



Why not 'get on yer  
bike' and have fun on  
the towpath?  
Find out more  
here...



Canal towpaths provide the ideal location for a family outing.

## Why should I get pedalling?

Cycling is great fun. It's also great for your health!

Lots of families are discovering the excitement of leaving the car at home and going out together on their bikes.

## So what's good about pedal power?

It's cheap - no expensive petrol needed.

It's safe - on traffic-free routes.

It's green - no nasty exhaust gases polluting the environment.

It's easy - no steep hills to climb on canal towpaths.

## Can I cycle along canal towpaths?

British Waterways looks after over 3540 km (2200 miles) of canals in England, Scotland and Wales. Canal towpaths were originally used by horses pulling boats. Today, cyclists are welcome to use most of the towpaths that snake across the countryside and zig-zag through towns.

So why not 'hop on yer bike', watch the boats, and enjoy the ride!



Cycling appeals to all age groups, and helps keep you fit.

## How can I cycle safely along the towpath?

Always follow the **Waterways Code** when cycling along the towpath:

- **Give way** to others on the towpath and warn them of your approach (with two tings on your bell).
- Remember that **pedestrians have priority over cyclists** on the towpath.
- Cycle at a **sensible speed** - go slowly where the towpath is narrow and when passing people.
- **Respect other towpath users** - walkers, young children in pushchairs, people in wheelchairs. Say 'thank you' when people let you pass.
- **Dismount under low bridges** or where the towpath is narrow.
- **Never race** one another along the towpath.

## Why not try the WOW Waterside Safety Challenge?

Click onto the [Waterside Safety Challenge](#) on the Kids' home page and try the five interactive safety games and activities.



Attractive signposts mark routes that are part of the National Cycle Network.

## Which canalside routes are popular with cyclists?

Popular routes in **England** include:

- The **Aire Valley Towpath** along the [Leeds & Liverpool Canal](#) near Leeds.
- The **Birmingham to Wolverhampton** towpath by the [Birmingham Canal](#).
- The **Kennet & Avon Canal Cycle Route** between Bath and Devizes.
- The **Lancaster Canal Towpath** between Lancaster and Carnforth.

In **Scotland**, favourite cycle rides include:

- The **Millenium Link** along the [Union Canal](#) from Linlithgow to Falkirk.
- The **Great Glen Cycle Route** alongside the [Caledonian Canal](#).

In **Wales**, you can cycle alongside

- The **Monmouth & Brecon Canal** from Newport to Pontypool.
- The **Swansea Canal** from Clydach to Pontardawe.

## Where else can I hop on my bike?

Many of the towpaths alongside our canals form part of the [National Cycle Network](#). You can obtain a map of the whole network from [Sustrans](#) - the UK's leading sustainable transport charity.