

# WHY CYCLE?

Cycling is fun, healthy, cheap and in many cases the quickest option. Keep yourself safe by following a few simple rules. This leaflet contains lots of advice and information on cycling in South Ayrshire.

You can also find out more at-  
<http://www.south-ayrshire.gov.uk/leisure/walking-cycling/>  
 Or have your say at the South Ayrshire Cycle Blog  
<http://ayrshireriding.blogspot.com/>

## BENEFITS

Cycling offers a great opportunity to exercise, whether cycling for leisure or commuting, and in turn has some great benefits.

- Improved health
- Reduces Congestion and pollution
- May save you money
- Can reduce stress levels
- Assists you to manage your weight.

# SHARING THE ROAD

## THINK OF OTHERS

### Never cycle on the pavement

Unless it is a designated cycle lane or shared route, it is against the law to cycle on the pavement. You should walk alongside your bike.

### Use your bell

New bikes have a bell, use it to warn others of your presence.

### Subways, walkways and footbridges

Again you should alight from your bike and walk alongside your bike unless there are signs allowing cycling.

## BUSES

Cycles share the same road space with many road users, South Ayrshire has some designated bus and cycle lanes.

### Designated Bus and Cycle Lanes

Road markings and signs will indicate if lanes are designated for cycle use.

### Priority in Lanes

Buses have priority, if a bus needs to move out, cyclists should give way if it is safe to do so.

### Blind Spots

Assume that you have not been seen.

### Bus Stops

Buses may overtake you and then stop in front of you at a nearby bus stop, when it may not be safe for it to do so. Always be aware.

## YOUR BIKE...

Should be roadworthy and in good condition. Consider:-

### Seat Height

You should be able to touch the ground with the balls of your feet.

### Bike Maintenance

Regularly check your bike for any maintenance faults such as loose nuts and bolts.

### Brakes

Always test your brakes before setting off on any journey.

### Lights and Reflectors

Your bike must have a rear facing reflector. And if cycling in the dark you must also have front and rear lights and reflectors on the pedals.

### Tyre maintenance

Check your tyres are correctly inflated, in good condition with sufficient tread.

## CYCLING IN THE DARK

The highway code states the legal stance on cycle lighting in hours of darkness.

- At night your cycle **MUST** have white front and red rear lights lit.
- It **MUST** also be fitted with a red rear reflector (and amber pedal reflectors, if manufactured after 1/10/85). However as a cyclist you can do more to keep yourself safe and be seen. Have you thought about clothing?
- A cycle helmet which conforms to current regulations, is the correct size and securely fastened.
- Avoid clothes which may get tangled in the chain, or in a wheel or may obscure your lights.
- Light-coloured or fluorescent clothing which helps other road users to see you in daylight and poor light.

# GAINING CONFIDENCE

Whether you are a seasoned cyclist, a complete novice or maybe just not ridden a bike for a while, it's important to practice your skills.

### Read the Highway Code

Familiarise yourself with the rules especially for cyclists.

### Practice in a quiet location

Find a quiet location such as an empty car park to practice

### Try off-road cycle routes

Get used to your bike and take advantage of the traffic free off-road cycle routes South Ayrshire has to offer.

### Training Courses

Cycling Scotland run a number of cycle training courses, further information can be found on their website:

[www.cyclingscotland.org](http://www.cyclingscotland.org)

## CYCLING TIPS

### Look behind you

Always look behind before making a manoeuvre, particularly when turning right.

### Signal clearly

Be sure other road users know your intentions before you manoeuvre make clear hand signals.

## BASIC CYCLE MAINTENANCE

Like any machine, a bicycle will work better and last longer if it is properly maintained. By keeping your bike clean and carrying out certain simple maintenance jobs on a regular basis you can avoid expensive repairs and increase the pleasure of your cycling into the bargain.

### Do it yourself!

It is advisable to take your bike to an experienced mechanic once a year for a thorough service. However, with a little investment in tools and time, the majority of repair and maintenance jobs can be carried out at home.

### What you will need

There is a range of bicycle tools available, but all you need to start with are screwdrivers, allen keys, spanners, a pump, tyre levers, cleaning rags, lubricants and a puncture repair kit.



# LOCAL ATTRACTIONS

PLEASE REFER TO MAP FOR KEY DETAILS.

## 1 BELLEISLE ESTATE AND GARDENS

The estate has at its heart a beautiful 18th century house. It is set within a typical estate landscape of woods. An estate synonymous with golf featuring an 18-hole golf course designed by Mr James Braid who is known for his work at Gleneagles. A short diversion off the NCN or just off the Ayr local cycle network.

