

EAST Kilbride **Cycling** NETWORK

ROUTE 1

**Newlandsmuir to
town centre**

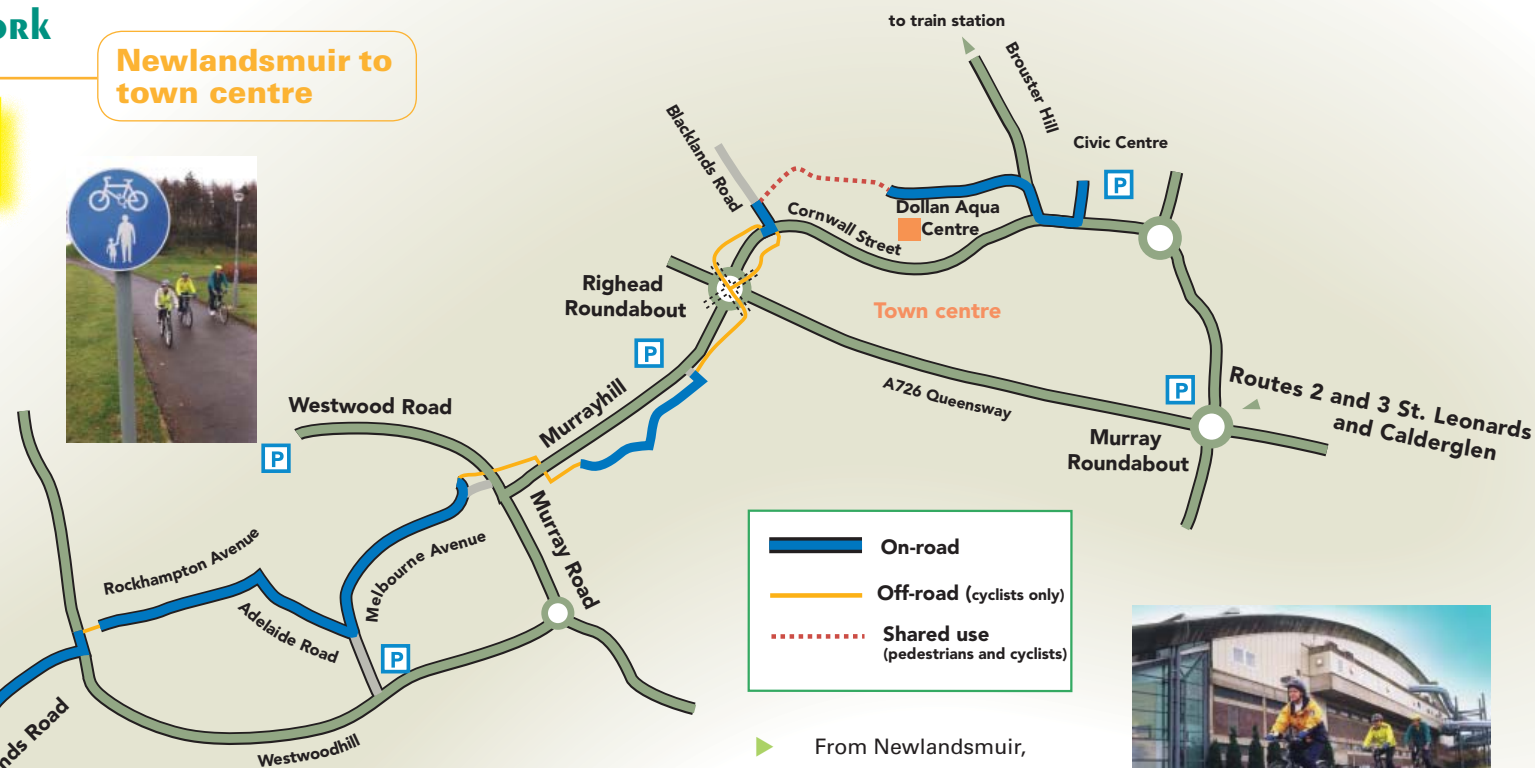


EAST Kilbride **Cycling** Network

ROUTE 1

Newlandsmuir to town centre

- Ties together East Kilbride town centre with the popular East Kilbride to Strathaven cycle route. Although the route is signed, with blue cycle signs numbered 1 from the Civic Centre, it can easily be reached from East Kilbride train station using Brouster Hill.
- With cycle parking recently installed in the Civic Centre car park this route offers a great opportunity for town centre workers and shoppers to use their bikes.



- From Newlandsmuir, Westwood and the Murray, cyclists can make their own way towards Route 1 by taking advantage of the newly-improved cycle facilities to ensure that their journey steers clear of as much motorised traffic as possible.
- Using the double underpasses at Westwood Road and Murrayhill assists travel between Westwood and Murray whilst the extended cycle track from the Righead roundabout into Livingston Drive is also a huge benefit.
- Come out of the Righead roundabout onto Cornwall Street and take a left turn onto Blacklands Road. This quickly opens out onto the cycle track through the town centre park, passing by the Dolan Aqua centre. From here you can make your way towards the cycle parking stands in the Civic Centre car park.



Bike safety- getting the most from your bike

Wheels always check that both wheels are securely attached to the frame and can rotate freely without rubbing against any other parts of your bike.

Check for dents in the rim of your wheels, small dents can effect braking.

Check your tyres for wear and tear, worn tyres are more likely to puncture, tyres should be inflated to the recommended pressure.

Brakes Check that both brakes are working correctly and that frayed cables are replaced. Trim and tape any excess cable and ensure that brake levers are within easy reach.

Lights Ensure that lights and reflectors are kept clear and are in working order, free from dirt.

Clothing Wearing a cycle helmet considerably reduces the likelihood of head injuries whilst fluorescent clothing during the day, and reflective at night are strongly recommended.



**The Scottish
Government**

Cycling statement from South Lanarkshire Council

This Council is committed to improving cycling facilities through its area and sees cycling as a realistic mode of transport as well as a healthy leisure pursuit.

Where possible dedicated cycle only facilities are provided, however where traffic volumes or pedestrian levels are light, it is sensible to make use of existing provision and use on-road sections as well as sharing certain footways with pedestrians.

Where shared use footpaths are in operation for cyclists and pedestrians, cyclists must take extra care to ensure that their presence isn't detrimental to pedestrians. These sections are signed and only the abeyance of cyclists will ensure their continued provision.

Every attempt has been made to provide parking in areas that are in view of the general public to deter theft. However cycle parking is provided at the owners risk, securing your bike to the parking stands with D-lock's provide the best deterrent to theft.

Should you have any complaints/ suggestions or comments to make about cycling matters please write to: South Lanarkshire Council, Roads and Transportation Services, Montrose House, Montrose Crescent, Hamilton, ML3 6LB or phone 01698 453660.

For more information or if you want this information in a different format or language, please phone 01698 453681 or email fraser.jack@southlanarkshire.gov.uk

www.southlanarkshire.gov.uk



Enterprise Resources