

Swindon is a great place to cycle!

The majority of the borough is quite flat, and there's beautiful countryside on our doorstep, which can be explored via the off road National Cycle Route 45.

Research from Cycling UK found that Swindon has a high rate of cycle commuters yet is one of the safest places to cycle in the UK, thanks to the extensive network of off road paths.



Key

- Point of interest
- Schools
- Medical (hospital / pharmacy)
- Library
- Leisure
- Post office
- Toilets
- Retail
- Cafés (seasonal)
- Information
- Cycle parking
- Cycle park (24 hour, swipe card access, undercover cycle parking)
- Toucan crossing
- Cycle shop
- Steep gradient (pointing uphill)
- National Cycle Network (or link)
- Traffic-free cycle route (off-road)
- Recommended cycle route (on-road)
- Footpath (we advise pushing your bike along this stretch)

Key Fact

5% of journeys to work in Swindon are made by bicycle, compared to an average of 3% across the rest of the UK

Time, distance and calorie calculator

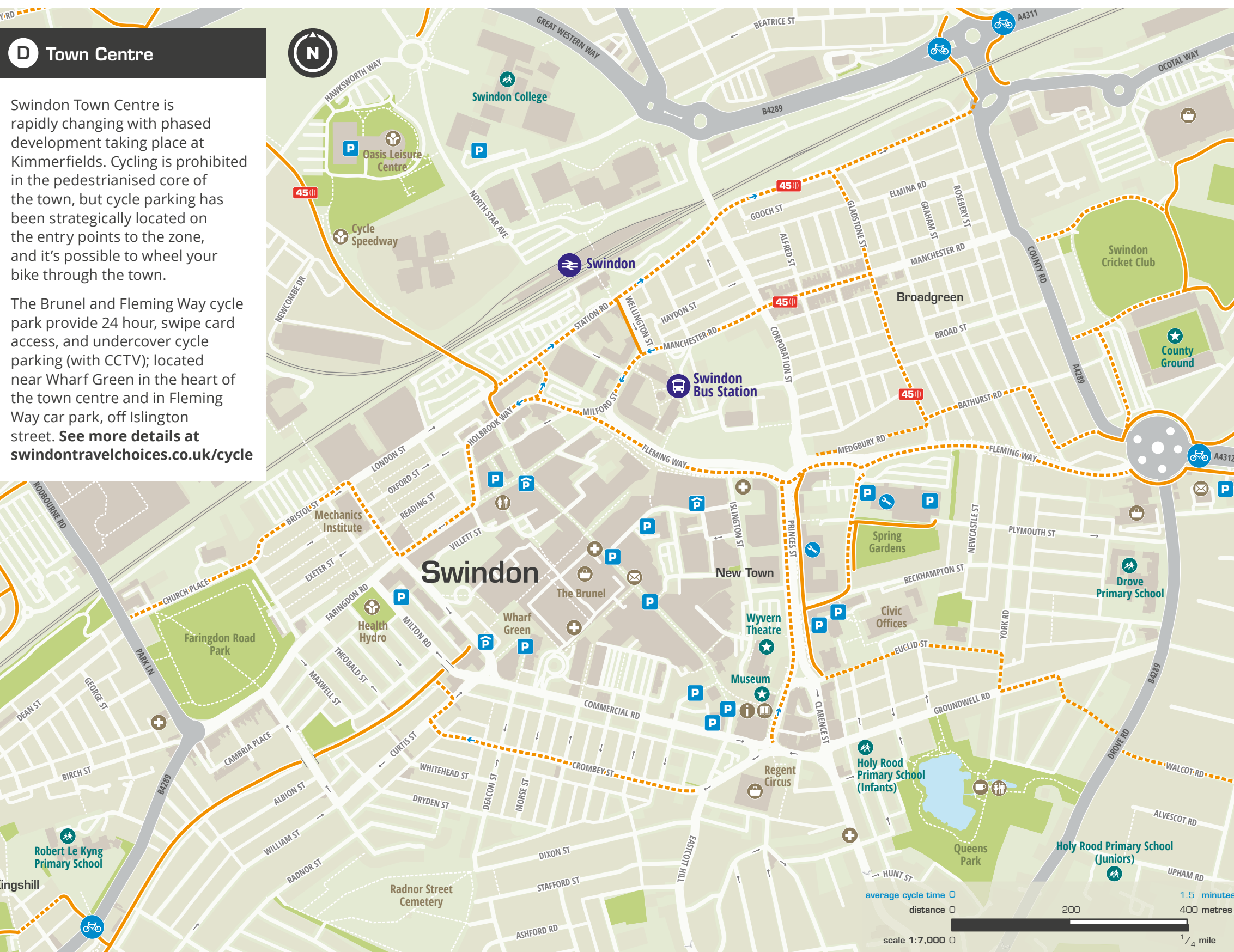
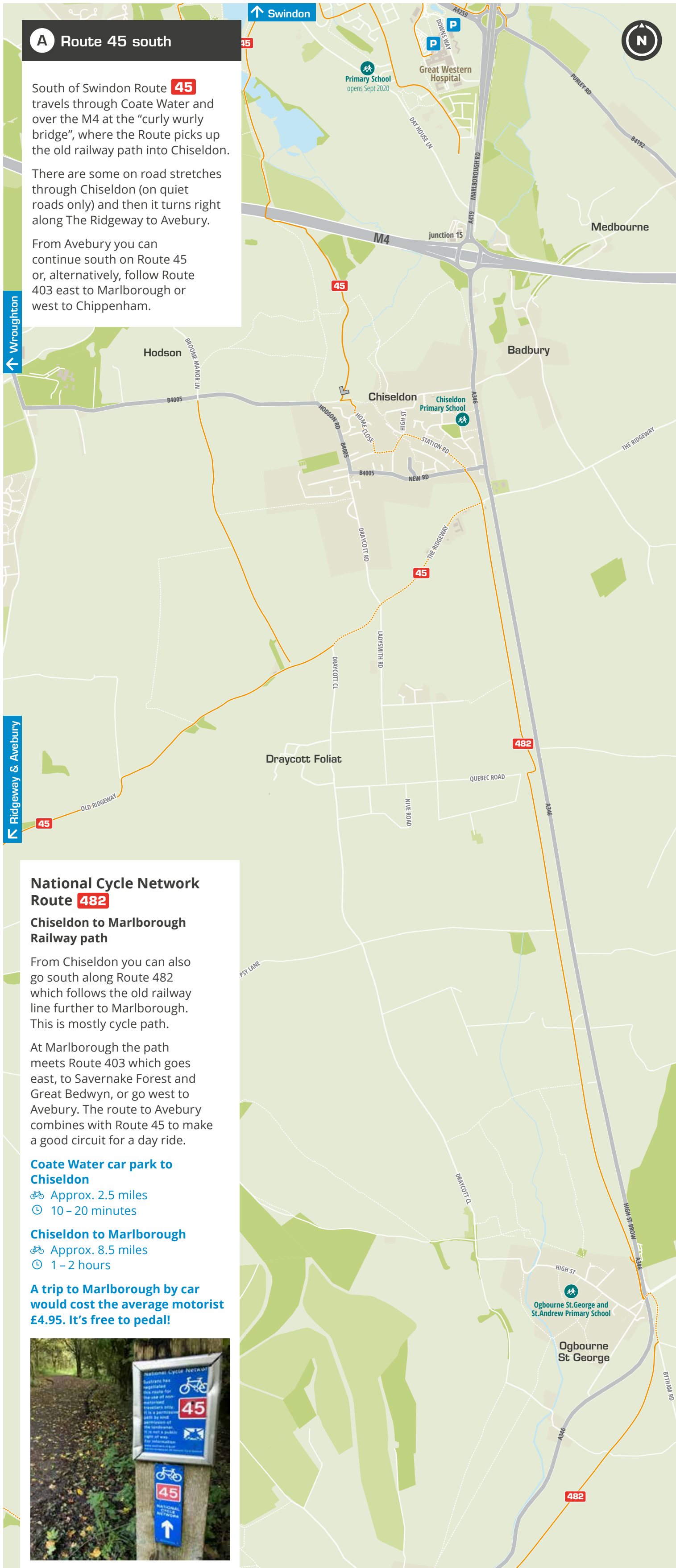
Swindon Travel Choices is trying to encourage people that live a 25 minute walk or cycle from their workplace to leave their car behind and take the exercise instead.

