

Cycle Stockton



Why Cycle?

- Cycling solves so many issues at once; it keeps you fit, it's fast, cheap, reliable and good for the environment too!
- So why not liberate your bike and burn some calories! It's a great form of aerobic exercise but unlike an aerobics class, it can actually get you from A to B and so much more.

Did you know?

- On average, cyclists live two years longer than non-cyclists.
- Cycling firms the thighs and bottom, and can even help tone the tummy muscles.
- Cycling raises your metabolic rate, helping you to keep the weight off.
- An average household in the UK spends one in every six pounds on travel - think how much you'll save if you travel by bike!
- Free parking - it costs you nothing. Check out the new town centre Travel HUB for free secure parking.
- Cycling is the fastest way to get around town and if you arrive by bike, double yellows or traffic wardens needn't concern you.



the Hub



Active Travel Centre

FREE Secure Cycle Parking from 7.30am - 6pm Mon - Fri

FREE Information

Advice and information on active travel.

FREE Guided Walks & Cycle Rides

Bike loans available.

FREE Training

Attend a maintenance training session and you can learn simple ways to keep your bike in tip-top shape.

FREE workplace active travel solutions

If your business wants to set up an active travel scheme or you are just thinking about cycling or walking to work yourself, we can help.

FREE Cycling Skills

Been out of the saddle for a while? We can help you regain your confidence on two wheels!

For cycle training contact Stockton Borough Council cycle training on 01642 526735 or email cycling@stockton.gov.uk.



17 Bridge Road, Stockton on Tees, TS18 3AA

Call: 01642 803441 E-mail: stocktonactivetravel@sustrans.org.uk

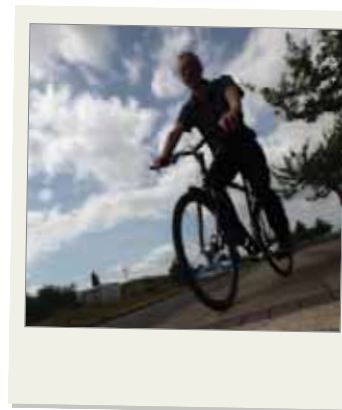
Billingham & Wolviston

A circular ride to Cowpen Bewley Woodland Park, via road, woodland and off-road tracks, returning via Wolviston Village.



Start: Bilingham Forum Car Park Route distance: 7 miles/11.2 Km – 1 hour !! - Caution, no crossing point

- 1 From Bilingham Forum car park, join the cycle path crossing over the Causeway. !!
- 2 Turn right and then 1st left down Melrose Ave.
- 3 Continue to the end of Melrose Ave, turning right onto Rievaulx Ave.
- 4 At the end of Rievaulx Ave turn right onto Marsh House Ave and then 1st left onto Low Grange Ave. **!Caution – cross at the designated pedestrian crossing points!**
- 5 Go past the school and turn right onto Hollinside Rd.
- 6 Take the 2nd right down Redworth Rd and then 2nd left down Gilside Rd.
- 7 Look for the cycle track (NCN14) on your left just after the first row of houses. The track runs along the hedge line and then bends off to the left to follow the train line. Continue along the track until you reach Wolviston Back Lane.
- 8 Cross Wolviston Back Lane and continue along a tarmaced track. !!
- 9 Follow a short twisty single track section on your right shortly after a left bend in the road bringing you out at the A1185. Cross over and take the path to the left heading parallel with the road. !!
- 10 At the end, cross over again and rejoin the track on the other side. !!
- 11 Cross over Low Grange Ave and join Wolviston Back Lane directly opposite.
- 12 Carry on, crossing over Marsh House Ave. !!
- 13 Continue along the cycleway directly opposite, crossing Longfellow Rd and eventually reaching a large roundabout.
- 14 Dismount here and follow the path around to the left, carefully crossing the first two roads before joining the path to meet West Hartlepool Rd.
- 15 Continue on, turning left onto the High St at the end. Next take the 3rd right onto Wynyard Rd.
- 16 Take 2nd left onto Mill Lane. Cross over Sandy Lane W and onto Wolviston Mill Lane. !!
- 17 Take the 3rd right turn onto Skripka Drive.
- 18 Turn right into Kielder Close and follow path at the end to cross over Lutton Crescent and onto Langton Ave.
- 19 Turn right at the end of Langton Ave and continue along Sandy Lane through the golf course until you reach Wolviston Rd.
- 20 Cross over Wolviston Rd and onto Malvern Rd. **!Caution –cross at the designated pedestrian crossing point to the left of Sandy Lane!**
- 21 Carry on along Malvern Rd crossing Pentland Ave and eventually turn left up Grampian Rd to meet Kingsway.
- 22 Turn right down Kingsway (!!) and then first left onto Moreland Ave leading back to Bilingham Forum.



