

Cycling safety

Before setting off

- Before heading off have a look over your bike, especially if you've not been out for a while. Brakes (working), chain (oiled and not too loose/tight) and tyres (pumped) are what you want to check foremost. If it has been a long time since your bike was ridden, consider popping along to your local bike shop or bike project.
- Think ahead! Hopefully you won't need it, but a pump, spare inner and puncture kit can save turning a bike ride into a long walk. It's not a bad idea to carry a bit of cash too for a taxi in case a mechanical proves beyond abilities.
- If you're planning on stopping off along your route, then make sure to pack a sturdy lock. You'll local bike shop will be able to recommend a good one.

Clothing

- There's no such thing as bad weather, just inappropriate clothing! Dress for the weather you have but prepare if there's a suggestion it could turn.

- At night reflective material can help you be picked up by car headlights to highlight your presence, especially if it is in motion like on your ankles.
- Visibility is not just about the clothes you wear but also about your position in the road. Make sure you ride where you can be seen by other road users.
- If it will make you feel safer, consider wearing a helmet but be aware of its limitations – it won't make you invulnerable.

Lights

- Check your lights are working; it is a legal requirement to have a white front and red rear light lit at night. Flashing lights are ok, but the Highway Code suggests it's best to use steady lights on unlit roads.

Advice for riding on-road

- You must follow the Highway Code.
- Be aware of what is happening all around you at all times.

- If riding with children, ride behind them and slightly further out away from the kerb – this will ensure that cars overtaking will not drive too close to them.
- Use clear signals so other road users know exactly what you are doing.
- Consider the weather conditions; just like driving, different riding skills will be needed.

Websites with more information
www.cyclinguk.org/ride/commuting

Advice for riding on shared paths

- You now have the right to cycle on most land in Scotland providing that you act responsibly and always follow the Scottish Outdoor Access Code. If there is a marked path for cyclists keep to that path.
- Be prepared to give way or slow down for others particularly near bends, gateways etc.
- Give way and be courteous to pedestrians and wheelchair users, and take care around horse-riders leaving them plenty of room.

- Be aware of the needs of others, let them know you are approaching, pass slowly with care.

Cycling training

- In Dundee, cycle training is offered at many schools through Bikeability and Play on Pedals. Ancrum Outdoor Centre offers a range of training courses for adults to become ride leaders and increase confidence – including mountain bike courses. Some national organisations also provide courses but you may need to travel.

More information
www.bikeabilityscotland.org/
www.cyclinghub.scot/course/essential-cycling-skills-

As a driver

Government statistics tell us that driver error is a significant factor in most cycling accidents. As a motorist, you have more opportunity to prevent a cycling casualty than as a rider. Always:-

- When you drive always give cyclists plenty

- of room and be patient.
- Junctions are dangerous for cyclists – always look twice
- Do not cut in or turn left after overtaking cyclists.
- Make sure you understand how advanced stop lines and cycle lanes work and do not park in cycle lanes.
- Look for cyclists when you or your passengers are opening car doors.
- Be aware that cyclists may ride 2 abreast or away from the gutter in the primary riding position. This may give them a better view of the road and encourages drivers into safer overtaking manoeuvres.
- You may not have had consideration for cyclists as part of the driving test, but everyone should know the parts of the Highway Code that protect cyclists.

More information
www.cyclinguk.org/blog/victoria-hazael/drivers-need-know
<http://think.direct.gov.uk/cycling.html>

Cycling and the law

A cyclist must exercise due care and attention at all times, and obey the Highway Code, including all traffic signs and traffic signals.

You CAN cycle.....

- on bridleways and byways but you must give way to walkers and horse riders.
- on cycle tracks and bus lanes if the lane signs include a cycle symbol.

You CANNOT cycle.....

- on a pavement or a footpath unless there is a right to do so.
- at night without appropriate lights and reflectors.

On all routes.....

Please be courteous! Always cycle with respect for other cyclists, pedestrians, people in wheelchairs, horse-riders or drivers and acknowledge those who give way to you.

Enjoy Scotland's outdoors responsibly

Everyone has the right to be on most land and inland water providing they act responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code.

Whether you're in the outdoors or managing the outdoors, the key things are to:

- Take responsibility for your own actions.
- Respect the interests of other people.
- Care for the environment.

Visit outdooraccess-scotland.com or contact your local Scottish Natural Heritage office.