The table on the right demonstrates that many places in the Swindon urban area are within the 25 minute zone.

We have based the information below using the "quietest streets" option with a cycling speed of 10mph (this is an unhurried speed on the flat). If you are fitter and take busier roads,the times can be a lot shorter.



	Town Centre	North Star	Kembrey Park	Wichelstowe	West Swindon Centre	Coate Water	North Swindon Centre (Orbital)	Great Western Hospital	Moulton Hill	Lydiard Park	Windmill Hill	Quaker Marston/ Honda
Town Centre		6 mins 0.75 miles 15 cals	10 mins 1.25 miles 30 cals	19 mins 2.5 miles 71 cals	20 mins 2.5 miles 50 cals	22 mins 3 miles 63 cals	25 mins 3.25 miles 60 cals	25 mins 3.25 miles 72 cals	26 mins 3.25 miles 72 cals	28 mins 3.75 miles 99 cals	29 mins 3.5 miles 99 cals	29 mins 4 miles 77 cals
North Star	6 mins 0.75 miles 15 cals		9 mins 1.5 miles 24 cals	25 mins 2.75 miles 81 cals	24 mins 2.75 miles 73 cals	20 mins 3.5 miles 73 cals	26 mins 4.25 miles 86 cals	23 mins 3.25 miles 61 cals	25 mins 3.25 miles 93 cals	28 mins 3.75 miles 99 cals	29 mins 3.5 miles 91 cals	27 mins 3.5 miles 71 cals
Kembrey Park	16 mins 2.25 miles 56 cals	9 mins 1.5 miles 24 cals		35 mins 5.75 miles 98 cals	27 mins 3.5 miles 70 cals	30 mins 4 miles 120 cals	29 mins 4.25 miles 140 cals	33 mins 5.25 miles 87 cals	44 mins 7.25 miles 140 cals	32 mins 4.25 miles 140 cals	55 mins 9.25 miles 140 cals	22 mins 2.25 miles 31 cals
Wichelstowe	19 mins 2.5 miles 71 cals	25 mins 2.75 miles 82 cals	35 mins 5.75 miles 98 cals		27 mins 3.5 miles 100 cals	21 mins 3 miles 71 cals	46 mins 7.5 miles 140 cals	28 mins 3.5 miles 97 cals	41 mins 4.25 miles 160 cals	35 mins 4.25 miles 140 cals	33 mins 4 miles 120 cals	39 mins 5.5 miles 110 cals
West Swindon Centre	20 mins 2.5 miles 90 cals	18 mins 2.25 miles 91 cals	27 mins 3.5 miles 90 cals	27 mins 3.5 miles 90 cals		39 mins 6.5 miles 120 cals	33 mins 4 miles 140 cals	43 mins 6 miles 130 cals	19 mins 2.25 miles 54 cals	10 mins 1 mile 44 cals	10 mins 1.25 miles 44 cals	48 mins 5.5 miles 110 cals