Billingham & Wolviston



Start: Billingham Forum Car Park **Route distance: 7 miles/11.2 Km – 1 hour**

- Featured Route On-road
- Featured Route Traffic-free
- Featured Route Footpath
- Advisory Cycle Route
- Signed Cycle Route
- Traffic-free Cycle Path
- Rough Bridleway
- Footpath
- On Carriage Cycle Lane
- Bus Lane
- National Cycle Network
- Pelican Crossing
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- College
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For further information on this route -
points of interest, and historical facts -
see www.doitbycycle.com/routes



Hardwick, Roseworth & Thorpe Thewles

A great circular ride that can be extended to include the delights of Wynyard Woodland Park.



Start: Redhill Road Shops **Route distance:** 5.4 miles/8.7 Km – ¾ hour **Longer route distance:** 6.8 miles/10.8 Km – ¾ hour

- 1 From the Redhill shops car park turn left down Redhill Rd towards Ragpath Ln. Turn left and follow Ragpath Ln until you reach Junction Rd. Join the cycleway to the left just before the junction
- 2 Follow cycleway to crossing point; cross over and follow the path to your right, turning in to Blakeston Ln.
- 3 Continue along Blakestone Ln until you reach the junction with Wynyard Rd.
- 4 From here you can either take a right hand turn up Wynyard Rd and onto Wynyard Woodland Park, or follow round to the left where the road turns into Durham Rd and eventually goes under an underpass.
- 5 After the underpass follow the road around to the right and take the first left turning you come too along a track down the side of a field, signed 'NCN1'.
- 6 At the end of the track the trail loops off to your right and then doubles back to your left after a tight bend. **NOTE:** Restrictive access controls on this section of the route (between points 7 & 8) will make access for child trailers and tandems difficult.
- 7 Now continue straight ahead on NCN1 eventually crossing over Harrowgate Ln. **!Caution - no crossing point!**
- 8 After Harrowgate Ln take the second cycle path exit off to your left leading in between two rows of terraced houses and onto Tithe Barn Rd.
- 9 Follow Tithe Barn Rd around to the right and continue along taking your third right into Cornforth CIs.
- 10 Now take the second left into Cowpen Crsc, continue along until the end and join the cycle path to your right.
- 11 Continue along cycle path until you reach a mini roundabout and take a right down Ketton Rd, rejoining the cycle path to your right at the end of the road.
- 12 Follow the path to a crossing point over Durham Rd. Cross over and turn right onto Rothwell Crsc.
- 13 Follow the road around taking a right onto Ruislip Rd and then a left onto Ragpath Ln. Finally follow Ragpath Ln back to Redhill Rd shops.

