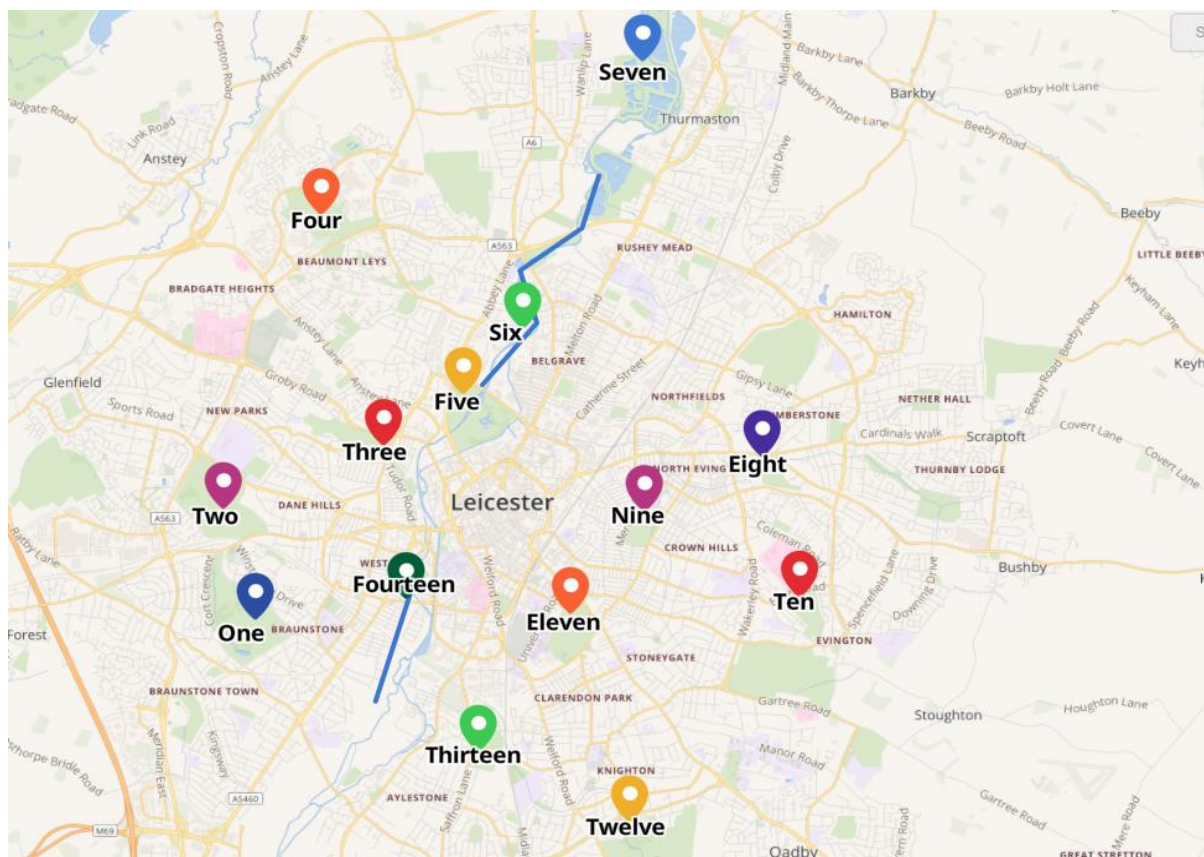


Family Cycling Ideas!

We hope you enjoy these family routes – tweet us your favourite route @SustransEMids

Many of the paths in these routes are shared with pedestrians, please always give priority to pedestrians, use a bell if you have one and when passing do so slowly – thank you.



One – Braunstone Park

Two – Western Park

Three – Rally Park to Stokes Park

Four – Beaumont Leys Park

Five – Abbey Park

Six – Abbey Park to Watermead Park

Seven – Watermead Park

Eight – Humberstone Park



Nine – Spinney Hill Park

Ten – Evington Park

Eleven – Victoria Park

Twelve – Knighton Park

Thirteen – Aylestone Recreational Ground

Fourteen – Bede Park to Aylestone Meadows

One – Braunstone Park

A lovely traffic free route that takes in all of the beautiful Braunstone Park. There's a couple of hills but nothing too steep! The path goes by the side of the lake, always best to cycle away from the water's edge.