KNOW THE CODE BEFORE YOU GO
www.scottishoutdooraccess.com

Places to visit

Parks

Dundee is a green city with many parks and open spaces, mostly linked by the cycleway network. Parks such as Balgay Park and Baxter Park are full of interesting historic features. The only public observatory in Britain is in Balgay Park. Caird Park and Dawson Park are great for recreation and sport with a variety of pitches available to book.

Dawson Park is also home to the Duntrune Demonstration Garden, with lots of interesting suggestions for your garden or allotment. Dawson Park is easily accessible from the Green Circular at Claypotts and from the cycle lane on Strathern Road.



Dundee's largest park is Camperdown Park, named after the Battle of Camperdown in which Admiral Adam Duncan defeated the Dutch Navy. There is a Wildlife Centre, adventure play area and a golf course. The arboretum contains many exotic and unusual trees including the Camperdown Elm.

Templeton Woods and Clatto Park are just a short cycle away. If you go slowly through the woods you might even spot a red squirrel or two.

It's quite a climb up Dundee Law, formed by lava from a volcano 40 miles away and 395 million years ago. However the panoramic views across the city and beyond from the top certainly make the climb all worthwhile. The Dighty Burn dissects the north of the city, with attractive green spaces at Finlathen Park, Drumgeith Park, Douglas and Seven Arches. The Green Circular runs close to the Dighty in many places, making for a quiet ride in a more natural landscape. Interpretation boards explain the wildlife and history of the burn.

Castles, museums and art galleries

There are four largely complete castles in Dundee. They date from the 16th century or earlier. Dudhope Castle, a fortress and tower house is the closest to the city centre, situated in Dudhope Park. Mains Castle, in Caird Park, was built by Sir David Graham. To the east of the city is Claypotts Castle, once owned by John Graham (Bonnie Dundee). Broughty Castle is our only castle open to the public, situated on the harbour wall in Broughty Ferry. It houses a museum and is a great spot for dolphin watching. Dundee, placed by the Tay, has a long association with the sea. Our maritime heritage is on the Green Circular at the Docks and Waterfront. The Frigate Unicorn is moored at City Quay in Victoria Dock. It was launched in 1824 and is the oldest British warship afloat and open to the public. The North Carr Lightship is also at Victoria Dock awaiting restoration. FRS Discovery is alongside the V&A. The visitor centre explains the fascinating history of Captain Scott's Antarctic exploration. If you are interested in Dundee's industrial heritage then visit Verdant Works to learn about the textile mills. Dundee Museum of Transport includes a collection of antique bikes as well as powered vehicles of all types.



Dundee Contemporary Arts hosts arts exhibitions throughout the year and McManus Galleries has a museum and art exhibitions. Dundee Science Centre is a great trip out for the family. V&A Museum of Design Dundee is the international centre of design for Scotland – the first design museum to be built in the UK outside London - and features touring exhibitions from the Victoria & Albert Museum.

Broughty Ferry

Broughty Ferry was once a seaside resort and fishing village. It still has a village atmosphere and has lots of cafés, pubs and restaurants, providing a welcome break on any walk or cycle. There is an award winning beach, with life guards in the summer and play area and crazy golf course. See www.cometobroughty.co.uk

Local nature reserves

Dundee has three local nature reserves - Troctick, Broughty Ferry and the Tay Estuary at Riverside Nature Park. Each has its own special wildlife managed with the help of volunteers, and there are events every year. They are readily accessible by bike on the Green Circular. Information panels at each explain what lives there.

Riverside Nature Park looks over the Tay Estuary and has been created from Dundee's old landfill site. Trees and wildflowers have been planted to form new wildlife habitats. It is always worth a visit to see wading birds in Invergowrie Bay - many have travelled from around the world to get here.

Troctick Ponds are old linen mill ponds, dating back to the 1790's. The mill has long since been converted to housing, but the ponds, water channels and sluice gates remain, with resident ducks and swans and visiting otters and heron.



Broughty Ferry Local Nature Reserve is formed on ancient sand dunes, making a haven for wildflowers and garden birds. It is sandwiched between the East Coast main line and the old branch line to Forfar.

