

Free cycle training for adults and families –

Local Motion can offer free cycle training with one of Darlington Borough Council's professional cycling instructors.

The training is suitable for anyone from absolute beginners through to intermediates. It can be designed to help you cycle safely and confidently on off road cycle tracks through to busier roads in the centre of Darlington.

Pedal Power events

- June/July

Come along to one of our friendly pedal power cycle rides – all ages and abilities welcome (under 16's must be accompanied by a parent or guardian).

Sunday 18th June

- Women only ride 'out west'

Meet on the market square at 10:00am
(2 hrs including picnic stop)

Wednesday 21st June

- Evening ride to Walworth Gate

Meet on the market square at 6:30pm
(2hrs including ice cream stop)

Thursday 22nd June

- Lunchtime ride

Meet outside the Town Hall at 12:15pm (1hr)

Sunday 25th June

- Bikeathon (South Park)

A charity cycle ride for Leukaemia Research starting from near the main Park Place entrance.
10:30 – 11:30am

Saturday 1st July

- Free Bike try out

Come along to this free bike show,
10:00am – 4:00pm on the Town Hall forecourt.

Sunday 2nd July

- 70 mile tourist trial

Take part in one of Darlington's famous tourist trial rides register at the market square between 8:30 – 9:30am

Sunday 23rd July

- Women only ride to Croft on Tees

Meet on the market square at 10:00am
(3hrs including picnic stop)

Sunday 30th July

- Family Green Lanes Ride

Meet on the market square at 10:00am
(2.5 hrs including picnic stop)

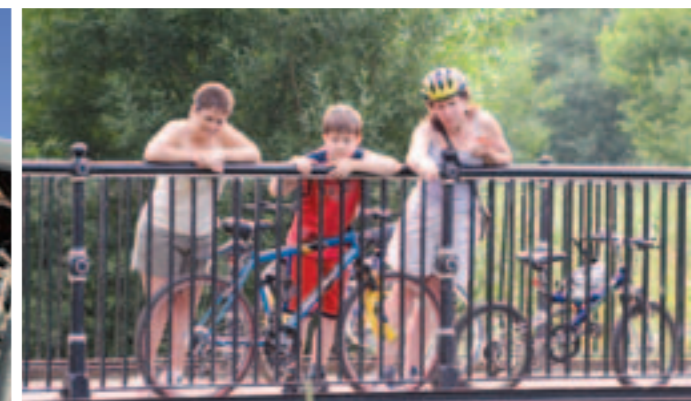
For information on our other events pick up a pedal power events booklet or visit the Local Motion events page – www.dothelocalmotion.co.uk

Cycle Challenge –

Do you need that extra incentive to get out on a bike? Then sign up for our two-week cycle challenge – through July we are challenging Darlington residents to use a bike for 25 % of all journeys. For the average person this means around 6 cycle trips per week (A single journey usually involves an outward and return trip – that is two trips).

Sign up for the cycle challenge and we will send you a free Local Motion pen and journal in which to record your cycling journeys. At the end of the challenge period you can then send your journal to our free post address to be entered into a prize draw for £250 worth of cycling equipment.

Sign up for the challenge by ringing Team Local Motion on 0800 45 89 810 or email dothelocalmotion@darlington.org.uk



Pedal Power

(National Bike Week 17th-25th June)

Cycling is the most efficient and environmentally friendly form of transport ever invented. Cycling is a fun, inexpensive and fast way of getting around town. 50% of journeys in Darlington are less than 2 miles, which would take regular cyclists' about 10 minutes – in most cases faster than the same journey by car.

www.dothelocalmotion.co.uk

Recommended route 1:



Skerningham Circular (3 miles / 45 mins - 1 hour)

An easy / moderate ride recommended as suitable for family groups.*
(Adults and competent child cyclists with an average level of fitness)

Includes some sections on quieter roads and on loose surface tracks.

1. Starting from Whinbush Way, next to the Asda supermarket use the toucan crossing to cross the road and set off heading north east towards Barmpton Lane.
2. Turn left at the junction with Barmpton Lane.
3. Continue on Barmpton lane for a few hundred metres until you notice a farm track on your left – turn onto the track and head towards Skerningham Woods.
4. The track climbs gradually past the former Barmpton quarry, then winds through a wooded copse before reaching the top of the hill and on your right the entrance to Skerningham Manor.
5. Turning left enjoy the long slow descent as the track heads west before crossing the east coast mainline railway. Notice the concrete pill box on your left just before you cross the rail line.
6. Soon after crossing the rail line you will come to a metal gate. Continue through the gate onto Glebe road, looking for a Green Lane on your left.
7. Turn into the delightful tree lined Green Lane and continue until you reach a point where the lane divides, heading north to a golf course and south towards Whinfield Road. Here you will need to dismount and wheel your bike across a small area of grass onto Sparrow Hall Drive.
8. From here you can coast back towards Whinbush Way and you're starting point. For the youngsters - look out for the small play area on your left.

Recommended route 2:



West Park – Walworth Gate (9 miles / 1-2 hours)

A moderate ride recommended as suitable for family groups with older children used to cycling on quieter roads.
(Adults and competent child cyclists with an average level of fitness).*

1. Starting from the gates to West Park (just off West Auckland Road). Set off up the hill on the main track through the Park, taking extra care on the loose surface. You can stop off to see the fascinating sculptures or leave this till you return at the end of the ride.
2. From your vantage point at the highest point in West Park you will be able to see the route of the former Darlington to Barnard Castle rail line, now a path for pedestrians and cyclist. Take care heading down the hill to join the former rail line. (We recommended that younger children and less confident cyclists walk their bike for this part of the route). At the bottom of the hill turn right, following the blue sign for Heighington and continue to Newton Lane.
3. At Newton Lane you have a choice, either turn right onto the road or continue on the former rail line (now a loosely surfaced path). The first option takes you directly north west towards Walworth Gate. The latter option which rejoins Newton Lane at Archdeacon Newton provides a more interesting ride, but in the winter or after heavy rain can be impassable

due to flooding. If you take this route, follow the former rail line until it turns south just before as a railway it passed underneath the A1(M). Continue through a metal gate and turn immediately to your right onto a farm track taking you underneath the motorway. Follow the track as it turns northwards, look west and you can clearly see the route of the old railway. Continue until you reach Archdeacon Newton, passing the Acorn Dairy on your left and rejoining Newton Lane. Turn left towards Heighington.

4. From Archdeacon Newton climb steadily uphill until you reach a fork in the road. Taking care at this junction, turn right and continue as far as Walworth Gate.
5. On reaching Walworth Gate turn left and continue down hill (if in need of refreshment look out for the Jersey Ice Cream parlour on your right) until you reach a t-junction.
6. Turn left at the t-junction and follow the road back towards Darlington to rejoin the former rail line as you enter the built up area. You can now retrace your route to West Park.

* Please note that this recommendation is for guidance only and that the choice to follow one of these cycle routes is the responsibility of the individual or in the case of children of the adult responsible for their well being.