

The Benefits of Cycling

- Low cost.
- Faster than most forms of transport.
- Environmentally friendly (no pollution).
- Improved health and fitness.
- No parking problems or costs.

The council works to improve the safety of cyclists by developing cycle routes and lanes for the London Cycle Network Plus (LCN+). This network of safe and convenient cycle routes is shown on the map overleaf and can be identified by blue signs throughout the borough (pictured).



Cycling Tips

- Follow the Highway Code.
- Wear a helmet that fits properly.
- Maintain your bike in good condition (especially the brakes and tyres).
- Switch on your lights and wear bright clothing when visibility is poor.
- Take extra care in wet conditions.
- Take extra care at junctions, bends, entrances and near obstructions.
- Don't ride too close to pedestrians and ring your bell to avoid surprising them.
- Don't ride on pavements unless signs say you are allowed (see signs 5 and 6).
- Give way to pedestrians on shared paths.
- Don't ride through red traffic lights.

Cyclists have the same legal obligations and rights as every other road user, but remember you are more vulnerable on a bike than in a motor vehicle, and you can also easily frighten pedestrians.



Road Signs for Cyclists

1. Warning sign: cycle route ahead.
2. No cycling.
3. No motor vehicles.
4. On- or off-road route or space for cyclists only.
5. Off-road route for cyclists and pedestrians, not split into lanes.
6. Off-road route for cyclists and pedestrians, split into lanes.
7. On-road lane for buses, taxis and cyclists only.
8. On-road lane for cyclists only.
9. Recommended on-road route for cyclists.
10. Two-way cycling permitted on a one-way street.

Directory: Cycle Shops

- Action Bikes**
101 Uxbridge Road, Shepherds Bush, W12 8NL
Tel: 020 8743 5265
- Bonthrone Bikes**
917-919 Fulham Road, Fulham, SW6 5HU
Tel: 020 7731 5005
Website: www.bonthronebikes.co.uk
- Cycle Sport**
309-311 North End Road, Fulham, W14 1NQ
Tel: 020 7385 8533
- Day's Cycles**
213 Dawes Road, Fulham, SW6 7QZ
Tel: 020 7385 3870
- Evans**
13-15 Jerdan Place, Fulham, SW6 1BE
Tel: 0845 070 3746
Website: www.evanscycles.com
- Mend-A-Bike**
19 The Arches, 33 Munster Road, Fulham, SW6 4ER
Tel: 020 7371 5867
- OYbike (street-based bike rental network)**
Tel: 0845 226 5751
Email: info@oybike.com
Website: www.oybike.com
- Pedal Power (workplace cycling initiative)**
370-376 Uxbridge Road, Shepherds Bush, W12 7LL
Tel: 020 8746 2120

Directory: Organisations

- London Cycling Campaign (LCC)**
2 Newhams Row, Off Bermondsey St, London, SE1 3UZ
Tel: 020 7234 9310
Website: www.lcc.org.uk
- Local LCC branch – HF Cyclists**
Contact: John Griffiths, Coordinator
Tel: 020 7371 1290 / 07789 095 748
Email: john@truefeelings.com
Website: www.hfcyclists.org.uk
- Transport for London Street Management**
Windsor House, 42-50 Victoria Street, London, SW1H 0TL
Tel: 0845 305 1234
Website: www.tfl.gov.uk/cycling
- Living Streets**
31-33 Bondway, London, SW18 1SJ
Tel: 020 7820 1010
Email: info@livingstreets.org.uk
Website: www.livingstreets.org.uk
- The Ramblers Association**
2nd Floor, Camelford House, 87-90 Albert Embankment, London, SE1 7TW
Tel: 020 7339 8500
Email: ramblers@ramblers.org.uk
Website: www.ramblers.org.uk
- Sustrans**
National Cycle Network Centre
2 Cathedral Square, College Green, Bristol, BS1 5DD
Tel: 0117 926 8893
Email: info@sustrans.org.uk
Website: www.sustrans.org.uk
- Immobilise Property Register**
Email: info@immobilise.com
Website: www.immobilise.com



