

# Sustrans and the National Cycle Network 2010

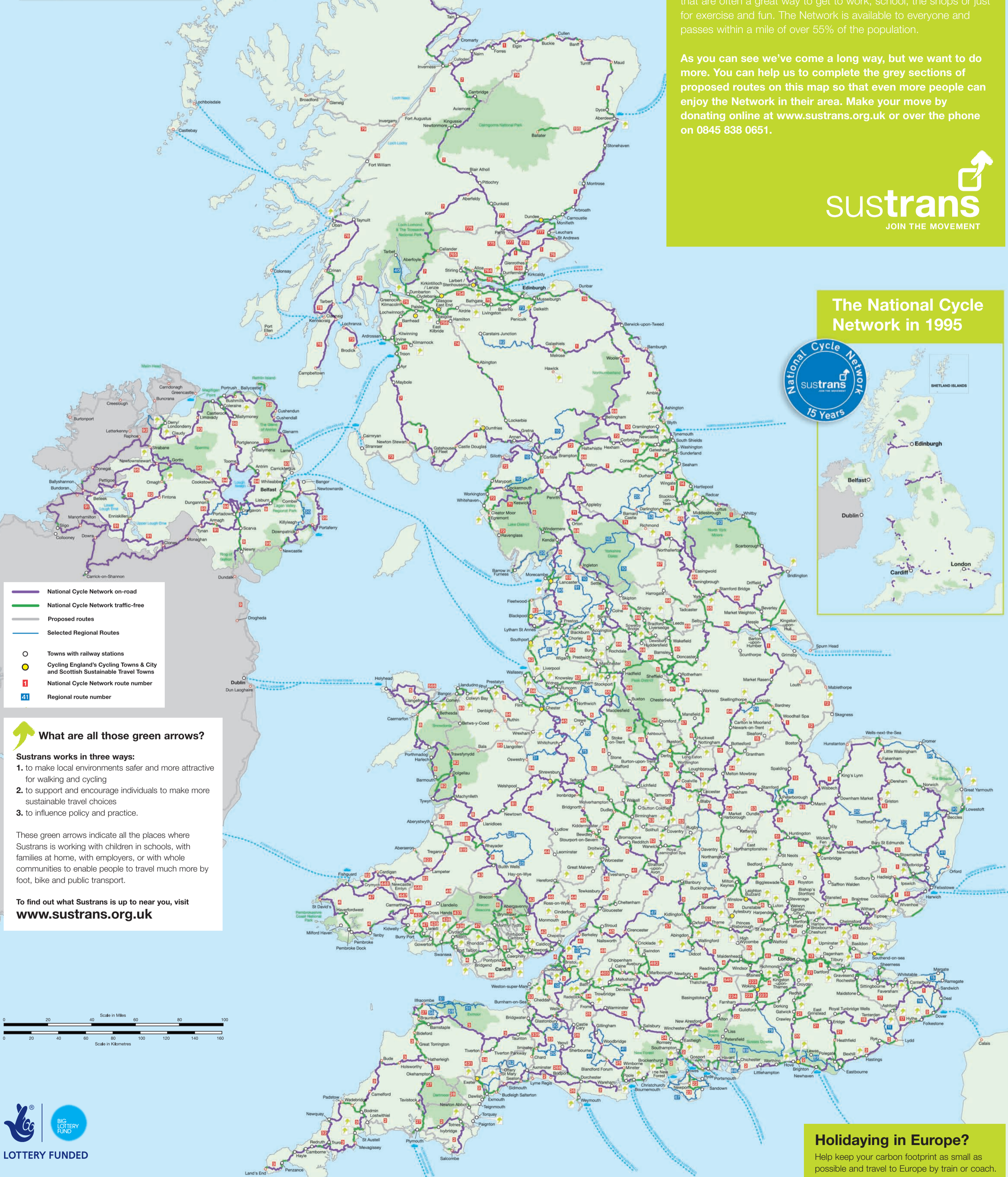
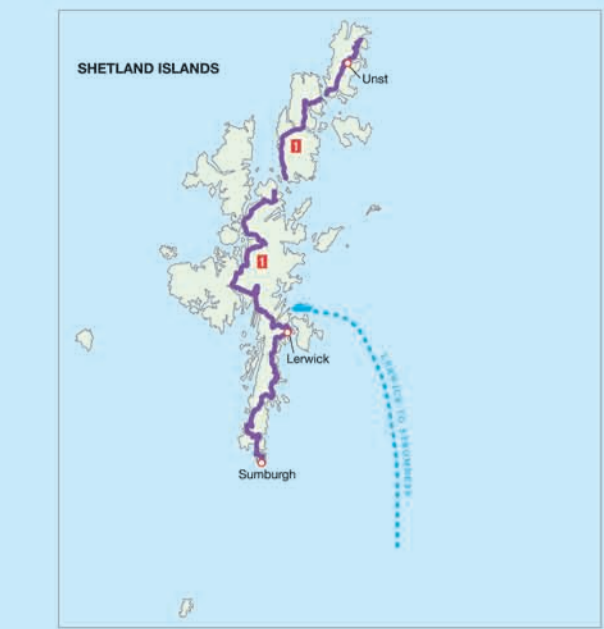
2010 marks the 15th anniversary of the National Cycle Network. Since 1995, its length and popularity have grown enormously and the Network now carries more than a million walking and cycling journeys every single day.

The Network is made up of more than 12,000 miles of traffic-free walking and cycling paths, quiet lanes and on-road cycling routes that are often a great way to get to work, school, the shops or just for exercise and fun. The Network is available to everyone and passes within a mile of over 55% of the population.

As you can see we've come a long way, but we want to do more. You can help us to complete the grey sections of proposed routes on this map so that even more people can enjoy the Network in their area. Make your move by donating online at [www.sustrans.org.uk](http://www.sustrans.org.uk) or over the phone on 0845 838 0651.



## The National Cycle Network in 1995



- National Cycle Network on-road
- National Cycle Network traffic-free
- Proposed routes
- Selected Regional Routes
- Towns with railway stations
- Cycling England's Cycling Towns & City and Scottish Sustainable Travel Towns
- 1 National Cycle Network route number
- 41 Regional route number

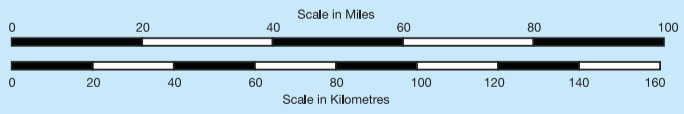
**What are all those green arrows?**

Sustrans works in three ways:

1. to make local environments safer and more attractive for walking and cycling
2. to support and encourage individuals to make more sustainable travel choices
3. to influence policy and practice.

These green arrows indicate all the places where Sustrans is working with children in schools, with families at home, with employers, or with whole communities to enable people to travel much more by foot, bike and public transport.

To find out what Sustrans is up to near you, visit [www.sustrans.org.uk](http://www.sustrans.org.uk)



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