

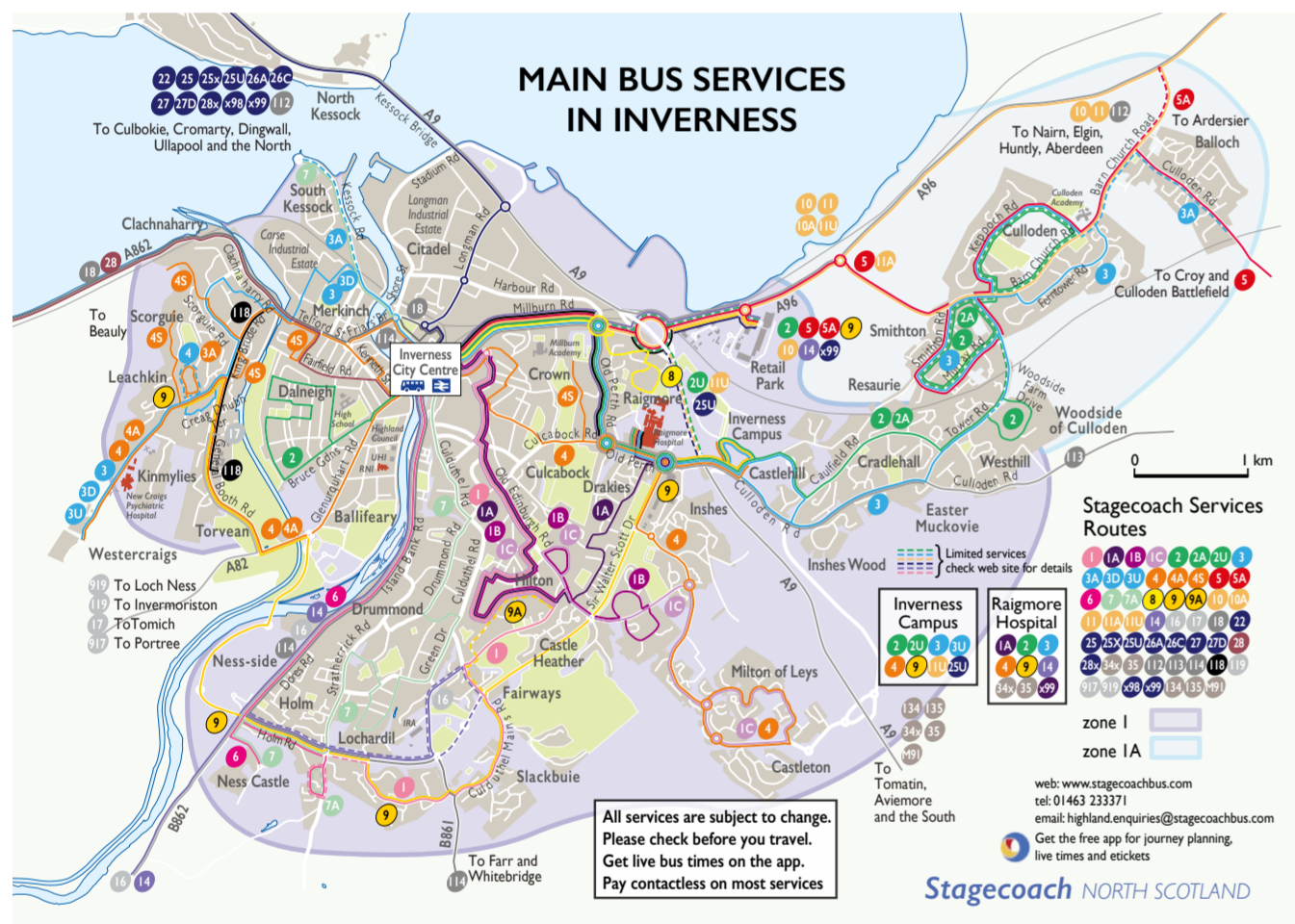
**PUBLIC TRANSPORT**

Traveline Scotland – [www.travelinescotland.com](http://www.travelinescotland.com)  
 ScotRail – [www.scotrail.co.uk](http://www.scotrail.co.uk)  
 Stagecoach – [www.stagecoachbus.com](http://www.stagecoachbus.com)  
 D and E Coaches – [www.decoaches.co.uk](http://www.decoaches.co.uk)  
 Citylink – [www.citylink.co.uk](http://www.citylink.co.uk)

**OTHER USEFUL WEBSITES**

Sustrans Scotland – [www.sustrans.org.uk/scotland](http://www.sustrans.org.uk/scotland)  
 Cycling Scotland – [www.cycling.scot](http://www.cycling.scot)  
 Paths for All – [www.pathsforall.org.uk](http://www.pathsforall.org.uk)  
 Cycling UK – [www.cyclinguk.org](http://www.cyclinguk.org)  
 Energy Saving Trust – [www.energysavingtrust.org.uk/scotland](http://www.energysavingtrust.org.uk/scotland)  
 Cycle Streets – journey planning – [www.cyclestreets.net](http://www.cyclestreets.net)

