

Cycling



Cycling in Sutton

Cycling in Sutton offers a convenient, healthy and affordable way to travel while being environmentally friendly. Ideal for shorter journeys, cycling can often get you from door to door faster than cars or buses. Sutton boasts an extensive network of signed cycle routes that include quieter roads, traffic-free paths, parks and routes along the river Wandle.

www.sutton.gov.uk/cycling

TfL Cycle Sundays

TfL Cycle Sundays aims to encourage Londoners to try cycling on Sundays. Developed in collaboration with British Cycling, Cycle Sisters, Joyriders, London Cycling Campaign, Sustrans, and Wheels for Wellbeing, TfL Cycle Sundays offers beginner-friendly cycle routes, cycling discounts, and training.

A full list of routes is available on the TfL Cycle Sundays website:

www.tfl.gov.uk/modes/cycling/cycle-sundays

Sustrans

Sustrans works with communities to promote walking, wheeling and cycling. Their aim is to create healthier places and happier people. Sustrans help communities thrive by encouraging active travel and improving local environments.

www.sustrans.org.uk/about-us/

Cycling UK

Cycling UK promotes cycling across the UK by supporting all levels of cyclists and providing resources, events, and training to boost participation in the sport and recreational activity.

www.britishcycling.org.uk/

Women on Wheels

Join Women on Wheels, a women-only cycle ride led by qualified cycling instructors from Sutton Council. The cycle takes place on quiet roads at a relaxed pace on the second Sunday of each month (excluding December). Join the ride at 10am outside the Honeywood Tearooms & Museum, Honeywood Walk, Carshalton, SM5 3NX.

For registration and pre-booking details, visit:

www.sutton.gov.uk/w/local-rides-and-cycling-groups



London Cycling Campaign (LCC)

The London Cycling Campaign (LCC) is a membership-based charity dedicated to making cycling safer and more enjoyable across the city. LCC advocates for improved cycling infrastructure and promotes cycling as a sustainable, accessible mode of transport for all Londoners. Through campaigns and community initiatives, they work to create a city where cycling is a safe, convenient, and enjoyable option for everyone.

For more information, visit: www.lcc.org.uk



Inclusive Cycling

Wheels for Wellbeing exists to enhance Disabled people's lives by ensuring that anyone can access the physical, emotional, practical and social benefits of cycling.

Find out more: www.wheelsforwellbeing.org.uk/

Wheels4MeLondon currently provides free cycle loans for Disabled people in London. It is an initiative developed by Wheels for Wellbeing, in collaboration with Peddle My Wheels and Sustrans and funded by the Motability Foundation.

www.wheelsforwellbeing.org.uk/wheels-4-me-london

In Sutton, inclusive cycling David Weir Leisure Centre athletics track sessions are offered by Eco Local at the David Weir Track:

www.ecolocal.org.uk/ecolocal-cycling/cycling/adult-inclusive-cycling-sessions/

Walking

Walking Action Plan

The Walking Action Plan outlines efforts to collaborate with boroughs, Business Improvement Districts, businesses, the police, schools, community and residents' groups, and other stakeholders to eliminate barriers to walking. The goal is to make walking the easiest and most attractive option for short trips in London.



Main Areas of Action:



- **Build and Manage Streets Where People Walk:**
Developing and maintaining pedestrian-friendly streets.
- **Plan and Design for Walking:**
Creating infrastructure that prioritises walking.
- **Integrate Walking with Public Transport:**
Ensuring seamless connectivity between walking routes and public transport.
- **Lead a Culture Change:**
Promoting a walking-friendly culture through education and advocacy.

The Walking Action Plan complements other policies in the Mayor's Transport Strategy, such as Vision Zero for London.

Living Streets

Living Streets is a UK charity focused on making walking the natural choice for daily journeys by improving walking environments and encouraging more people to walk. Their mission advances one step at a time:

www.livingstreets.org.uk/about-us/

Walking Routes in London



The TfL Walking Routes are designed for easy access via public transport, these routes can be walked in sections, allowing for flexibility in distance. Whether feeding ducks, taking a lunchtime stroll, or embarking on an energetic Sunday Walk, these quality walking routes cater to everyone.

www.tfl.gov.uk/modes/walking/top-walking-routes

Ramblers

Ramblers focus on preserving and improving paths, tracks, and trails across England, Scotland, and Wales. The organisation campaigns to keep the countryside open to all, advocating for the interests of walkers and working to remove barriers to walking.

