

Walking & cycling in Hartlepool



let's GO tees valley Your journey, your way



Reasons to cycle

- Cycling can save you money.
● Cycling improves your strength, stamina and aerobic fitness with little risk of over-exertion.
● At 10-20mph door to door, it is the fastest travel mode in urban peak hours.
● According to the British Medical Association (BMA), cycling five miles four times a week can cut risks of coronary heart disease by up to half.
● Regular activity also reduces chances of strokes, colon cancers and osteoporosis.
● Riding your bike to work is a great way to make two aerobic workouts part of your daily routine.
● Cycling produces no atmospheric pollution and virtually no noise.
● Cycle instead of going by car and you'll help cut congestion.
● Around three quarters of all journeys made in the UK are less than 5 miles. Many of these journeys could be made by bicycle.



Cycling advice

- Advice for riding on-road
● You must follow the Highway Code.
● Be aware of what is happening 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.
● At night you must have at least one white front light and one red rear light.
● Consider the weather conditions; just like driving, different riding skills will be needed.

- Advice for riding off-road
● There are many off-road areas classified for use by cyclists. Some of these areas may also be designated for use by pedestrians and horse riders such as public and permissive bridleways.
● 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.
● Be aware of the needs of others, especially those with more limited mobility, such as the mobility impaired, very young children and infirm or elderly people.

Let's Go Tees Valley

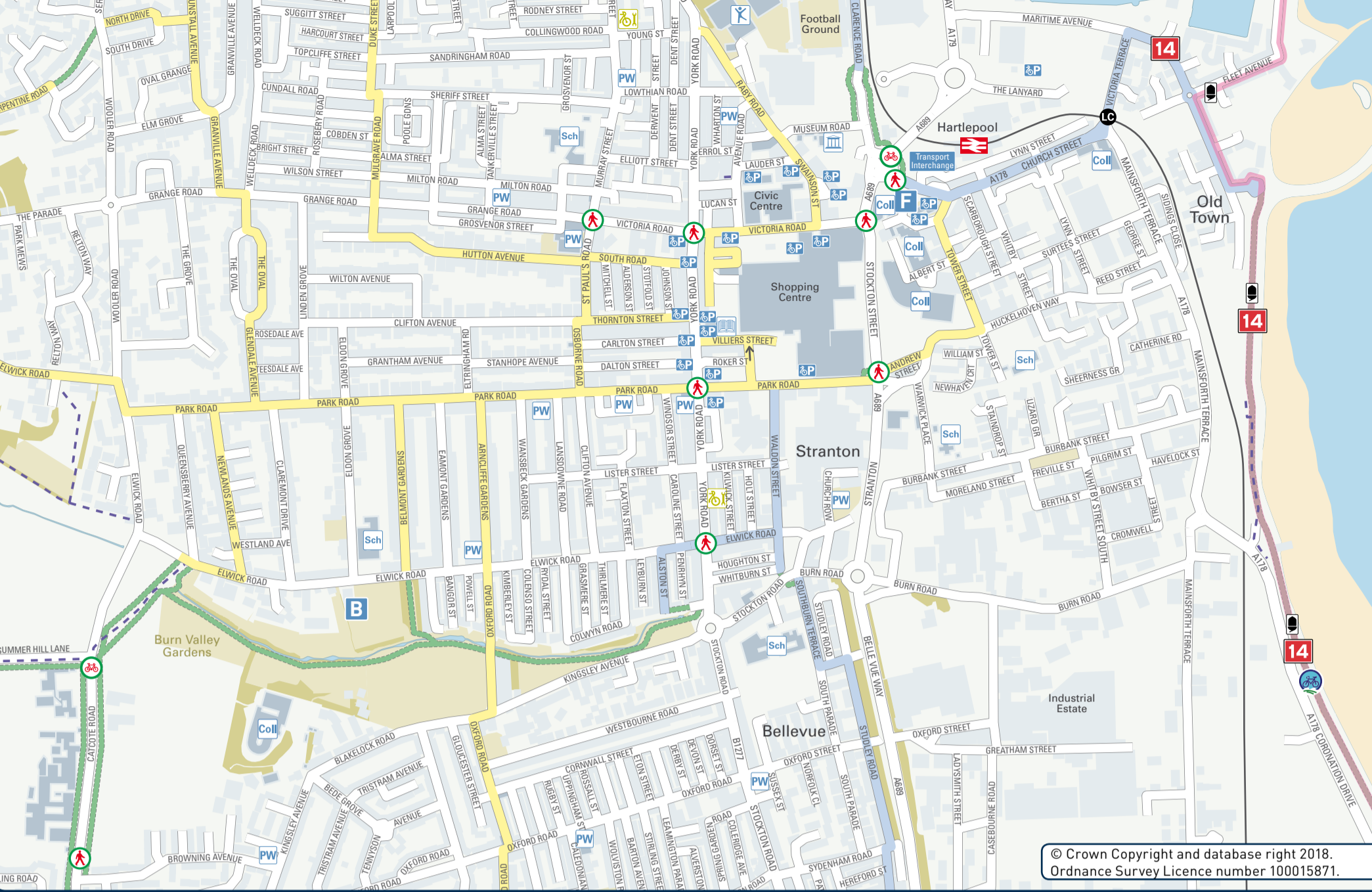
Let's Go Tees Valley wants to get people out of cars and into life. We work with the Hartlepool Borough Council's Active Travel Hub to encourage more people to walk, cycle, car share and use public transport...