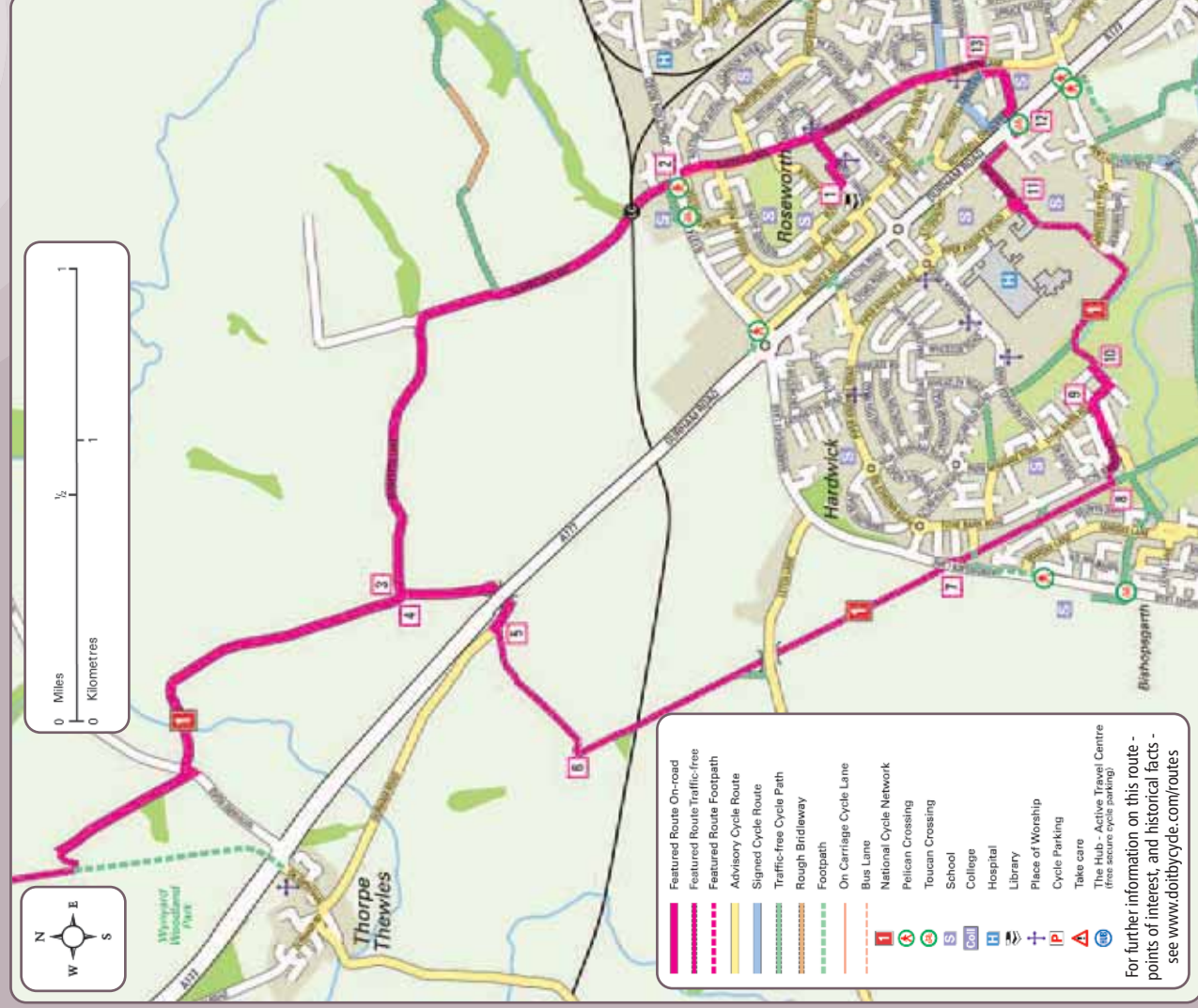


Hardwick, Roseworth & Thorpe Thewles



Start: Redhill Road Shops **Route distance: 5.4 miles/8.7 Km - ¾ hour**

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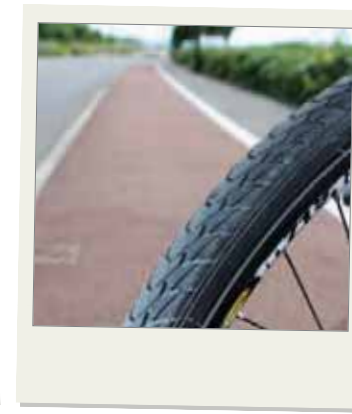
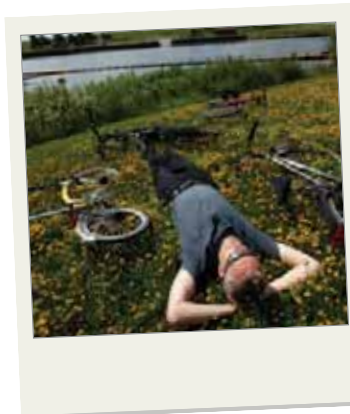
The Ingleby Way

A great family ride. Taking you on a short loop around Ingleby Barwick. You could even end the ride with a visit to the new Romano Play Park!