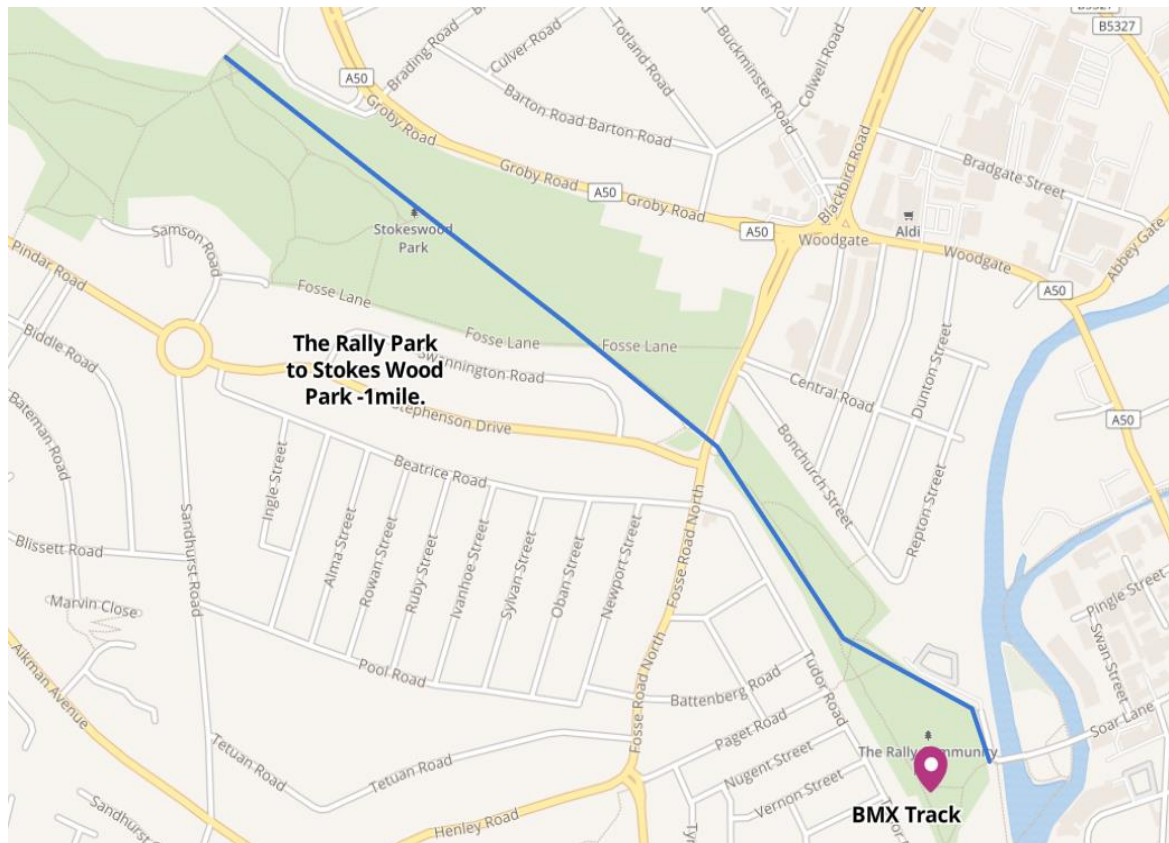
Two – Western Park

Western Park has some beautiful old trees and a fun play area. The route has a mix of traffic free paths and sections of cycle track and shared use pavement. It does involve crossing a main road (Glenfield Road) twice using a signalised crossing. There is also a section of on road riding along Park View. This route is best for confident and older children with an adult.



