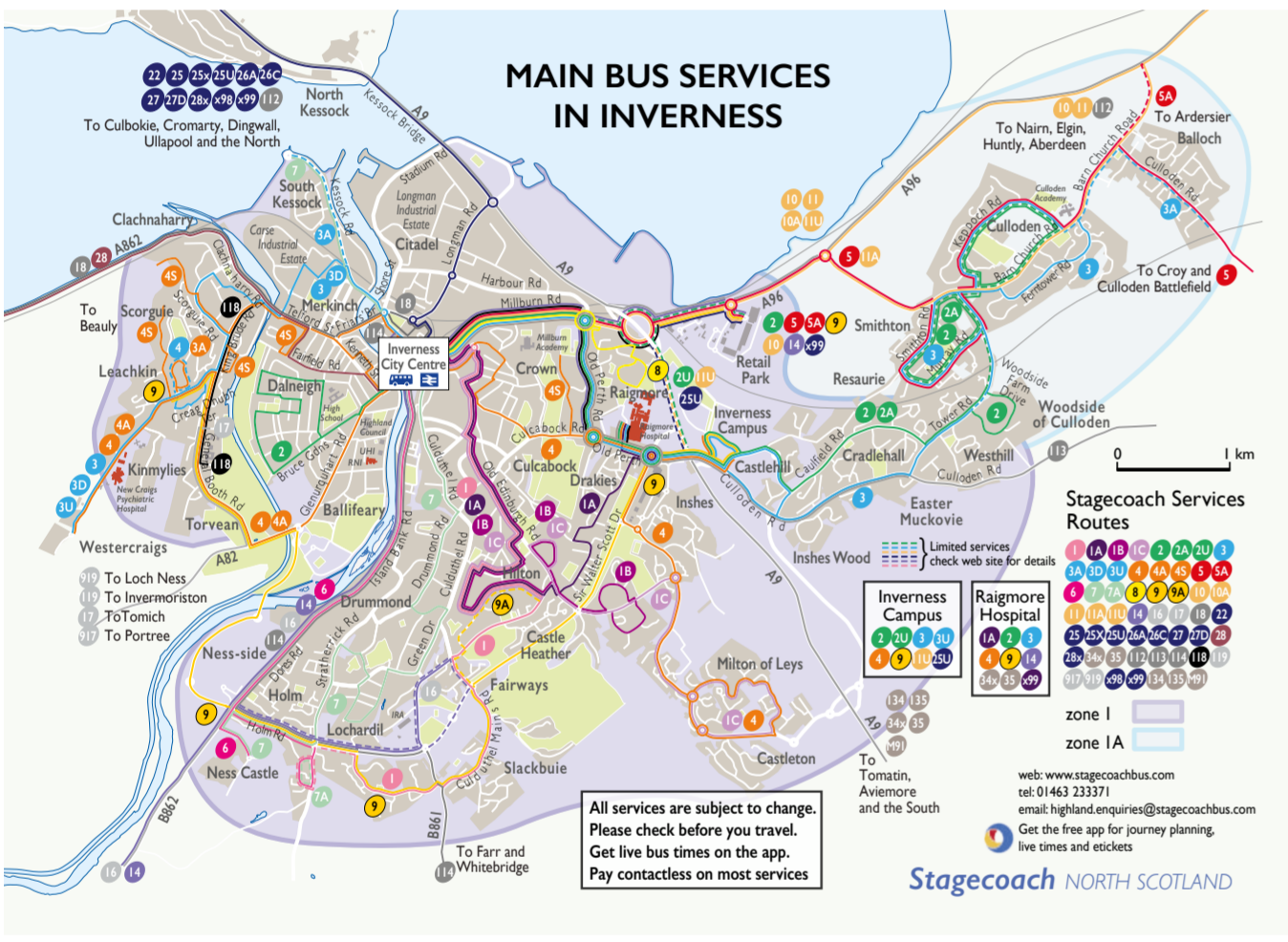
PUBLIC TRANSPORT

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

Sustrans Scotland – www.sustrans.org.uk/scotland
 Cycling Scotland – www.cycling.scot
 Paths for All – www.pathsforall.org.uk
 Cycling UK – www.cyclinguk.org
 Energy Saving Trust – www.energysavingtrust.org.uk/scotland
 Cycle Streets – journey planning – www.cyclestreets.net

Inverness
Active Travel Map
Walking and Cycling Routes
in the City of Inverness



SIGNS YOU WILL SEE

	Shared Use Route Walking and cycling, traffic free		Contraflow Two-way cycling allowed on a one-way street
	No cycling		Cycle Route Ahead Warns drivers of cyclists on road
	Recommended Cycle Route Often marked with a dashed white line on the road		National Cycle Network (1) Route numbers: 1, 7, or 78 in Inverness See sustrans.org.uk/ncn/map



WHY CHOOSE ACTIVE TRAVEL?

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 helps you stay fit and healthy.
Incorporating exercise into your daily routine helps you to achieve the recommended 150 minutes of exercise a week which will help keep you mentally and physically healthy.

It benefits the environment.
Active travel contributes to quieter streets and cleaner air. Driving less could mean a mixture of walking, cycling, e-biking, car sharing and using public transport for some of your journey.



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
- New Start Highland** (Refurbished bike sales)
www.newstarthighland.org
01463 715615
- Monster Bike** (Sales, repair/servicing)
01463 729500

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



This active travel map highlights suggested routes for cycling within Inverness. Where possible, it identifies traffic-free routes which are recommended for people who prefer for walking and cycling where 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.

USING THIS MAP