Start: Myton House Pub, Ingleby Way Route distance: 4 miles/6.4 Km – 35 minutes

- 1 From the Myton House Pub car park turn right onto the cycle path adjacent to Barwick Way, travelling away from Ingleby Road.
- 2 Turn left at the junction and go through the Barwick Lane underpass, follow the cycle path turning right onto Branklyn Gardens until the junction with Felbrigg Lane. Cross Felbrigg Lane and follow cycle path to the left.
- 3 At the junction with Haresfield Way turn left and carry on through the Ingleby Way underpass, then bear right along Ingleby Way crossing over Lowfields Avenue and continuing until Thornaby Road.
- 4 Turn left at the roundabout and follow the cycle path parallel to Thornaby Road until you reach the pedestrian crossing immediately after Cunningham Drive.
- 5 Turn left along a footpath at the end of the houses and just before the sports fields to join Middleton Avenue. Carry on along Middleton Avenue for about 450m and turn left into Burniston Drive.
- 6 Carry on to the end of Burniston Drive and turn left onto Lockton Crescent. At the end of Lockton Crescent, turn left again onto Bassleton Lane and follow down to the dead end where you should see a cycle path to your right.
- 7 Follow the cycle path to the end and then turn left onto the cycle path adjacent to Queen Elizabeth Way. Follow the path, crossing Lowfields Avenue and eventually turning right through the underpass. Turn left and continue along until you reach the junction with Blair Avenue. Cross straight over.
- 8 When you reach a cross roads in the cycle path, turn left passing behind Tesco's supermarket and then left again just before the underpass to return to Myton House Pub car park.



The Ingleby Way



Start: Myton House Pub, Ingleby Way **Route distance: 4 miles/6.4 Km – 35 minutes**

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- National Cycle Network
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- Toucan Crossing
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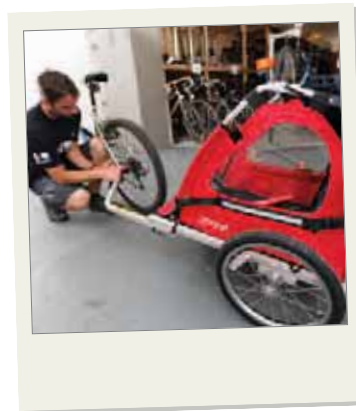
Portrack Loop

**Another great family ride, completely off road and all on cycle paths.
There are also three crossings of the Tees without even getting your feet wet!**



Start: Tees Barrage car park (North side) Route distance: 6.1 miles/9.8 Km – 50min - 1 hour

- 1 From the Barrage car park cross the Barrage to the south side of the Tees and turn right to follow the cycle path along to Infinity Bridge.
- 2 Turn up the ramp leading onto the bridge and cross over to the North side turning right onto the cycle path leading to Portrack Lane.
- 3 Turn right onto the cycle path alongside Portrack Lane and cross over at the cycle crossing point just before Asda.
- 4 Follow the cycle path along Holme House Road bearing left at the bottom to go past the prison. Towards the end of the prison, look out for the red cycle path on the left hand side and follow it.
- 5 Eventually you will come to some large stones in the middle of the path, take the first rough track to the right after these (signposted 14). Follow the track round until you reach a tarmac cycle path and turn right heading alongside the A19.
- 6 At the roundabout, cross over at the cycle crossing point towards Haverton Hill and then cross Haverton Hill road to follow the cycle path towards Newport Bridge.
- 7 Just before Newport Bridge, take the left hand cycle path leading back round and under the bridge. Follow the cycle path alongside the river back to the Barrage.