h&f
a cleaner, greener borough

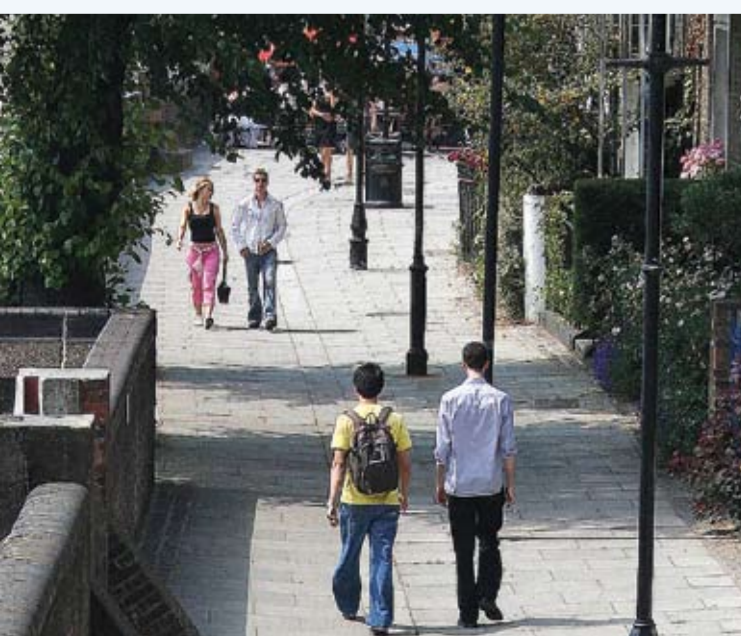
Walking & Cycling

Hammersmith & Fulham Council

The Benefits of Walking

- No cost.
- Quickest way of travelling short distances.
- Environmentally friendly (no pollution).
- Improved health and fitness.
- No parking problems or costs.
- Encourages you to spend your money locally and improves the local economy.
- Helps you get to know the borough and the community.

Walking is the easiest and cheapest way of getting around. It also brings you closer to your surroundings and the people in your community compared with driving a vehicle or even riding a bike. Research has shown that walking for 30 minutes, five times a week significantly reduces the risk of heart disease.



Walking Tips

- Set yourself a target of changing one or two of your regular short car journeys into walking trips; and keep to it!
- Walk to work, the shops, gym, station or to visit friends.
- If you have children, walk with them to school. You could even start a 'walking bus' and join other children on the way.
- Help us to improve your favourite walking routes by letting us know where repairs are needed or where new lighting could help.



Off-Road Walking Routes



- **Ravenscourt Park** – once the grounds of a large house that was destroyed in WWII, this park offers a quiet route between Goldhawk Road and King Street.
- **Wormwood Scrubs (& Little Wormwood Scrubs)** – this enormous open space provides a unique habitat for wildlife and many opportunities for off-road walking and cycling.
- **Shepherds Bush Common** – once used as a resting place by shepherds driving their flocks to market, this green features useful routes for avoiding the busy roads that surround it. *Note: also has cycle paths.*
- **Bishops Park** – part of the Thames Riverwalk, this park features Fulham Palace, the historic residence of the Bishops of London which is open to the public. *Note: also has cycle paths.*
- **Hammersmith Park** – a good route to bypass the busy Wood Lane, this park includes a Japanese water garden which is one of the few remnants of the 1910 Japan-British Exhibition at White City.

- Other Parks and Open Spaces**
- | | | |
|---------------------------|-----------------|----------------|
| Grand Union Canal Towpath | Fulham Cemetery | St Pauls Green |
| Hammersmith Cemetery | Hurlingham Park | Wendell Park |
| Eel Brook Common | Wormholt Park | Cathnor Park |
| St Mary's Cemetery | Normand Park | Brook Green |
| Thames Riverwalk | Parsons Green | South Park |

Directory: Maps

- Transport for London/ London Cycling Campaign Maps**
- Cycle routes across London are mapped in a series of 19 London Cycle Guides. The Hammersmith and Fulham area is covered by 'London Cycle Guide Area 9'. The guides are available from libraries, underground stations, TfL's website (www.tfl.gov.uk) or by calling 020 7222 1234.



- Cycling by the Thames**
- Thames Landscape Strategy has produced a map detailing 10 easy half-day cycle routes on sections of the Thames between Weybridge and Hammersmith. The guide costs £3.50 and is available from Thames Landscape Strategy (tel: 020 8940 0654, email: tls@richmond.gov.uk).
- LBHF Town Centre Guides**
- These three guides to the town centres of Hammersmith, Shepherds Bush and Fulham are produced by the council. They include maps and details of places to shop, eat and drink, as well as other things to see and do. The guides are available from borough libraries and the Town Hall.

Directory: Council Contacts

To find out more about walking and cycling in Hammersmith and Fulham, contact the council:
Tel: 020 8753 2377
Email: cycling@lbhf.gov.uk
Website: www.lbhf.gov.uk/Directory/Transport_and_Streets/Walking_and_Cycling/

Hammersmith & Fulham Cycling Officer
Simon Franklin
Tel: 020 8753 3353
Email: simon.franklin@lbhf.gov.uk

Hammersmith & Fulham Visitor Development Officer
Catherine Knight
Tel: 020 8735 4171
Email: catherine.knight@lbhf.gov.uk

Hammersmith & Fulham Highway Faults
To report a fault with a road or pavement in the borough, please contact the Environment Services Department Reception:
Tel: 020 8753 1081
Email: environment@lbhf.gov.uk

You can also report the fault using the Smarter Borough online reporting system on the website: www.lbhf.gov.uk