The Miley near Lochee is an urban wildlife oasis. It once was the place of noisy trains

Sports centres

The main public sport facilities are DISC, Olympia, Lochee, Lynch and Douglas centres. The Universities and some schools also have facilities available at certain times. Showers and cycle parking are available at Olympia. Charges apply, please contact reception for information. A new Regional Sports Centre is planned for Caird Park. The Lynch Centre is very well connected by off road cycling routes to Lochee and the Green Circular.

Grassy beach is home to the Royal Tay Yacht Club and Dundee Sailing Club. You will be able to see many of their boats either in the compound or out on the Tay during events. They have a programme of races for several different classes of craft, and have cadets sessions for young sailors. Please ride slowly here if there is an event on, as they have to move equipment across the Green Circular to get to the water.

City centre inset



Key

- Signed cycle route on-road
- Signed cycle route off-road
- Low speed restriction (signed as 10-20mph)
- Traffic-free path*
- Green Circular cycle route
- Proposed cycle route
- Walk way bike
- Cycle lane
- Pedestrian streets (cycling permitted)
- National Cycle Network route number
- Cycle parking
- Cycle locker
- University
- College
- School
- Library
- Bike shop
- Cycle hire
- Toucan crossing
- Pelican crossing
- Railway with station
- Public toilet
- One way street
- Steep (arrow points downhill)
- Barrier or steps (The barriers are accessible to regular bikes but some may not be passable to tandems, trikes or to those with tag-ons or other adapted bikes)

Bike shops

- Spokes**
01382 66644
8 Annfield Road, DD1 5JH
- Nicholson's Cycles**
01382 461212
2 Forfar Road, DD47AR
- Halfords**
01382 834620
Kingsway West, DD3 8QB
- Lanka House Group**
01382 505683
Lanka House, Barns of Claverhouse, DD4 9RA
- EBS Cycle Centre**
01382 884414
Unit 2A City Quay
Camperdown Street
Dundee, DD1 3JA
- EBS Cycle Centre**
01382 884414
Unit B Heathfield 75 Old
Hawthill, DD1 5EN
- Dundee University**
Self-repair station and vending machine

Problems?

Not all of the routes shown are regularly inspected – if you find any defects then please call the Council Roads helpline, free on 0800 232323 or email cycling@dundeecity.gov.uk

Beyond Dundee

National Cycle Network

Sustrans is behind many groundbreaking projects including the National Cycle Network (NCN) – over 14,000 miles of traffic-free, quiet lanes and on-road walking and cycling routes across the UK. The NCN is a network of promoted routes for cycling throughout the UK. Within Dundee, the NCN routes follow the Green Circular.

If you fancy exploring a bit further south NCN Route 1 will take you over the Tay Road Bridge to Tentsmuir Forest and St Andrews along the Fire Coastal route. Or you could head east and along the lovely Angus Coastal route, off road path, past Monifieth to Carnoustie, Easthaven and Arbroath. Try heading west, across the Carse of Gowrie which is known for very flat quiet roads and easy, fast cycling. The NCN 77 connects Invergowrie, Kingoode, Errol and Perth.

For further details contact Sustrans on 0845 113 00 65 or visit: www.sustrans.org.uk



The North Sea Cycle Route

The North Sea Cycle Route also known as Eurovelo 12 is a tourism project which links cycle routes around the North Sea area. The route in Dundee follows NCN Route 1. The 6,000km route joins Scotland, England, the Netherlands, Germany, Denmark, Sweden and Norway. For more information see the website at: www.northsea-cycle.com

Other rides around Dundee

The cycle path from Claypotts along the dual carriageway to Arbroath makes a safer direct route staying off the busy road.

For the more adventurous, north of Dundee is the Sidlows - challenging Mountain Biking country – via quiet country roads. A suggested starting point is Bakkello Woodland near Kirton of Auchterhouse, with easier climbs up wide tracks and technical narrow single track to test the skilled and fearless.

Also to the north of Dundee is the disused Newtyle Railway Line accessible from Rosemill to Auchterhouse – hopefully one day the route will be re-opened for cycling all the way to Newtyle and Blairgowrie.



Bike on a bus

The X7 Coastrider from Stagecoach connects Dundee with Arbroath, Aberdeen and Perth and can take up to 5 bikes free. This means you can take a one way ride (with the wind at your back) and get the bus home!