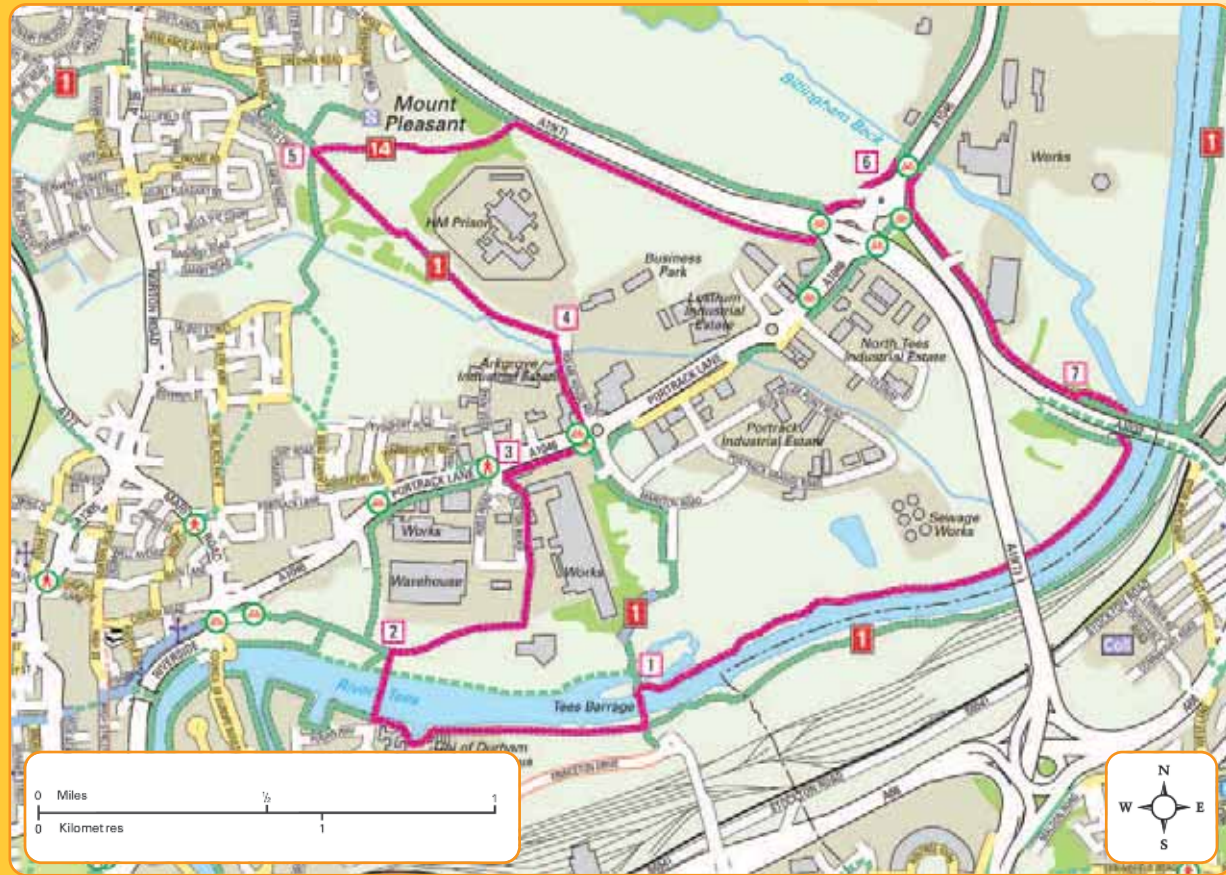
Portrack Loop



Start: Tees Barrage car park (North side) **Route distance:** 6.1 miles/9.8 Km – 50min - 1 hour

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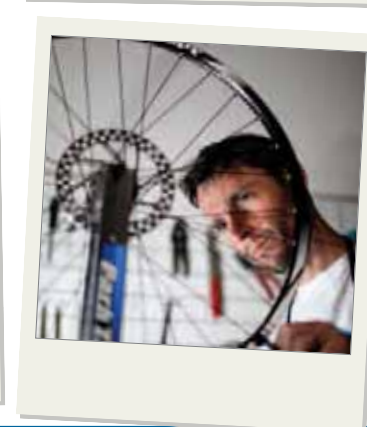
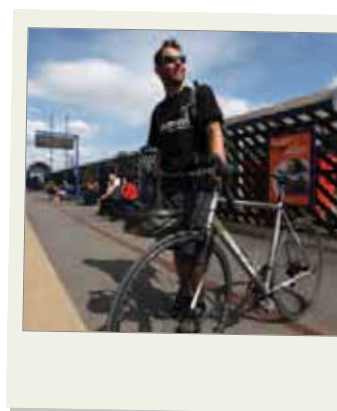
West Stockton Wanderer

Starting and finishing at Ropner Park, explore West Stockton on quiet roads and cycleways



Start: Ropner Park, Marlborough Road **Route distance:** 5.4 miles/8.6 Km – ¾ hour

