

The China Cycle Trail

Burslem, Hanley and Etruria



Sustrans and the National Cycle Network

This featured route in Stoke-on-Trent forms part of the National Cycle Network, more than 14,000 miles of traffic-free paths, quiet lanes and on-road walking and cycling routes around the UK.

The Network is coordinated by Sustrans, the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. Our work makes it possible for people to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in. Make your move and support Sustrans today.

To make a donation visit **www.sustrans.org.uk** or call 0845 838 0651.



National Routes 555, 55 and 5 pass through Stoke-on-Trent along mainly traffic-free paths and canal towpaths.

To find out about walking and cycling routes in your area visit **www.sustrans.org.uk/map** or call 0845 113 0065.





The China Cycle Trail

The China Cycle Trail celebrates the "China" anniversary of the National Cycle Network in 2015. This delightful scenic route is mainly on traffic-free national cycle routes that link an amazing cluster of "China" attractions.



There are famous name potteries with factory tours, shops and cosy cafés. Also on the route are fascinating museums and poignant reminders of this area's rich ceramic heritage.

Ride your own bike or hire one from Brompton Bike Hire at Stoke Station (£1 annual membership + £5 per day) www.bromptonbikehire.com

Sustrans Online Mapping

Search more than 14,000 miles of the National Cycle Network on the Sustrans online mapping. On the mapping you can also find:

- Bike shops
- Places of interest
- Places to eat and drink
- Accommodation

Visit www.sustrans.org.uk/map

You'll find lots more information about cycling in and around Stoke-on-Trent on the cycling pages at **www.stoke.gov.uk** and

www.staffordshire.gov.uk/





Reasons to walk

- Walking is good for your heart and lungs, and is great for strengthening your muscles, bones and joints
- Walking helps improve your mood and boosts self-esteem
- Walking burns as many calories as jogging over the same distance

Reasons to cycle

- Cycling is perfect for travelling short distances in urban areas
- Cyclists are as fit as someone 10 years younger
- A 20-minute bike ride to work could use the same amount of calories as a cappuccino, a bar of chocolate or a 175ml glass of wine



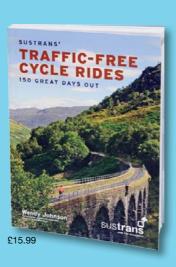
Our official guidebook brings together 150 of the UK's finest trafficfree walking and cycling routes in celebration of 20 years of the National Cycle Network.

Offering a unique glimpse into the UK's remarkable landscapes, history, culture and architecture;

the rides range from the wild and ethereal mountain tracks of Snowdonia, to fairy tale woodland trails through the Forest of Dean, and elegant city centre paths linking London's Royal Parks and palaces. The majority of routes are entirely traffic-free, but some involve short sections on quiet roads, or safe places to cross main roads where necessary.

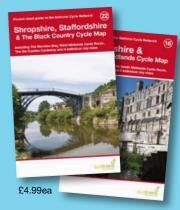
Inspiring and informative, this is a comprehensive guide to traffic-free cycling and a fitting tribute to the National Cycle Network on its 20th anniversary, with a foreword from Olympic gold medallist Joanna Rowsell MBE.

Visit **www.sustrans.org.uk/shop** for a great range of cycle maps, guidebooks, and a variety of cycling merchandise.





Other Cycle Maps



Sustrans produce pocket sized cycle maps of the National Cycle Network. They include the Midlands which shows the routes around Stoke-on-Trent.

All sales directly benefit Sustrans' work and help to maintain and develop the National Cycle Network.