Walking and Cycling Routes  
**Inverness Active Travel Map**



**SIGNS YOU WILL SEE**

	<b>Shared Use Route</b> Walking and cycling, traffic free		<b>Contraflow</b> Two-way cycling allowed on a one-way street
	<b>No cycling</b>		<b>Cycle Route Ahead</b> Warns drivers of cyclists on road
	<b>Recommended Cycle Route</b> Often marked with a dashed white line on the road		<b>National Cycle Network (1)</b> Route numbers: 1, 7, or 78 in Inverness See <a href="http://sustrans.org.uk/ncn/map">sustrans.org.uk/ncn/map</a>



**WHY CHOOSE ACTIVE TRAVEL?**

**Cycling is fast and convenient.**  
 It is often quicker to travel by bike than by bus or car in the city. Cycle parking is easy and free.

**It helps you stay fit and healthy.**  
 Incorporating exercise into your daily routine helps you to achieve the recommended 150 minutes of exercise a week which will help keep you mentally and physically healthy.

**It benefits the environment.**  
 Active travel contributes to quieter streets and cleaner air. Driving less could mean a mixture of walking, cycling, e-biking, car sharing and using public transport for some of your journey.



**LOCAL BIKE SHOPS**

- Velocity Café and Bicycle Workshop**  
 (DIY workshop space, repair/servicing)  
[www.velocitylove.co.uk](http://www.velocitylove.co.uk)  
 01463 419956
- Bikes of Inverness** (Sales, repair/servicing)  
[www.bikesofinverness.co.uk](http://www.bikesofinverness.co.uk)  
 01463 225965
- Highland Bikes** (Sales, repair/servicing)  
[www.highlandbikes.com](http://www.highlandbikes.com)  
 01463 234789
- Halfords** (Sales, repair/servicing)  
[www.halfords.com/Bikes](http://www.halfords.com/Bikes)  
 01463 223388
- Alpine Bikes @ Tiso** (Sales, repair/servicing)  
[www.tiso.com/alpine](http://www.tiso.com/alpine)  
 01463 729171
- New Start Highland** (Refurbished bike sales)  
[www.newstarthighland.org](http://www.newstarthighland.org)  
 01463 715615
- Monster Bike** (Sales, repair/servicing)  
 01463 729500

(Highlands and Islands Regional Transport Partnership)  
 2nd Floor, 7 Ardross Terrace, Inverness, IV3 5NQ  
[www.hitrans.org.uk](http://www.hitrans.org.uk)



This map was produced by:



This active travel map highlights suggested routes for cycling within Inverness. Where possible, it identifies traffic-free routes which are recommended for walking too. The map also shows quieter roads which Inverness is a great city for walking and cycling where many people choose to make their everyday journeys actively. This map shows how easily you can reach key destinations in the city by bike or on foot.