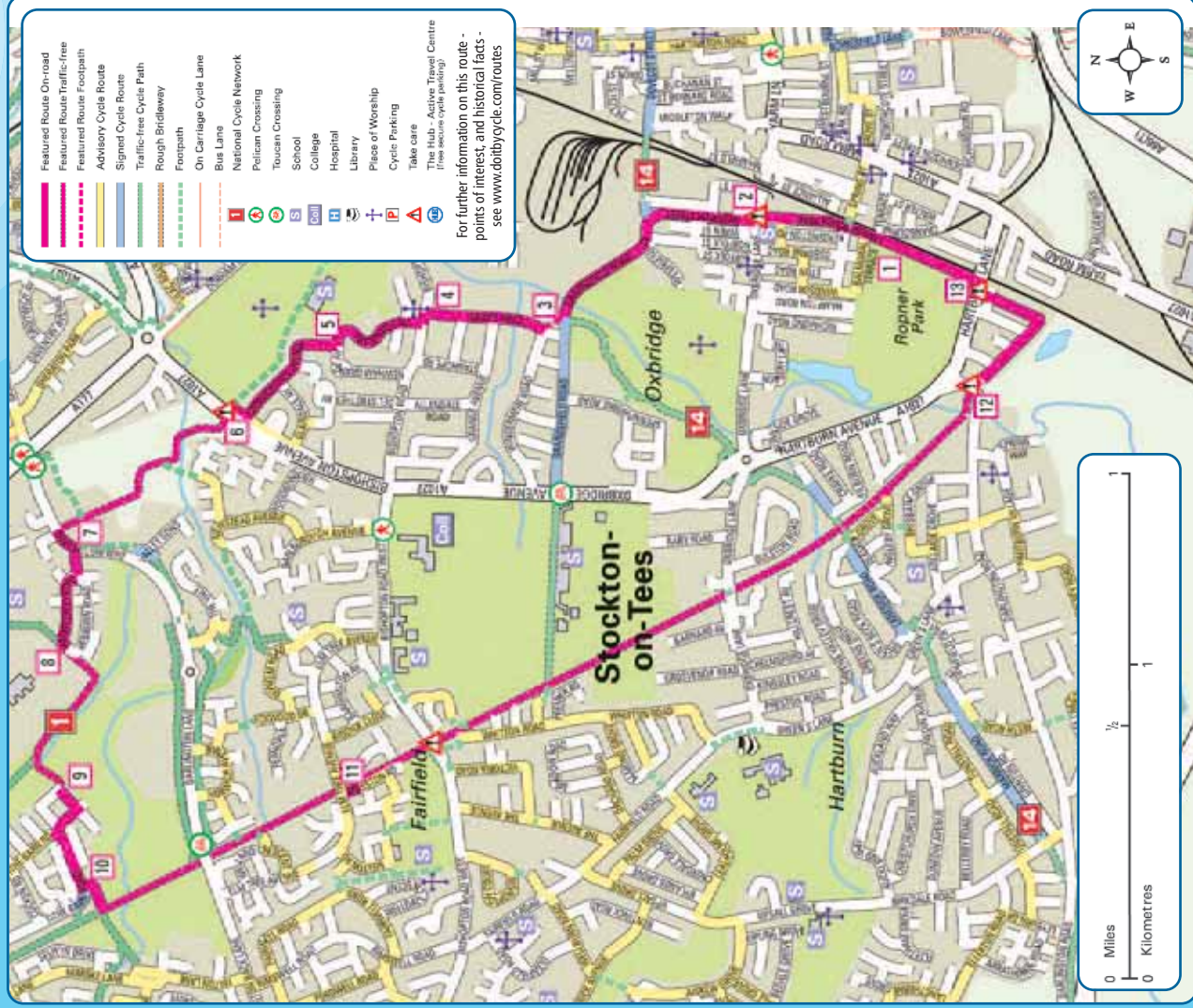
- 1 From Ropner Park, turn left down Marlborough Rd (heading North) until you reach Oxbridge Lane.
- 2 Cross over Oxbridge Lane and onto Sheraton St. **!Caution - no crossing point!**
- 3 Continue down Sheraton St and onto Grangefield Rd eventually turning right into Gray's Rd just after a bridge over the beck.
- 4 Continue along Gray's Rd turning left onto Bishopton Rd and then first right onto Patterdale Ave - **!Caution - no crossing point!**
- 5 Continue along and turn right onto Comondale Ave. At the end turn right again and then cross over Bishopton Ave - **!Caution - no crossing point!**
- 6 Take the path leading through Newham Grange Park and emerging out at Darlington Lane.
- 7 Turn left down Darlington Lane and then first right onto Humbledon Rd.
- 8 Bear right, and follow the road around to the bottom of Hamsterley Rd and bear left to join the cycleway.
- 9 Continue along the cycleway, eventually reaching a row of terraced houses. Follow the path to the right & then turn left onto Cowpen Crsc. Take the next right onto Cornforth Close and then the next left onto Tithe Barn Rd.
- 10 Keep on Tithe Barn Rd past the bend at the bottom and turn left (signposted NCN1). Turn left onto the cycleway, cross Darlington Lane and continue on to another crossing on Elm Tree Ave. **NOTE:** Restrictive access controls on this section of the route (between points 10 & 12) will make access for child trailers and tandems difficult.
- 11 Cross over onto Moston Rd and pick up cycleway on the left crossing over Bishopton Rd West (**!Caution - no crossing point!**) and carrying along the cycleway.
- 12 Keep going straight ahead on the cycle path until you reach Darlington Rd. Cross over (**!Caution - no crossing point!**) and go through the small fenced walkway leading onto Springfield Ave.
- 13 At the end of Spring Ave bear left onto Linden Ave and continue on until Hartburn Lane. Cross over (**!Caution - no crossing point!**) and follow Marlborough Rd back to the start point