www.ramblers.org.uk/

NHS Get Active

The NHS Better Health - Get Active initiative emphasises the benefits of physical activity for both body and mind.

www.nhs.uk/better-health/get-active/

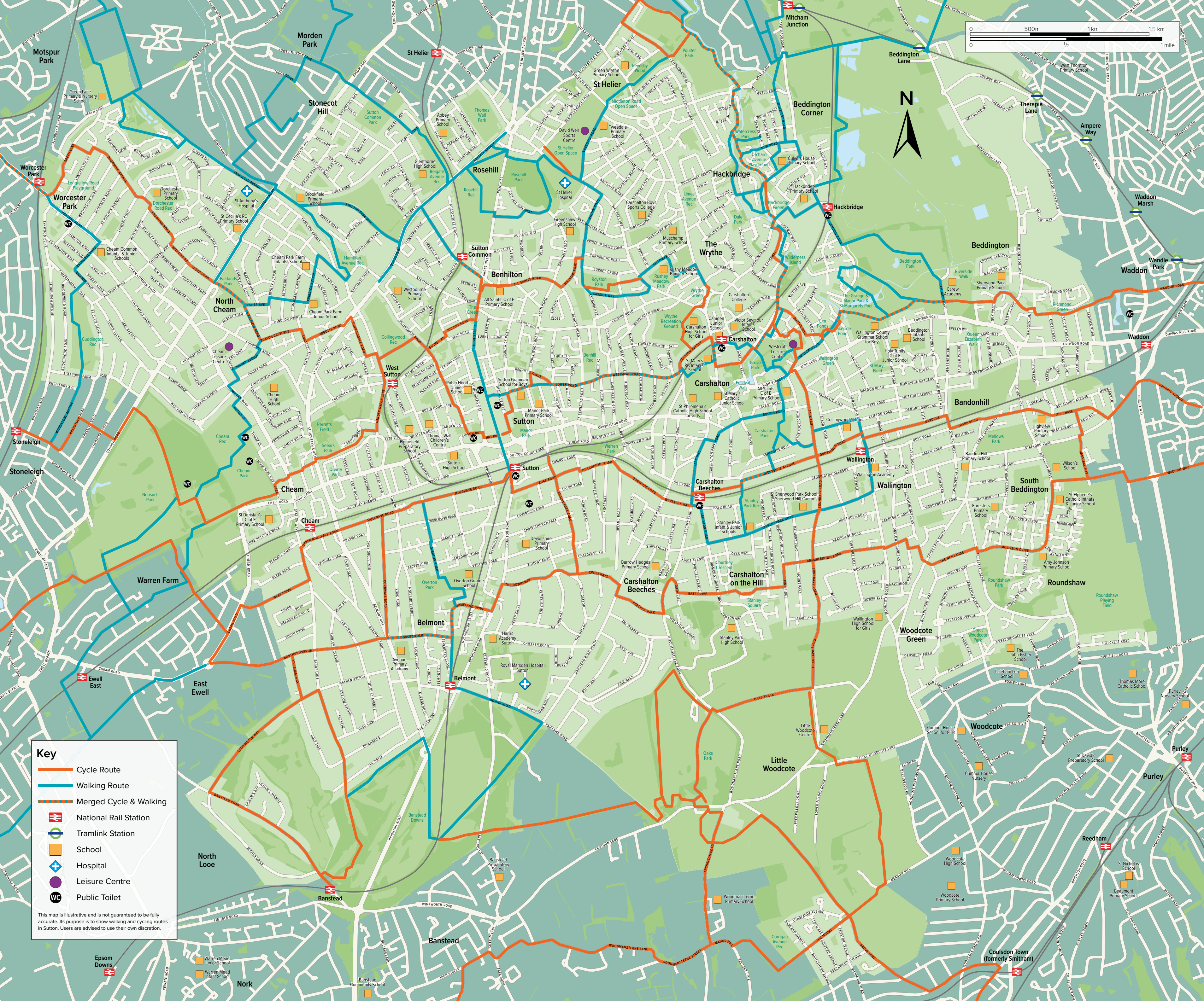


Sutton walking & cycling guide



Safe walking and cycling routes across the Borough





Key

- Cycle Route
- Walking Route
- Merged Cycle & Walking
- National Rail Station
- Tramlink Station
- School
- Hospital
- Leisure Centre
- Public Toilet

This map is illustrative and is not guaranteed to be fully accurate. Its purpose is to show walking and cycling routes in Sutton. Users are advised to use their own discretion.