**USING THIS MAP**

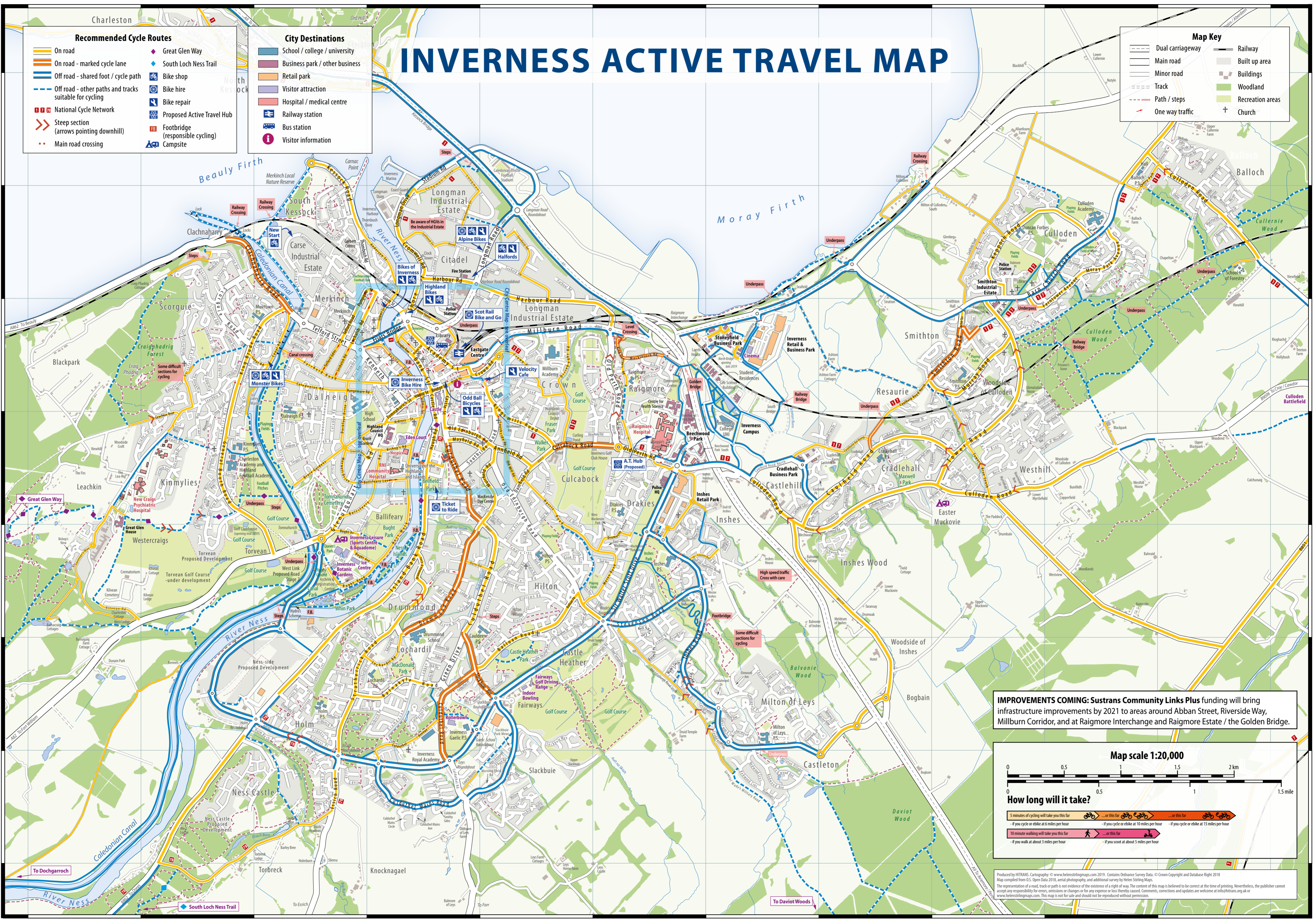


# INVERNESS ACTIVE TRAVEL MAP

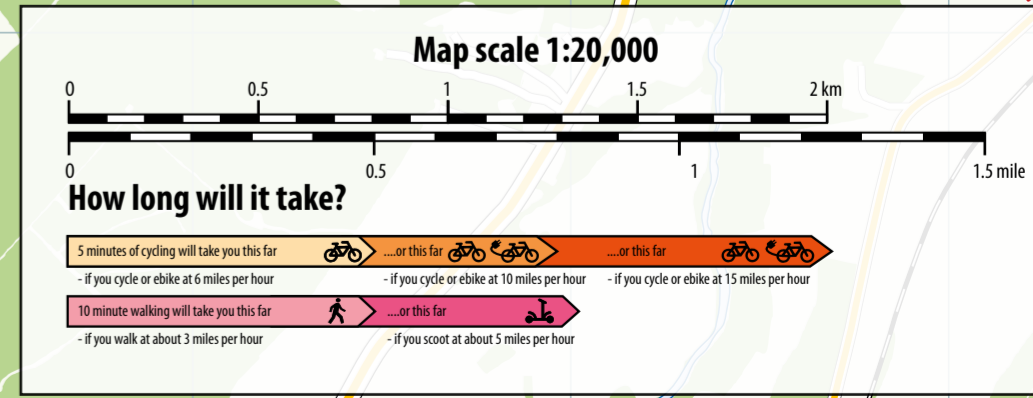
- ### Recommended Cycle Routes
- On road
  - On road - marked cycle lane
  - Off road - shared foot / cycle path
  - Off road - other paths and tracks suitable for cycling
  - National Cycle Network
  - Steep section (arrows pointing downhill)
  - Main road crossing
  - Great Glen Way
  - South Loch Ness Trail
  - Bike shop
  - Bike hire
  - Bike repair
  - Proposed Active Travel Hub
  - Footbridge (responsible cycling)
  - Campsite

- ### City Destinations
- School / college / university
  - Business park / other business
  - Retail park
  - Visitor attraction
  - Hospital / medical centre
  - Railway station
  - Bus station
  - Visitor information

- ### Map Key
- Dual carriageway
  - Main road
  - Minor road
  - Track / steps
  - One way traffic
  - Railway
  - Built up area
  - Buildings
  - Woodland
  - Recreation areas
  - Church



**IMPROVEMENTS COMING: Sustrans Community Links Plus** funding will bring infrastructure improvements by 2021 to areas around Abban Street, Riverside Way, Millburn Corridor, and at Raigmore Interchange and Raigmore Estate / the Golden Bridge.



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