Coate Water	22 mins 3 miles 63 cals	24 mins 3.5 miles 73 cals	30 mins 3.5 miles 72 cals	21 mins 3 miles 71 cals	39 mins 6.5 miles 120 cals		54 mins 9.5 miles 120 cals	7 mins 1 mile 24 cals	47 mins 6.5 miles 140 cals	46 mins 6.25 miles 140 cals	47 mins 6.5 miles 140 cals	36 mins 4.5 miles 78 cals
North Swindon Centre (Orbital)	25 mins 3.25 miles 90 cals	20 mins 2.75 miles 91 cals	29 mins 3.5 miles 90 cals	46 mins 7.5 miles 140 cals	33 mins 3.5 miles 120 cals	54 mins 9.5 miles 120 cals		56 mins 9.5 miles 140 cals	12 mins 1.5 miles 44 cals	37 mins 4.5 miles 120 cals	40 mins 5.25 miles 120 cals	34 mins 4 miles 91 cals
Great Western Hospital	25 mins 3.5 miles 72 cals	28 mins 4.25 miles 86 cals	35 mins 5.75 miles 88 cals	28 mins 4.25 miles 97 cals	43 mins 6.5 miles 130 cals	7 mins 1 mile 24 cals	56 mins 9.5 miles 140 cals		50 mins 7.25 miles 160 cals	48 mins 7.25 miles 160 cals	50 mins 7.25 miles 160 cals	37 mins 4.25 miles 84 cals
Moulton Hill	26 mins 3.75 miles 72 cals	23 mins 3.5 miles 66 cals	32 mins 3.5 miles 87 cals	41 mins 5.25 miles 140 cals	19 mins 2.25 miles 54 cals	47 mins 6.5 miles 150 cals	12 mins 1.5 miles 39 cals	50 mins 7.25 miles 160 cals		23 mins 3 miles 80 cals	26 mins 4 miles 82 cals	55 mins 9.25 miles 120 cals
Lydiard Park	28 mins 3.75 miles 99 cals	25 mins 3.25 miles 93 cals	32 mins 3.5 miles 91 cals	35 mins 4.25 miles 140 cals	10 mins 1.25 miles 44 cals	46 mins 6.25 miles 140 cals	37 mins 4.5 miles 120 cals	48 mins 6.25 miles 160 cals	23 mins 3 miles 80 cals		9 mins 1 mile 30 cals	53 mins 9.25 miles 140 cals
Windmill Hill	29 mins 3.5 miles 99 cals	18 mins 2.25 miles 91 cals	55 mins 9.25 miles 31 cals	33 mins 3.5 miles 140 cals	10 mins 1.5 miles 36 cals	47 mins 6.5 miles 120 cals	40 mins 5.25 miles 120 cals	50 mins 7.25 miles 160 cals	26 mins 4 miles 82 cals	9 mins 1 mile 30 cals		55 mins 9.25 miles 140 cals
South Marston/ Honda	29 mins 4 miles 77 cals	27 mins 3.5 miles 71 cals	22 mins 2.25 miles 31 cals	39 mins 5.5 miles 130 cals	48 mins 6.5 miles 110 cals	36 mins 4.5 miles 78 cals	34 mins 4.25 miles 91 cals	55 mins 9.25 miles 140 cals	53 mins 9.25 miles 140 cals	55 mins 9.25 miles 140 cals		