West Stockton Wanderer



Start: Ropner Park, Marlborough Road **Route distance:** 5.4 miles/8.6 Km - ¾ hour



Riverside Rambler

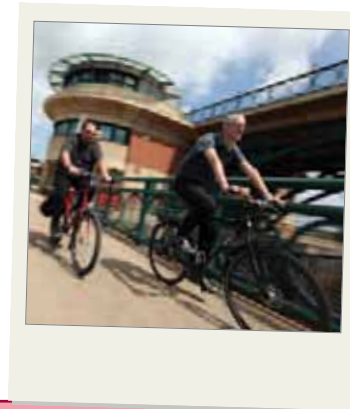
A gentle ride along the banks of the Tees, crossing bridges – old and new.



Start: Tees Barrage Longer route distance: 5 miles/8.2 Km – 45 minutes Shorter route distance: 4.1 miles/6.6 Km – 35 minutes

- 1 From the Tees Barrage car park (North side) drop down to the Barrage and follow the cycle path heading east along the river towards Newport Bridge.
- 2 Carry along the cycle path going under the A19 until you reach Newport Bridge.
- 3 Go under Newport Bridge and follow the path to the left leading to Newport Bridge Approach Road. Bear left and cross the Bridge.
- 4 Turn left down large cycle path ramp on the South shore before the railway lines. At the bottom of the ramp turn right and head back in the direction of Stockton. Follow the cycle path past the Barrage to Infinity Bridge.
- 5a **For the shorter route.** Cross Infinity Bridge and turn left onto the light coloured cycle path leading back down to the river. At the bottom, turn left again and follow path back in the direction of the Barrage. Follow the cycle path off to the left just before the boat club house to return to the car park.

- 5b **For the longer route.** Cross Infinity Bridge and continue on until you meet the road. Then turn left and immediately right to follow cycle path up Dugdale Street. Keep on the path until Portrack Lane and bear right. Cross over Ross Road and continue on to Marston Road following the path to the right again past Asda.
- 6 Take the next right after the entrance to Asda and follow the road until you get to the cycle path on the left. Follow the cycle path to the back of the Talpore Pub and turn right onto White Water Way until you reach the junction with Tees Barrage Way.
- 7 Turn left and then immediately right onto the cycle path leading back to the Barrage.



