

The Followfield Loop

Part of the Manchester Cycleway



The Cycleway is a popular and enjoyable route

CYCLING OR WALKING THE LOOP

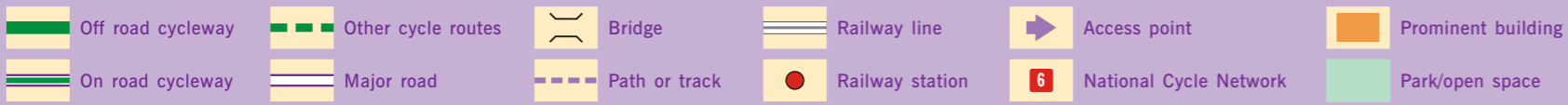
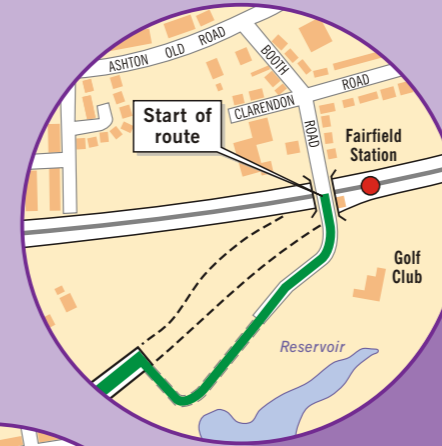
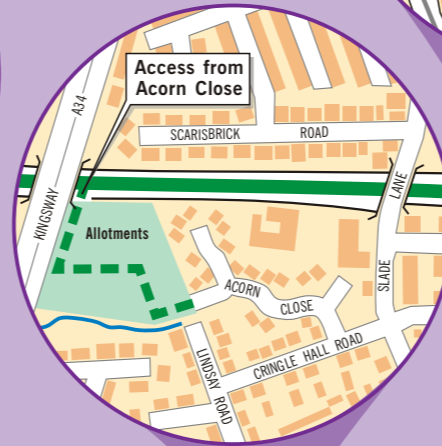
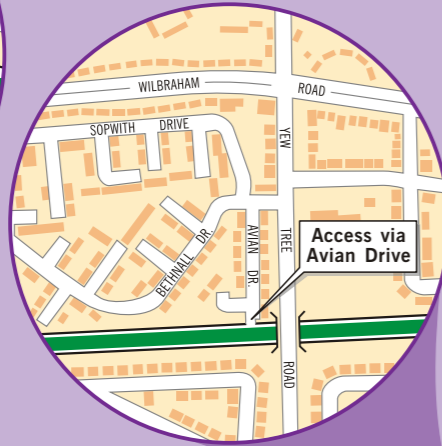
The Cycleway is almost all off-road and very easy to cycle, walk or ride. However, there are certain places where you should take particular care:

- There are motorcycle barriers at frequent intervals along the route which have to be negotiated.
- There is a small section of the route on-road along Sherwood Street in Followfield.
- Wilmslow Road in Followfield should be crossed with caution using the pelican crossing.
- The section of the Cycleway near Fairfield Station is quite steep and bumpy.



The Cycleway creates a linear park and wildlife corridor

The Cycleway passing allotments and open spaces near Gorton



- ### GENERAL CYCLING ADVICE
- Be assertive and be aware.
 - Keep your bike in good working condition.
 - Be seen in the dark, wear bright clothing and make sure you have front and rear lights.
 - Always wear your cycle helmet.
 - Know what's around you.
 - Make your intentions clear, signal before turning.
 - Keep your bike secure, buy a good lock.
 - Cycling with a friend is safer.
 - If you haven't cycled for a while, or need a confidence boost on your bike, get in touch with BikeRight! to arrange some cycle training. Phone 0161 230 7007 or email info@bikeright.co.uk. www.bikeright.co.uk