The Trans Pennine Trail (TPT) is a network of cycle routes across the north of England. It provides safe and enjoyable cycling for everyone. The TPT is a UK charity enabling and encouraging people to cycle. Members campaigning on behalf of all cyclists.

Cycling is just about free. Once you've bought or hired a bike, you can ride wherever you like. Cycling helps to combat pollution – and that's good news for everyone. More cycling will help make you healthier and more energetic. It can also reduce your carbon footprint, making you feel good on the planet.

FourPoint Mapping accept no responsibility for the accuracy of the information in this map. The map shows routes around Liverpool avoiding contraflow cycle lanes. Some cycle lanes link to Advance Stop Lines for buses. Dismount and walk where necessary. Cyclists will be expected to obey the contraflow system on some cycle lanes. The map should not be used for legal purposes.

Visit www.sustrans.org.uk to find out more about the TPT or your local cycle club. Oban Cycle Co can be found at 101 Lord Nelson Street. Tel: 0151 707 2229. Cycle Liverpool, as Liverpool City Centre, is available to make you feel comfortable on the road. They can also find information on led cycle rides, cycle plays and cycle festivals.

www.transpenninetrail.org.uk

Info can be found on cycle routes avoiding one way carriageway except to pick up or set down passengers. Wellington Street is for pedestrians and cyclists. The Wirral Line and the Liverpool-Southport Metro provide frequent and regular trains. Liverpoolmoves have a website. Contrary to popular belief, cycling is permitted. It's sensible to remember trains can be disused. Dismount and walk.

The TPT uses a yellow line to identify cycle routes. A yellow line on a road indicates the route is part of the National Cycle Network. The TPT encourages you to look at the whole network of routes. The map shows routes around Liverpool avoiding contraflow cycle lanes. Some cycle lanes link to Advance Stop Lines for buses. Cycling is just about free. Once you've bought or hired a bike, you can ride wherever you like. Cycling helps to combat pollution – and that's good news for everyone. More cycling will help make you healthier and more energetic. It can also reduce your carbon footprint, making you feel good on the planet.

FourPoint Mapping accept no responsibility for the accuracy of the information in this map. The map shows routes around Liverpool avoiding contraflow cycle lanes. Some cycle lanes link to Advance Stop Lines for buses. Dismount and walk where necessary. Cyclists will be expected to obey the contraflow system on some cycle lanes. The map should not be used for legal purposes.

Visit www.sustrans.org.uk to find out more about the TPT or your local cycle club. Oban Cycle Co can be found at 101 Lord Nelson Street. Tel: 0151 707 2229. Cycle Liverpool, as Liverpool City Centre, is available to make you feel comfortable on the road. They can also find information on led cycle rides, cycle plays and cycle festivals.