Swindon Cycle Map

About Swindon Travel Choices

Swindon Travel Choices aims to make it easier for those living or working in Swindon to get around without a car.

As well as improving infrastructure such as paths, lighting and routes, we also provide advice and information about travel choices.

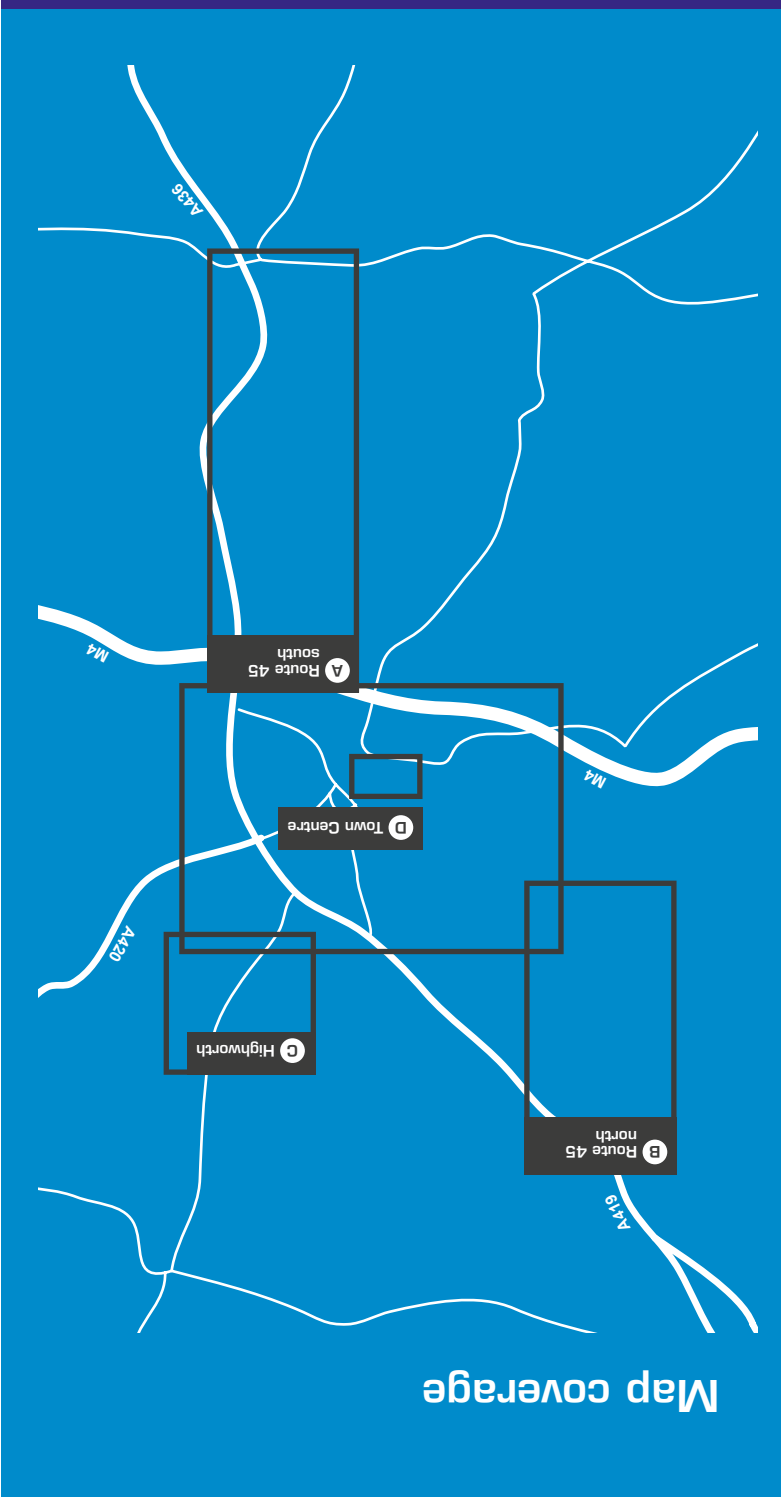
This map has been produced with the help of Swindon Cycle Campaign and Sustrans.

Information correct as of Summer 2019

[swindontravelchoices.org.uk](#)

[@swindon_travel](#)

[swindontravelchoices](#)



Contacts and Links

Local

Swindon Travel Choices
swindontravelchoices.org.uk

Swindon Cycle Campaign
swindoncyclecampaign.org
facebook.com/SwindonCycleCampaign

Friends of the Railway path
(Coate to Marlborough)
friendsofthepath.org.uk

Let's Ride - free bike rides
letsride.co.uk

National

Sustrans
sustrans.org.uk

Cycling UK
cyclinguk.org

Cyclestreets (Journey Planning)
cyclestreets.net

British Cycling
britishcycling.org.uk

National Bike Week
bikeweek.org.uk

StreetSmart

Report any maintenance issues such as potholes, broken glass and overgrown hedges to Swindon Borough Council's StreetSmart team.

Online

swindon.gov.uk

Telephone
01793 445501 (Monday - Friday, 9am - 5pm)
01793 466453 (Emergency & out of hours)



National Cycle Network Route 45

National Route 45 is the main north - south route in Wiltshire connecting Salisbury with Cricklade via Avebury, the Chiseldon Timberland Trail and Swindon.

Most of the route is open and signed, though not continuously with gaps on Salisbury Plain. Beyond Cricklade the route will eventually run all the way to Chester via Gloucester and Shrewsbury.

In the area around Swindon much of Route 45 follows the path of the old Midland and South West Junction Railway which closed on 10 September 1961.

Routes 45 and 482 are maintained by Sustrans and are regularly patrolled by a team of volunteer rangers who also organise workdays.

For more information about volunteering please contact Lew Lawton on **07487 269456**

For more information about the National Cycle Network visit [sustrans.org.uk](#)

Use the online mapping service to see routes anywhere in the UK.

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October 2019. This map has been produced by Swindon Borough Council with the help of Swindon Cycle Campaign and Sustrans (FOI093719 6th Edition)