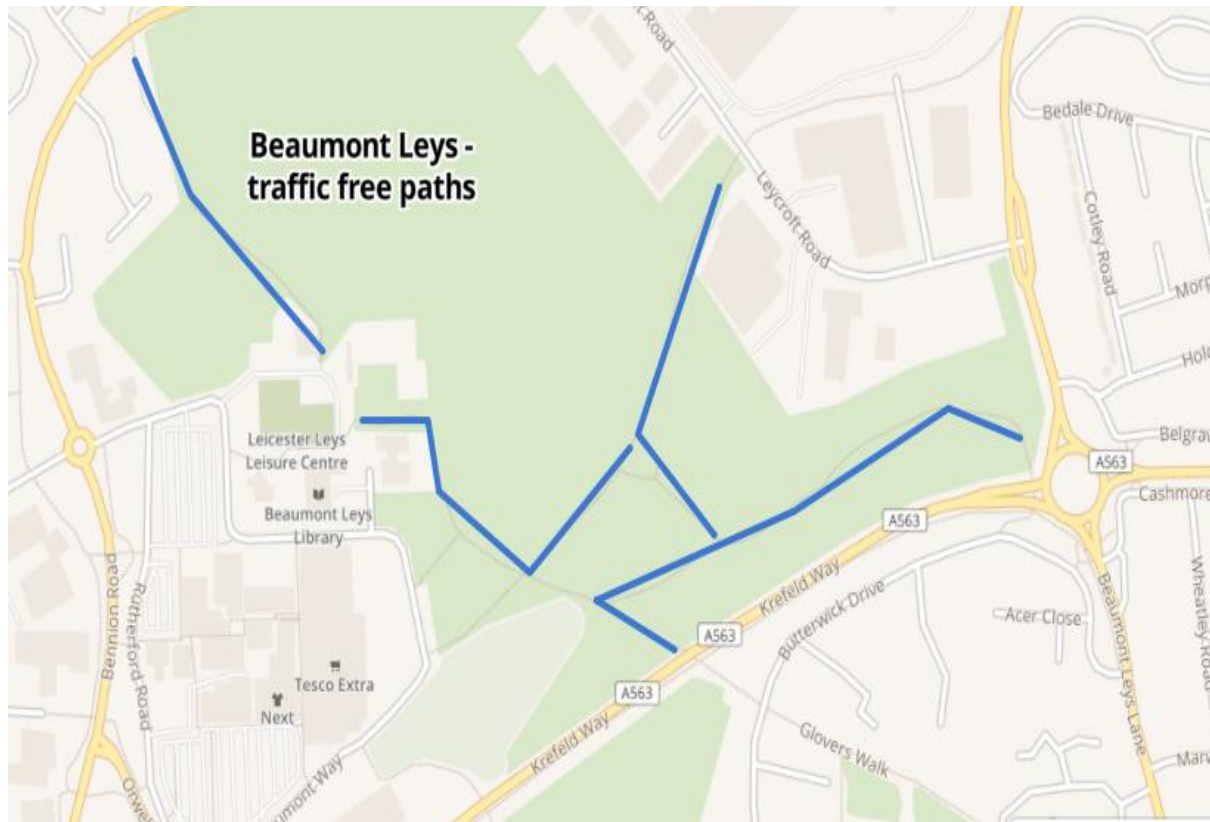
Three – Rally Park to Stokes Park

A great route for all ages which is traffic free! There's a BMX track at The Rally for those who would like to practise their off road cycle skills.



