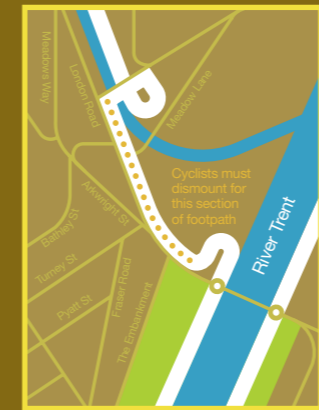


The Big Track Map

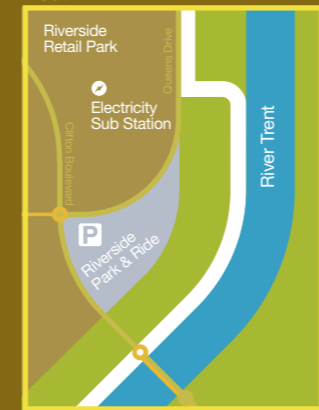


The Big Track insets




Inset 1



Inset 2



The Big Track Key

-  The Big Track
-  Waterway
-  Green Area
-  Main Road
-  Cycle Path
-  Cycle Path with access point
-  Bridge
-  Mile Marker
-  Train Station
-  Parking

Find out more:

The Big Wheel

www.thebigwheel.org.uk

Health

www.getmovingnottingham.gov.uk

British Heart Foundation

www.bhf.org.uk

www.bhactive.org.uk

Cycling

www.sustrans.org.uk

www.ctc.org.uk

www.bikeforall.net

www.pedals.org.uk

www.bottombracket.co.uk

www.ridewise.org.uk

www.britishwaterways.co.uk

- to download a free cycle permit for canal towpaths

Walking

Nottingham City Best Foot Forward

christine.adams@nottinghamcity-pct.nhs.uk

www.whi.org.uk

www.walkingabout.com

Nature

www.wildlifetrust.org.uk/nottinghamshire

www.attenboroughnaturecentre.co.uk

For Beeston cycle map or County cycling enquiries
email urban.cycling@nottsc.gov.uk, phone 0845 330 4256

For cycle maps of Nottingham please contact Steve Brewer at Nottingham City Council on 0115 915 6596





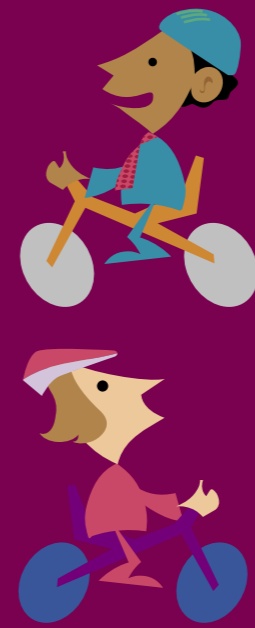
The Big Track

The Big Track nottingham's waterside car free route


the big wheel
 turning transport around
www.thebigwheel.org.uk

Why cycle?

Because regular cyclists stay younger longer, their fitness levels are ten years below their actual age. Because you boost your aerobic fitness by 17% in just six weeks by cycling four miles a day. That will take you less than half an hour. Because there are 260 miles of cycle routes in the city. Because, unlike a car, you aren't giving off any greenhouse gases, just a big warm glow to the world. Because you're in good company. There are a billion other bicycles in the world, twice the amount of cars. Because your body is going to look better. Yes it is. We promise you.




 The Big Track

Why walk?

Because walking for 20 minutes uses as much energy as 17 minutes weight training. And it's much, much more fun than pumping iron. Because it's better for your lungs, if you're sitting in a car you're breathing in up to three times as much pollution as pedestrians. Because it's going to make you happier. It is, honest. Doctors say that walking actually reduces stress levels. Because you might meet someone you know, or someone you'd like to get to know. Nearly a quarter of all journeys are on foot, so there are a lot of people to bump in to. Because it's simple. Open your door, step out, and off you go. There's a great big open air gym out there. And you won't pay a penny to use it.




 The Big Track