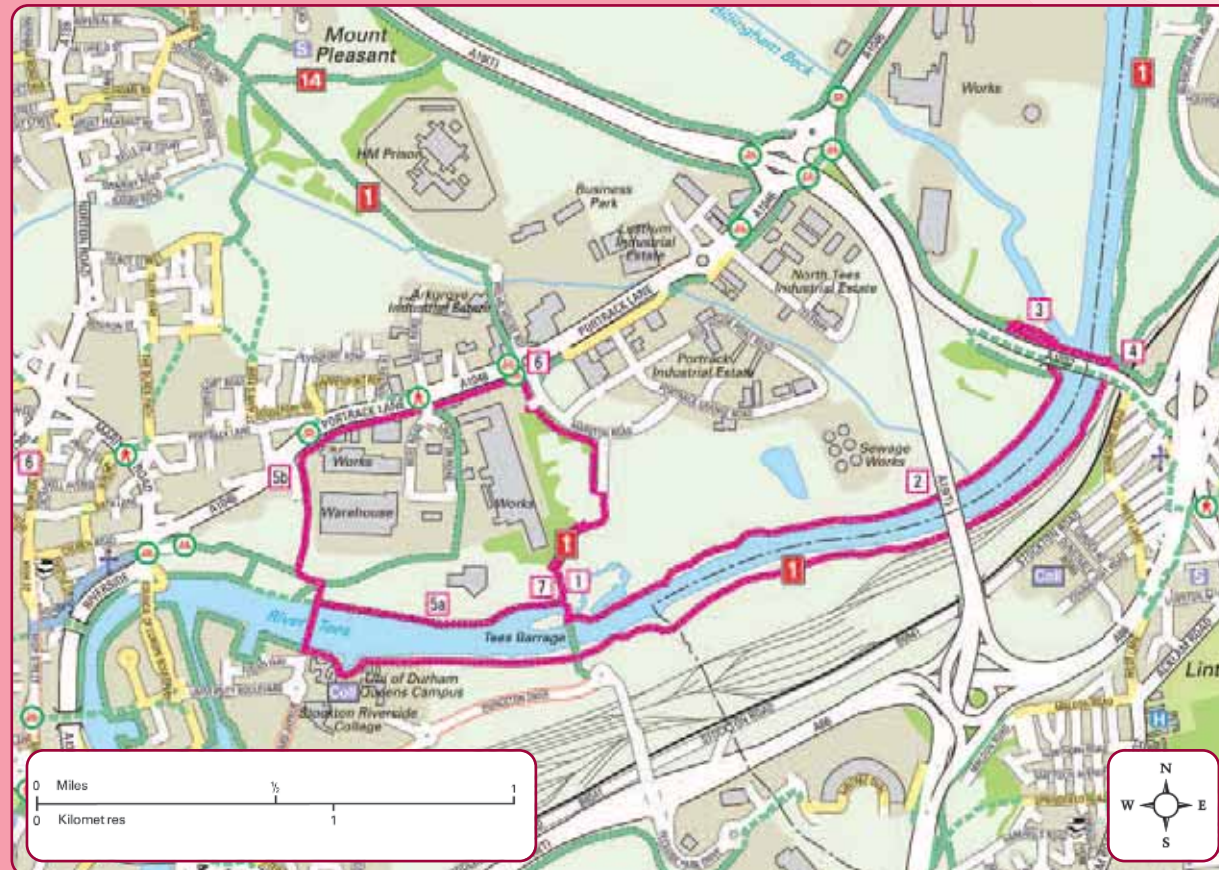
Riverside Rambler



Start: Tees Barrage **Longer route distance: 5 miles/8.2 Km – 45 minutes** **Shorter route distance: 4.1 miles/6.6 Km – 35 minutes**

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Central Stockton Loop



This is a great ride to find out just how easy it is to get around by bike in Stockton. Commuting from anywhere on this route will always save time over taking the car!

Start: Bishop Street Car Park, Central Stockton Route distance: 7.8 miles/12.5 Km – 1 hour

- 1** From the Bishop St car park travel East past Thistle Green and onto the cycleway leading to the crossing over Maritime Rd. Follow the cycleway along North Shore Rd. Cross the next two crossings and keep going past Infinity Bridge until you reach Portrack Ln.
- 2** Follow the cycleway to the right alongside Portrack Ln until you reach the cycle and pedestrian crossing point just before Asda.
- 3** Cross over Portrack Ln, bear right and then first left down Holme House Road. The cycleway eventually goes off to the left and runs parallel to the prison.
- 4** Carry on straight ahead and follow the cycle path under two underpasses following the signs for NCN Route 1. Eventually route 1 turns to the right alongside the railway line; follow this, crossing two roads until you reach Romsey Rd.
- 5** At the end of Romsey Rd turn left onto Ragpath Ln and then right onto Ruislip Place (you may wish to walk this small section along Ragpath Ln).
- 6** Bear left onto Rothwell Crsc and carry on until you see a cycleway (Route 1) on your left. Follow this, crossing Durham Rd and follow to the right. At the end of the path turn left down Ketton Rd and straight over the roundabout to rejoin the cycleway.
- 7** When you reach a row of terraced houses, follow the path to the right, then turn left onto Cowpen Crsc. Take the next right onto Cornforth CIs and then the next left onto Tithe Barn Rd.
- 8** After the bend at the bottom turn left (Route 1) & left again onto the cycleway, cross Darlington Lane and continue on to another crossing on Elm Tree Ave.
- 9** Cross over onto Moston Rd and pick up cycleway on the left. Turn left at the first designated cycleway left turn you come to, and follow until you reach Oxbridge Ave. Cross straight over onto Grangefield Rd and keep going past the cemetery until you reach Tynedale St which forks off to the left on a bend in the road.
- 10** At the end of Tynedale St join the cycleway leading through the railway underpass and onto Dovecote St. Continue along until you reach the High St turning left and then 1st right onto Silver St. Follow Silver St to return to Bishop St.



Central Stockton Loop



Start: Bishop Street Car Park, Central Stockton **Route distance:** 7.4 miles/11.9 Km – 1 hour

- Featured Route On-road
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