## 2 ROZELLE HOUSE GALLERIES AND GARDENS

Set in its own grounds the 18th century house hosts many arts and craft exhibitions, with a tearoom for refreshments. Situated on Monument Road on the Ayr local cycle network.

### Don't run lights

It is unsafe and illegal to do so.

### Watch the road ahead

Look ahead for any hazards on the road such as debris, grids or potholes and gently steer around them. Avoid swerving erratically to go around them.

### When traffic is stationary

Try to overtake rather than undertake, you are much more visible to other road users that way.

### Wear a helmet

Helmets offer protection to your head during any falls.

### Do not use mobiles or music systems

You need to be able to hear what is happening around you and be fully concentrated on your actions.

### Keep a safe distance from other vehicles

Other road users might not see you if you travel too closely behind them.

### Cycle approximately 1 metre from the kerb

This helps avoid obstacles and make you more visible to other road users.

### Cycling in numbers

It is recommended that you cycle in single file and never cycle with more than two bikes side by side.

## 3 HEADS OF AYR FARM PARK

The largest variety of animals on collection in Ayrshire with indoor and outdoor play areas. Lying just off Dunure Road, Ayr, it is easily accessible from the NCN, Ayr Loop and the National By-way.

Visit: [www.headsofayrfarmpark.co.uk](http://www.headsofayrfarmpark.co.uk), for more information and current opening times.

## 4 ROBERT BURNS BIRTHPLACE MUSEUM

Set among 10 acres of the poet's cherished Alloway countryside, the museum comprises the famous Burns Cottage where the poet was born, the historic landmarks where he set his greatest work, the elegant monument and gardens created in his honour and a modern museum housing the world's most important collection of his life and works. Alloway is just off Monument Road, a short diversion off the Alloway to Burton route.

## 5 BLAIRQUHAN

This regency castle situated near Maybole makes a unique location for visitors.

Visit: [www.blairquhan.co.uk](http://www.blairquhan.co.uk), for more information and current opening times.

# CYCLING IN SOUTH AYRSHIRE

## 6 CROSSRAGUEL ABBEY AND MAYBOLE - CAPITAL OF CARRICK

The remains of the 13th century church, chapter house and domestic premises founded by the then Earl of Carrick. Situated at Maybole, the abbey is a short deviation from the NCN and Ayr loop pass through Maybole.

Visit: [www.historic-scotland.gov.uk](http://www.historic-scotland.gov.uk), for more information and current opening times.

## 7 CULZEAN CASTLE & COUNTRY PARK

Set in its own grounds the 18th century house hosts many arts and craft exhibitions, with a tearoom for refreshments. Situated off the A719, it is a detour from the NCN at Maybole.

Visit: [www.culzeanexperience.org](http://www.culzeanexperience.org), for more information, events and current opening times.

# CYCLE ROAD SIGNS



Cycles Only



No Cycling



Separate Cycle And Pedestrians



Shared With Pedestrians



This sign means there is a cycle lane.



This sign means this is a recommended route for pedal cycles.



This sign informs us this is a route for pedal cycles forming part of the National Cycle Network.



This sign informs us that the route is part of the National Byway.