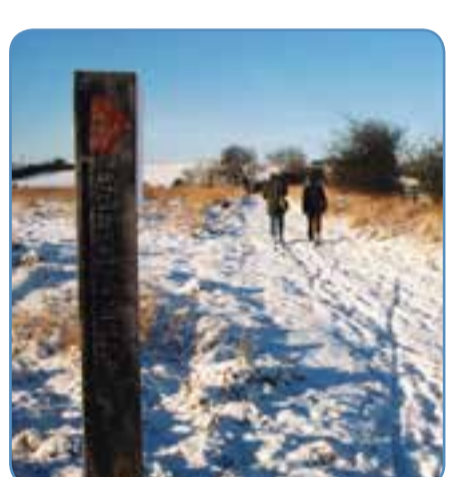
Visit our website www.letsgeteesvalley.co.uk for information on ways to travel, tips and resources.

Town centre key with icons for Advisory cycle route, Signed cycle route, Traffic-free cycle path, Footpath, England Coast Path National Trail, Railway / Station / Level crossing, National Cycle Network, Pelican / Toucan crossing, School / College, Place of worship, Leisure centre, Bike shop, Library, One way, Cycle parking, North Sea Cycle Route.

Town centre



Hartlepool Public Rights of Way and cycle routes



Public Rights of Way are paths we can use to explore our countryside. They offer vital links between town and country; create local circular walks and often form part of longer distance routes such as the England Coastal Path.

As well as being fun, both cycling and walking are great for your health. Choosing to walk or cycle for everyday travel is not only good for you but helps you save money too!

For information on greener, healthier and cheaper ways to travel in Hartlepool including cycle and walking maps, cycle training, and public transport information contact the Hartlepool Active Travel Hub...

Produced for Hartlepool Borough Council in partnership with: Stockton-on-Tees Borough Council, Durham County Council, @LetsGoTeesValley

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Reasons to walk

Regular walking has been proven to provide many health benefits, particularly if undertaken for five 30-minute sessions each week. There are both long- and short-term benefits to regular walking.

- Walking peps you up, gives you more energy and enthusiasm for your leisure when you finish work.
● Walking can help you live longer, protects you from heart disease, diabetes, cancer, osteoporosis and much more.
● Walking boosts your brain power, making you mentally sharper, refocuses your mind and improves your concentration.
● Walking can activate the happy hormone which makes you feel good, improves your mood and reduces stress.
● Walking can help prevent gaining weight, or help you to lose weight. You will build healthy lean muscle, lose inches of fat and pump up your metabolism.
● Walking need not require any special equipment, does not produce any additional polluting waste and the only fuel you'll need is a healthy meal.
● People in cars suffer three times as much pollution as pedestrians as they are sitting in the line of exhaust fumes from the car in front.
● Walking one mile in fifteen minutes burns about the same amount of calories as running a mile in 8.5 minutes.
● Doing 10,000 steps per day will contribute to the recommendation of moderate-intensity physical activity for at least 30 minutes on 5 or more days of the week.
● You can start slowly, build up gradually and do it anywhere and at any time.