Support for cycling

Dundee Cycling Strategy

The Strategy is here: <https://www.dundeecity.gov.uk/sites/default/files/publications/cyclestrategy.pdf>

Look out for information on new path projects including the proposed Northern Links Project commuter cycle routes here - <https://dundeenorthernlinks.com/> and NCN and Green Circular improvements here - www.dundeecity.gov.uk/BroughtyFerryFloodProtection.

Dundee Cycling Forum

The forum for cyclists started meeting in 2016. It aims to provide an independent platform for cyclists to support each other, and to help communicate with the council. The cycling forum is supported by Dundee's Outdoor Access Forum. More information at: www.facebook.com/DundeeCycling/

Cycle hire

As well as hiring bikes from local bike shops and Dundee train station, a new e-bike hire scheme is coming to Dundee in 2020. Look out for more information on RideOn in the media.

<https://www.bikeandgo.co.uk/locations/scotland/dundee/>

<https://www.spokescycles.net/page/15/Bike-Hire>

<http://lankahouse.co.uk/group/easy-ride-cycles>

<http://electricbikescotland.co.uk/ebs-cycle-centre/bike-hire/>

Cycle training for kids

Bikeability is today's government recognised cycle training programme.



There are 3 levels from the basics of balance and control, all the way to planning and making independent journeys on busier roads. Bikeability is being rolled out across Dundee schools aimed at later primary classes, providing the skills and confidence for all kinds of cycling.

More cycling, more fun

Dundee has a range of purpose built cycle sport facilities. There is a BMX park, a velodrome and a Mountain Bike Skills Trail. BMX riders are welcome at the large skate park in Dudhope Park and smaller skate parks in South Road Park and Finlathen Park. The velodrome is a 400m oval, the largest in Scotland and the only velodrome outside Edinburgh and Glasgow. It has recently been given an overhaul and is managed as part of the Caird Park Sports Hub.

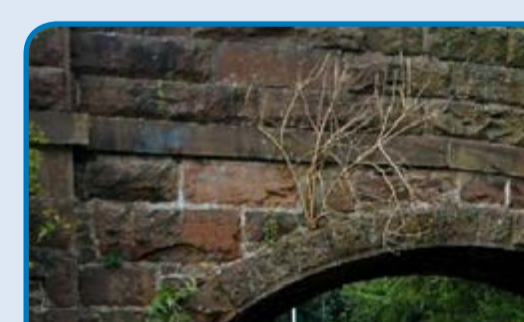
The Templeton Tangle is our skills trail for mountain bikers. It features a range of Technical Trail Features, including berms, drop-offs and table tops. There is over a kilometre of purpose built fun trail free to use to practice skills before tackling the natural single track paths of the woods.

Develop your cycle skills by joining up with a cycle club or get some professional coaching. Ancrum Outdoor Centre offer training for leading leisure rides on road or

and 20mph in some of our residential areas. Lower traffic speeds help keep out streets safer, and more appealing for walking and cycling. As you cycle around Dundee, you will also come across Advanced Stop Lines at many traffic lights. These are designed to let cyclists to the front of the queue to make you more visible to motorists. These simple lines of paint are proven to help reduce accidents.

Put something back into local cycling

Already enjoying your riding in Dundee, why not put something back? You can volunteer to help with the Cycling Forum, join the Sustrans Network Volunteers, become a cycling champion at your place of work or help run one of the cycling clubs. There are courses available to help develop leadership or coaching skills. Look out for volunteer sessions looking after our trails.



Mountain bike route cards
Dundee has a network of mountain bike trails across their parks and woodlands. Most can be connected together via Dundee's Green Circular cycle friendly route. There are 7 mini MTB trails in total and they range from between 1.5km and 3km in length. The cards give information on difficulty and challenges of each route. More information at: www.dundeecity.gov.uk/outaccess/biketrails

Cycling clubs

Dundee has well established cycling club, some organise serious competitions and long day rides, others social and leisure rides or coaching for novice cyclists or children. New members are always welcome. There is something for all ages and abilities. More information at: www.dundeecycling.co.uk

Safer streets

This edition of the Dundee Cycle Map includes streets which are signed as 10mph, 15mph or 20mph. 10mph is the limit in our parks, 15mph around Dundee University

DUNDEE CYCLE MAP

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This map was produced as part of the Dundee Travel Active initiative, which aims to encourage sustainable travel choices. For more information and for your own personalised walking and cycling route planner, real-time bus updates and for further information about travel in Dundee visit www.dundeetravelinfo.com