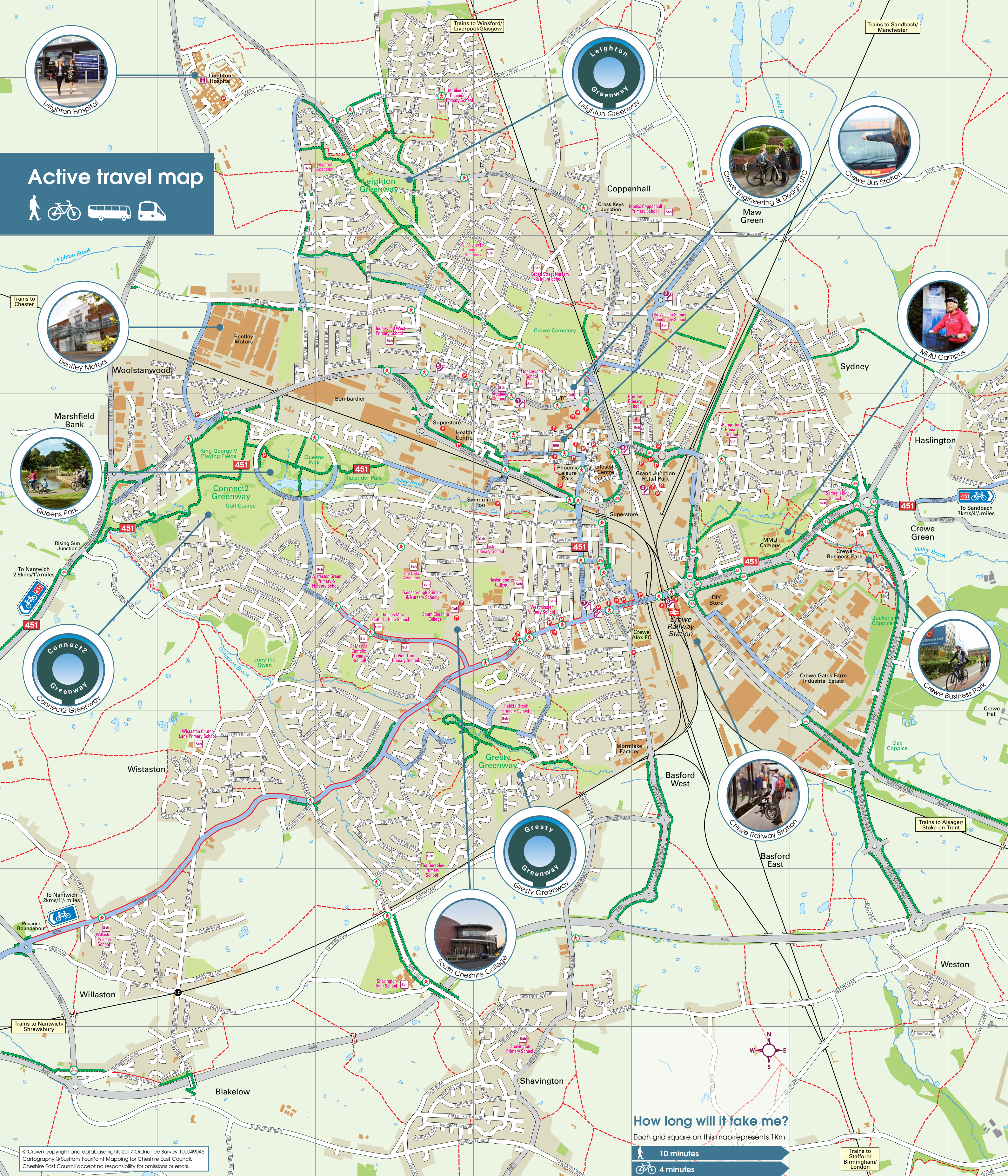


Active travel map



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Walking and cycling

Next time you're making a journey around Crewe, why not consider walking or cycling? Look out for signs in and around the town showing the way to key destinations and employment sites. If you're cycling there are different options depending on your confidence levels - whether you're happy on the roads or want to stick to cycle lanes or traffic free routes. The Connect2 Crewe to Nantwich Greenway (see map) is a great way to cycle or walk between the two towns - away from traffic and congestion.