Countryside Code

Respect - Protect - Enjoy

- Respect other people:
● Consider the local community and other people enjoying the outdoors
● Leave gates and property as you find them and follow paths unless wider access is available
● Protect the natural environment:
● Leave no trace of your visit and take your litter home
● Keep dogs under effective control
● Enjoy the outdoors:
● Plan ahead and be prepared
● Follow advice and local signs
NB. To check, please go to www.gov.uk/natural-england or www.gov.uk/government/publications/the-countryside-code

Common signs

Common road signs and markings that you may come across when cycling through the borough.

Sign icons and descriptions: No entry, No cycling, Motor vehicles prohibited, Route for use by pedal cycles only, Segregated route, Shared route for cyclists and pedestrians, With flow cycle lane.

Public & Permissive Rights of Way

Icons for Public Footpath, Public Bridleway, Public Byway (Byway open to all traffic), and Permissive Paths.



The above Public Rights of Way are all shown on the map overlaid

Contacts

- Hartlepool Borough Council: 1. Responsible for the management, maintenance, repair and improvement of the Public Rights of Way network.
Durham County Council: 1. Rights of Way
Stockton Borough Council: 1. Rights of Way
Let's Go Tees Valley: info@letsgeteesvalley.co.uk
Sustrans: Responsible for the construction and co-ordination of the National Cycle Network.
Ramblers Association: Registered charity which promotes rambling, protects rights of way, campaigns for access to open country and defends the countryside.

Places of interest

- A Ward Jackson Park K5: A Victorian park covering 17 acres.
B Burn Valley Gardens L6: Covering 21 acres, this linear park stretches from York Road to Catcote Road.
C Rossmere Park L8: Situated on the south side of the town, this park covers 10.5 acres.
D Seaton Park O8: This park covers 8.5 acres. Situated close to the seafront of Seaton Carew.

- E Summerhill Country Park K6: A 103.5 acre site for conservation and outdoor sports.
F Art Gallery & Tourist Information Centre M5: The Art Gallery is situated inside the renovated Christ Church building.
G St. Hilda's Church O4: Described as one of the most important churches in the north of England.

- H The National Museum Royal Navy Hartlepool M5: Enjoy the sights and sounds of an 18th century seaport.
I Headland History Trail O4: Around old Hartlepool a number of information points have been located giving aspects of the History of Hartlepool.

Key to symbols table with icons for Car parking, Picnic site, Countryside access, Children's play area, Trees, Seating, Events, Wild flowers, Forest Mobility Scheme, Toilet facilities, Leaflet available, School parties welcome, Orientation, Meetings & conferences, Archaeological site, Green Flag Award, Countryside Warden Service, BMX track.

Countryside sites

- A Hartlepool Headland O4: Steeped in history and much loved by bird watchers.
B Dalton Batts I7: Situated to the southeast of Dalton Piercy village.
C Greatham Creek & Satterton Wetlands M11 & M12: The Creek is now well known for being the most observable of Teesmouth's seal haul out sites.
D Spion Kop Cemetery Local Nature Reserve M3: This historic cemetery now supports species-rich dune grassland.

- E Hart Warren Dunes Local Nature Reserve & North Beach L1, L2 & M2: Situated south of Crimdon.
F Summerhill Country Park Local Nature Reserve K6: A 103.5 acre Countryside Park offering a unique blend of nature reserve.
G The Howls H6: This is one of Hartlepool's few areas of ancient woodland.
H Greatham Beck Local Nature Reserve K9: A lovely wildlife corridor running along the western edge of the Fens Estate.

- I Seaton Common Local Nature Reserve O9: The Common is home to vast numbers of resident and migratory wading birds.
J Seaton Dunes Local Nature Reserve P9: One of the largest dune systems between Lindsifarne and the Humber.
K Hart to Haswell Walkway Local Nature Reserve J1 & K1: This historic disused railway line extends north westwards from Hart Station.
L Teesmouth National Nature Reserve & Seal Sands O10 & N12: Covers 3.5 square kilometres.