

Welcome to the



Family Cycle Map

Epsom & Ewell Borough Council (EEBC) has designed a family cycle map to highlight open spaces suitable for families and recreational cyclists to visit and enjoy.

Cycling is a great way to keep active and can help you get out and about in the fresh air and have fun as a family.

The cycle map not only promotes the areas of natural beauty to explore, but also promotes the opportunity to take part in the annual Round the Borough bike event. Why not make a day of it by visiting the surrounding cafes, pubs or restaurants, as well as some of the historic sites the areas have to offer.

The open spaces included in our Epsom & Ewell Family Cycle Map are:

-  **Nonsuch Park**
-  **Hogsmill Local Nature Reserve**
-  **Horton Country Park Local Nature Reserve**
-  **Epsom Common Local Nature Reserve**
-  **Epsom and Walton Downs.**

Why not visit...

Nonsuch Park

Your chance to visit the Borough's most historic park that was once the home of our Tudor Kings and Queens. Don't forget to visit the Mansion House with its cafe, gardens and museum.



Hogsmill Local Nature Reserve

Take a journey alongside the Hogsmill River as it meanders its way to the Thames at Kingston. Look out for the electric blues of the Kingfisher and along the way why not visit Ewell Court Cafe for some well-earned refreshments.



Horton Country Park Local Nature Reserve

Explore a rolling rural landscape of meadows, ancient woods, hedgerows, streams and ponds, constantly changing with the seasons.



Epsom Common Local Nature Reserve

Experience the sights and sounds of Epsom's wilderness, a haven for wildlife of national importance and the original source of Epsom Salts!




Epsom and Walton Downs

Your chance to explore the world famous home of the Derby horse race with stunning views across London and the surrounding countryside.



Alternative Parks to Visit...

The Borough of Epsom & Ewell is very fortunate in having large areas of countryside and a number of parks for residents to enjoy. After enjoying one of the key five areas identified on the map, why not take the opportunity to visit one of our parks.

On the right is a list of parks that offer play equipment with some focused on older children (8-13 year olds). The latter are indicated by 

Alexandra Recreation Ground

Alexandra Road, Epsom

Auriol Park

Salisbury Road, Worcester Park

Chessington Road Recreation Ground

Chessington Road, West Ewell

Court Recreation Ground

Pound Lane, Epsom

Gibraltar Recreation Ground

West Street, Ewell

Long Grove Park

Long Grove Road, Epsom

Poole Road Recreation Ground

Poole Road, West Ewell

Rosebery Park

Ashley Road, Epsom

Warren Recreation Ground

Access via Beaconsfield Road, Langley Vale

Family Cycle Map



March 2015

Cycling Safety & Security Tips











Cycling Code of Conduct



Whilst visiting the open spaces included in our map you will come into contact with other users, such as: horse riders, walkers, runners, dog walkers and other cyclists/cycling groups. The Council encourages and promotes safe and responsible cycling and hopes that all park users are polite and courteous at all times.

Below are some helpful tips on how to make sure everyone enjoys the open spaces together:

-  Cycle slowly when passing any other users, especially older people, those with young children, dogs and horses
-  On shared paths give way to pedestrians, wheelchair users and horse riders and leave plenty of room for them to pass
-  When on Epsom & Ewell Downs, please dismount when racehorses are approaching and wait until they have passed before proceeding
-  Be ready to dismount your bike if the route is too busy to cycle safely
-  Try to cycle in a single file and make sure fellow cyclists are aware of your approach when passing
-  Be courteous and acknowledge those who give way to you
-  Avoid changing direction suddenly without first checking that it is safe to do so
-  Be aware of your speed
- **Be seen, be heard, be safe**



Surrey Wheels for All

Surrey Wheels for All is part of a national programme, run by the charity Cycling Projects, that helps to remove barriers to cycling for all and especially for children and adults with disabilities. Sessions include a wide range of cycles from trikes, side-by-side tandems for those who want to ride together, as well as hand-cycles and wheelchair bikes, making cycling an option for people who may find other forms of physical activity difficult.

For more information about the regular sessions being held at the Harrier Centre, King George's Recreational Ground, Poole Road, West Ewell, KT19 9RY

Please contact:
Surrey WFA Co-ordinator: Matthew Wing
Email: Matthew.wing@cycling.org.uk
Tel: 077907 57216

Events

-  **Round the Borough Bike event (May)** and
-  **Round the Borough Hike event (September)**

A 20 mile round the Borough looped off-road route. For more details and to register please visit:
www.epsom-ewell.gov.uk/roundtheboroughhikeandbike

Epsom & Ewell Health Walks:
To view the latest Health Walk programme and location maps, visit:
www.epsomandewellhealthwalks.org.uk

Epsom & Ewell Cycle Shops

Fudges Cycles: 01372 744116
Halfords: 01372 727070
Pound Lane Cycles: 01372 720379

Road Signs



Route to be used by bicycles only



Segregated bicycle and pedestrian route



Route for bicycles forming part of a network



Recommended route for bicycles



Unsegregated cycle and pedestrian route



No cycling



Route recommended for bicycles which differs from that for other traffic



End of cycle lane, track or route

Helpful Sites and Contacts



Leisure Developments Team, Epsom & Ewell Borough Council, Town Hall, The Parade, Epsom, Surrey KT18 5BY. Call 01372 732000 or email leisuredevelopments@epsom-ewell.gov.uk



Why not visit our Leisure Listings to find cycling clubs and other leisure activities near you
www.epsom-ewell.gov.uk/leisurelistings



For County cycling information and maps contact Surrey County Council on 03456 009 009 or visit www.surreycc.gov.uk/cycling



For local cycling information contact Epsom & Ewell Cycling Action Group epsomcyclists@gmail.com or visit www.sites.google.com/site/epsomcyclists



For advice on bike security contact Surrey Police on 101 or visit www.surrey.police.uk



A number of online journey planners exist to help cyclists plan their journeys. Try www.cyclestreets.net to see if it helps you.

An outstanding feature of the Borough of Epsom & Ewell is the extent of its areas of open space. This cycle map has been developed to help you and your family discover some of the beautiful areas the Borough has to offer. Specifically, there are five sites highlighted for you, your family and friends to explore on your bikes as well as following the annual Hike & Bike event route.

surfaced pathways over a hilly terrain, some steep

Look out for these signs
along the

**Round the
Borough Bike
Event Route**



**Round The Borough
Hike & Bike**




 

Tel 01372 732000

Epsom Common Local Nature Reserve

surfaced pathways over a relatively flat terrain, with small rolling hills

-  Route signed for cyclists. May be on a busy road
-  Route on quieter roads recommended for cyclists
-  Route for cyclists separate from traffic. Usually shared with pedestrians
-  Off-road routes: reasonably comfortable to cycle any time of year, without the need for a mountain bike
-  Off-road routes: where it is comfortable to cycle in fine summer weather, but needs a mountain bike at other times
-  Off-road routes: purpose built off-road bike recommended at any time of year
-  Round the Borough Bike Event Route
-  Pedestrian link that avoids traffic

	Borough Boundary
	Footpath
	Bridleway
	Railway and station
	Car Park
	Hospital
	Emergency Services
	School
	Recreation Ground
	Toilets
	Refreshments
	Public House