The benefits

Walking and cycling is a great way to get fit and reduce the costs of travel but did you know ...

- Walking a mile burns roughly the same amount of calories as running a mile.
- Adults who cycle regularly have fitness levels of someone 10 years younger.
- Cycling can help you lose weight - by increasing your metabolic rate.
- Just 20 minutes on a bike burns the same amount of calories as a bar of chocolate.

- Regular exercise has been shown to reduce the risk of serious illness such as heart disease, diabetes and even some cancers.
- Cycling and walking are also good for your mental health and wellbeing. The Mental Health Foundation says exercise can be as effective in some cases as medication or counselling in treating conditions such as mild/moderate depression or anxiety.

Further information

Walking: travelcheshire.co.uk/walk
Cycling: travelcheshire.co.uk/cycle

Other useful websites

Sustrans: Sustrans.org.uk
Cycling UK: cyclinguk.org
Living Streets: livingstreets.org.uk
Discover Cheshire: visitcheshire.com
Walking in Cheshire: walkingincheshire.co.uk

Bus travel

Crewe Bus Station is located on Tower Way near the Victoria Shopping Centre in the town centre. Bus services link Crewe and a range of locations across Cheshire.

Regular bus services link Crewe with nearby towns and villages in Cheshire and Staffordshire.

Travellers heading further afield can also pick up National Express coach services from the station.

For more information about bus travel from Crewe visit: travelcheshire.co.uk/bus

Train travel

Crewe is well connected by rail. Locally, Crewe offers stopping services which link many of our towns and villages, while also offering connections to the nearby cities of Manchester, Liverpool, Stoke-on-Trent and Chester, as well as North Wales and Shropshire. If you're travelling further afield there are regular direct services to most of the UK's major cities, with the fastest trains to London taking just over an hour and a half.

The station is open 24 hours a day, seven days a week and travel information is available at help points and the ticket office.

For more information about train travel from Crewe visit: travelcheshire.co.uk/rail

Crewe

Active Travel Map

walk | cycle | bus | train

Map & guide to Connect2 cycle route

Connect2 Crewe to Nantwich Greenway

How long will it take me?

Cycling:

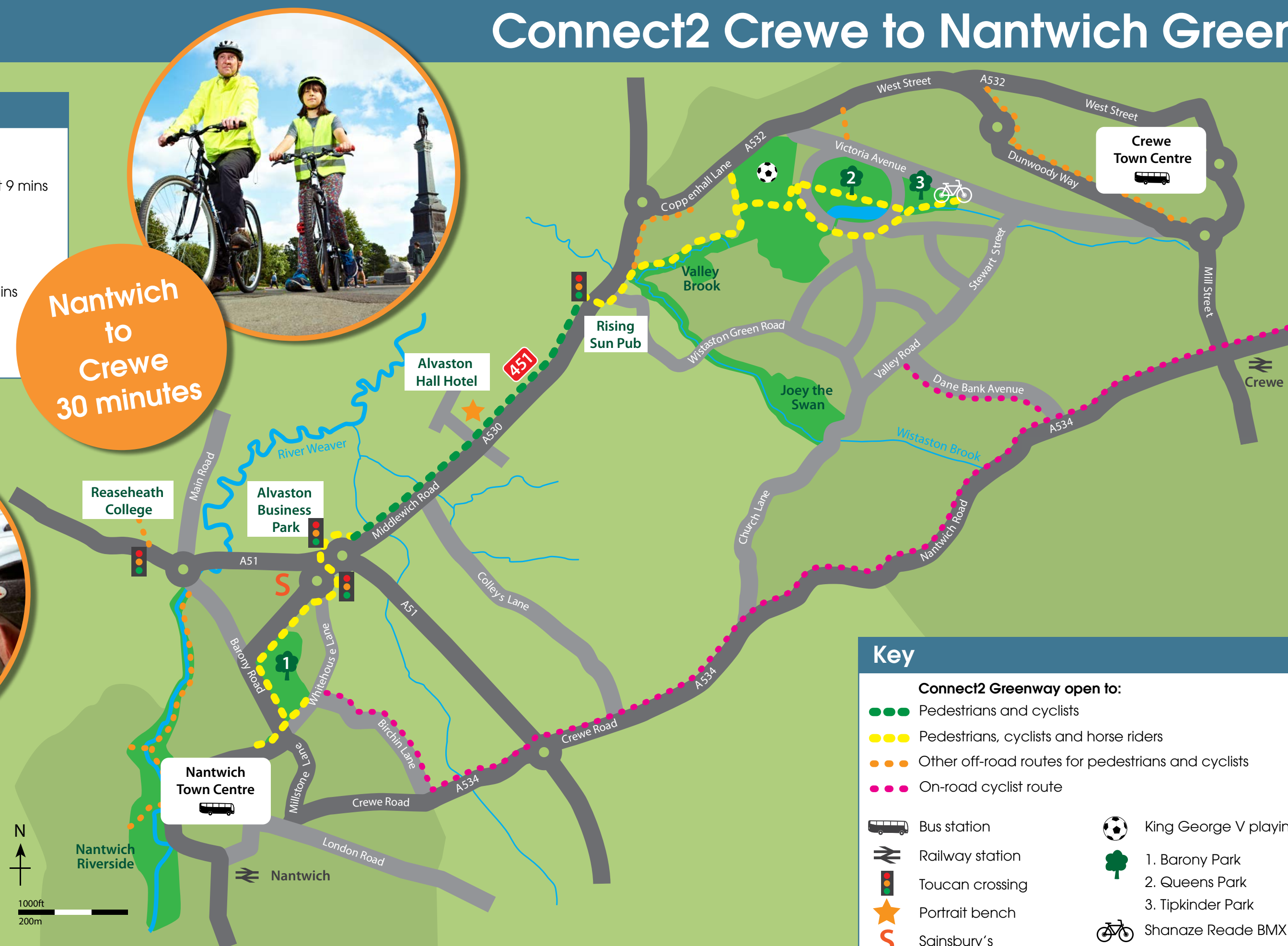
Nantwich → Crewe 30 mins
 Rising Sun pub → Sainsbury's roundabout 9 mins
 Valley Brook → Barony Park 15 mins

Walking:

Queens Park → Rising Sun pub 20 mins
 Barony Park → Rising Sun pub 45 mins
 Crewe town centre → Queens Park 20 mins

Distances calculated using an average cycling speed of 10 miles per hour and a walking speed of 3 miles per hour.

Nantwich to Crewe 30 minutes



Key

Connect2 Greenway open to:

- Pedestrians and cyclists
- Pedestrians, cyclists and horse riders
- Other off-road routes for pedestrians and cyclists
- On-road cyclist route

- Bus station
- Railway station
- Toucan crossing
- Portrait bench
- Sainsbury's
- King George V playing field
- 1. Barony Park
- 2. Queens Park
- 3. Tipkinder Park
- Shanaze Reade BMX track

Find out more at travelcheshire.co.uk

travel cheshire

travel cheshire

travelcheshire.co.uk is your one stop shop for information on walking, cycling, public transport and car sharing.



Whether you're looking for new ways to commute to work, get to school or just pop to the shops, the Travel Cheshire website is a great place to get started. Get online and plan a journey and find out all your options for getting from A to B.

You can also keep up to date via social media

@travelcheshire

facebook.com/travelcheshire