Cycle Route Ahead

INDEPENDENT CYCLE HIRE/RETAILERS IN SOUTH AYRSHIRE

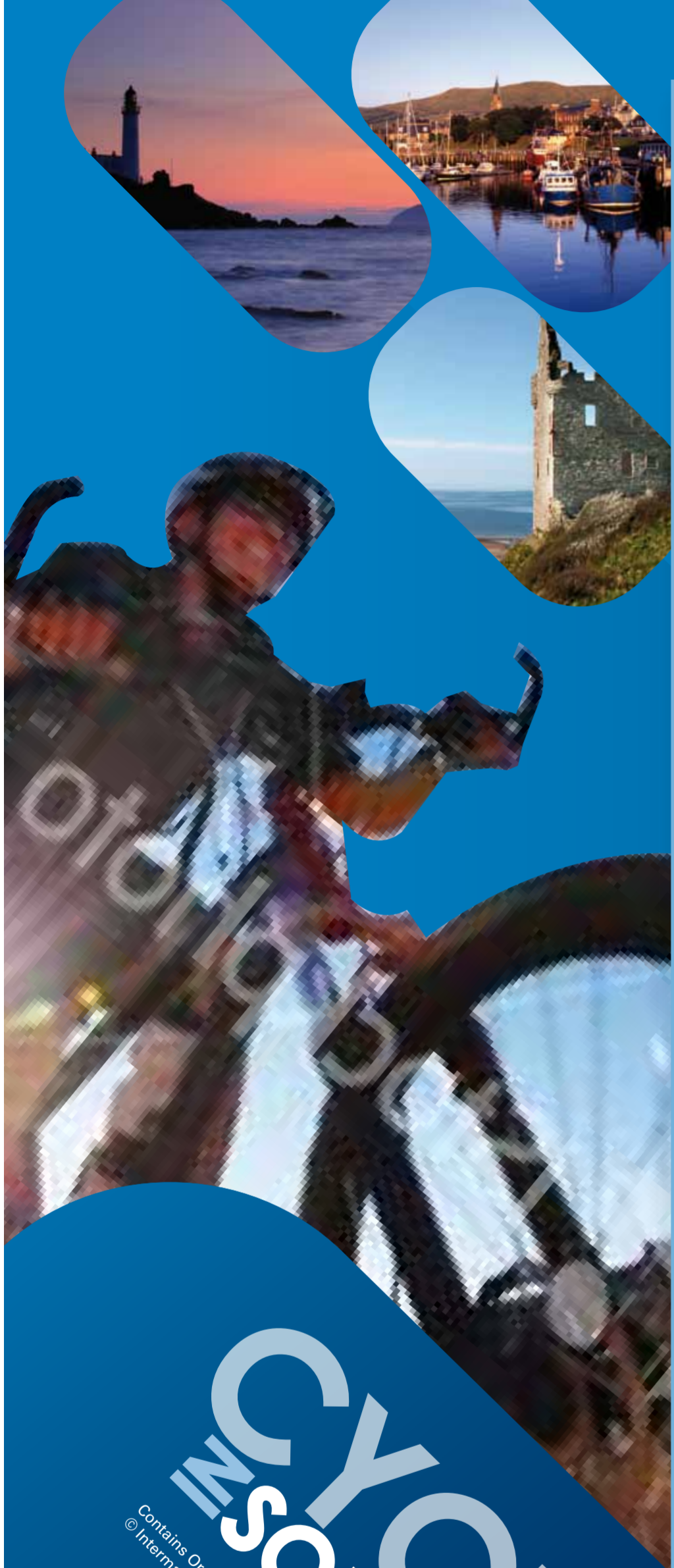
- ACS CYCLES, 55 DALBUAIR RD., AYR O1292 287580
- AYRSHIRE MOTOR PART LTD., 121A HENRIETTA ST, CARRIVAN O1445 713410
- CARRICK CYCLES, 87 MAIN ST, AYR O1292 246892
- LEISURE PLUS, 82 TOTTENHAM STREET, TROON O1292 316455

N.B. - The above does not amount to an endorsement of any related business or the services/ goods it may offer but is for information only.



## USEFUL SOURCES AND LINKS

- SUSTAINABLE TRAVEL CHARITY  
[www.sustrans.org.uk](http://www.sustrans.org.uk)
- NATIONAL CYCLING PROMOTION AGENCY FOR SCOTLAND  
[www.cyclingscotland.org](http://www.cyclingscotland.org)
- CYCLE JOURNEY PLANNER  
[www.cyclestreets.net](http://www.cyclestreets.net)
- SOUTH AYRSHIRE WEBSITE  
[www.south-ayrshire.gov.uk](http://www.south-ayrshire.gov.uk)
- SMART PHONE/ANDROID APPLICATION ADDRESS  
<http://gis.south-ayrshire.gov.uk/mobile/cycling.htm>
- THE CARRICK WAY  
[www.girvan-online.net](http://www.girvan-online.net) <<http://www.girvan-online.net>>
- VISIT AYRSHIRE  
[www.visitayrshire.co.uk](http://www.visitayrshire.co.uk)  
 <<http://www.comebacktoayrshire.com/>>



**A** TROON



**C** MAYBOLE



**D** GIRVAN



**B** AYR & PRESTWICK



- Motorway
- Primary Route
- A Road
- B Road
- Minor or other road
- Long Distance Footpath
- Railway
- Station
- Cycle Retailers
- Alloway Burton Cycle Route
- Ayr Auchincruive Cycle Route
- Barr - Loch Doon Cycle Route (Off-road)
- Local Cycle Routes
- National Cycle Route 7  
N.B Elements of NCN 7 may not be suitable for young or novice cyclists
- The National Byway

Look out for cycle signs shown overlaid to join the cycle routes



**CYCLING**  
**SOUTH AYRSHIRE**

Contains Ordnance Survey data © Crown copyright and database right 2010.  
© Intermap Technologies Inc. All rights reserved. DAYR200 2010.