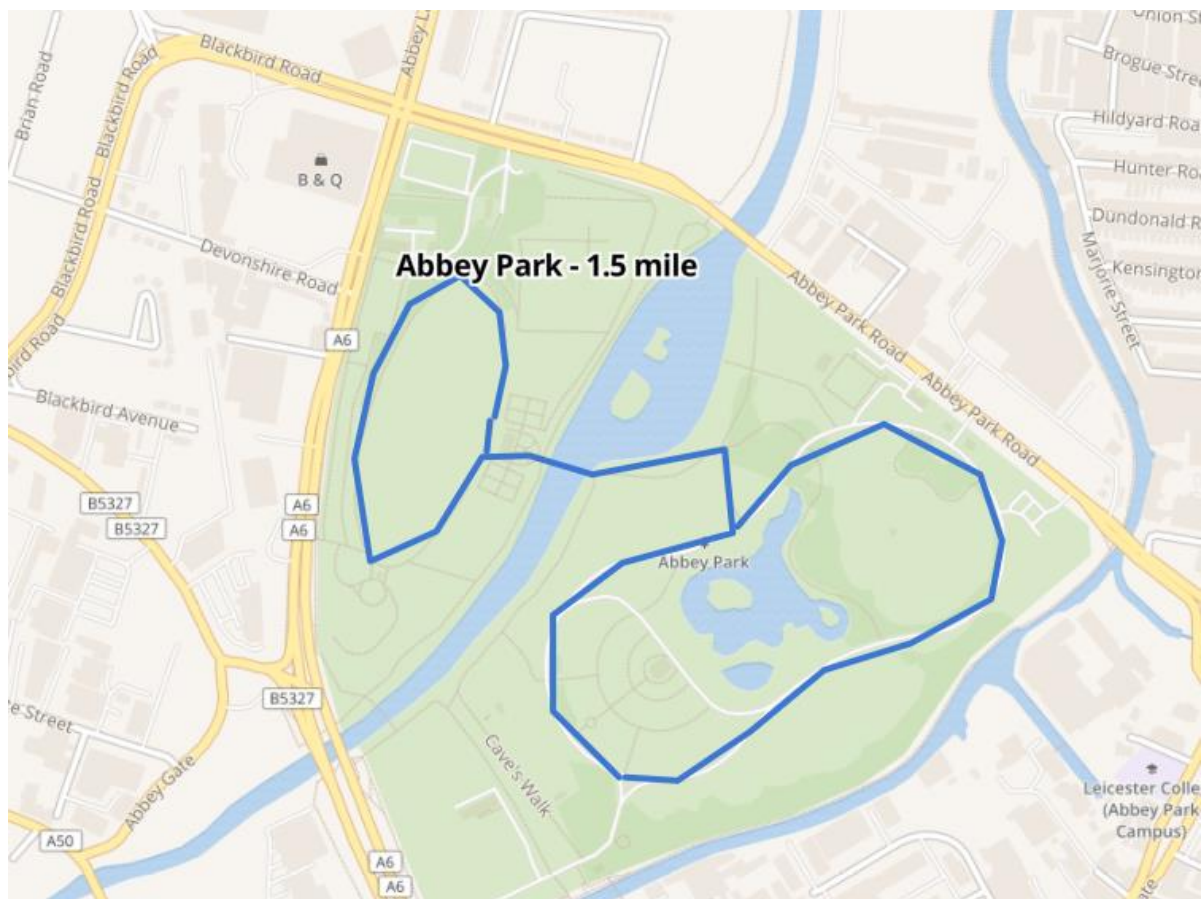
Four – Beaumont Leys Park

There are lots of different paths to explore around Beaumont Leys Park! It's a lovely open green space.



Five – Abbey Park

One of Leicester's most beautiful parks and there's plenty of good cycling paths! The Oval is great for new riders as its flat and open, great for practising and gaining confidence. Try cycling over the bridge and see the wonderful lake, beautiful trees and explore the Japanese Garden!



Six – Abbey Park to Watermead Park

A great way to visit two different parks by bike, you'll also pass the National Space Centre and Abbey Pumping Station! There are a couple of roads to cross over along this route, the first is signalised over Abbey Park Road and the second is the quiet traffic calmed Thurcaston Road.



Seven – Watermead Park

A beautiful Country Park, you'll be surrounded by nature! You decide the length of your cycle ride, there are plenty of paths to explore!



Eight – Humberstone Park

You'll find beautiful gardens and fun play areas in Humberstone Park. It has many safe paths to practise your cycle skills.



Nine – Spinney Hill Park

If you're feeling fit and ready for a challenge try the famous Spinney Hill Park hill, it's steep! If you don't want to tackle the hill stay in the lower part of the park for some lovely traffic free paths.



Ten – Evington Park

A beautiful park with a long section of cycle path! It has lots of tennis courts if you fancy taking your rackets along for the ride!



Eleven – Victoria Park

A great park for a longer cycle ride, the paths are tree lined and very beautiful. There are plenty of facilities at this park including play areas, court and a skate park.



Twelve – Knighton Park

A big beautiful park in the south of the city. There are a great variety of trees and natural areas to explore on this traffic free route!



Thirteen – Aylestone Recreational Ground

You'll find this park across from Aylestone Leisure Centre. It offers flat traffic free paths great for practising skills and taking some exercise!



Fourteen – Bede Park to Aylestone Meadows

Explore Route 6 of the National Cycle Network, this route takes you along the old railway line which has been lovingly repurposed into a great walking, cycling and scooting facility! There's a signalised crossing over Upperton Road and a couple of quieter road crossings nearer to Aylestone Meadows.

