

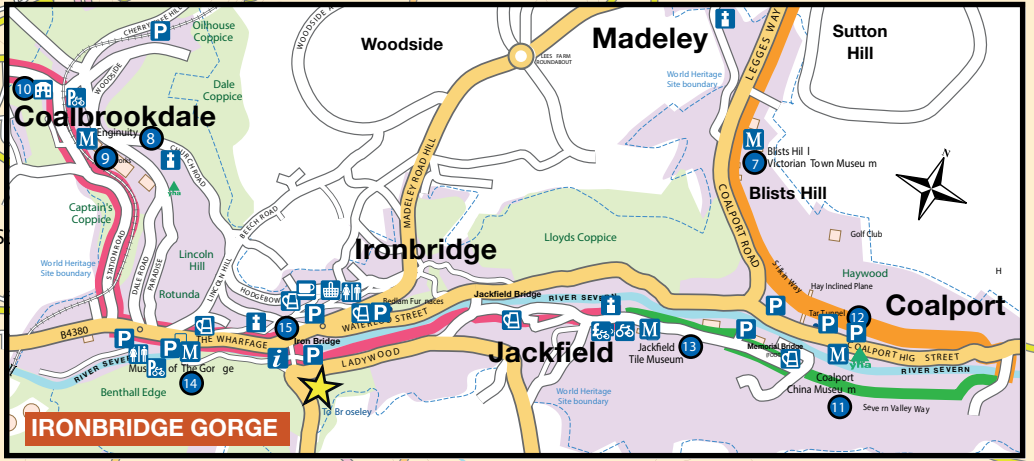
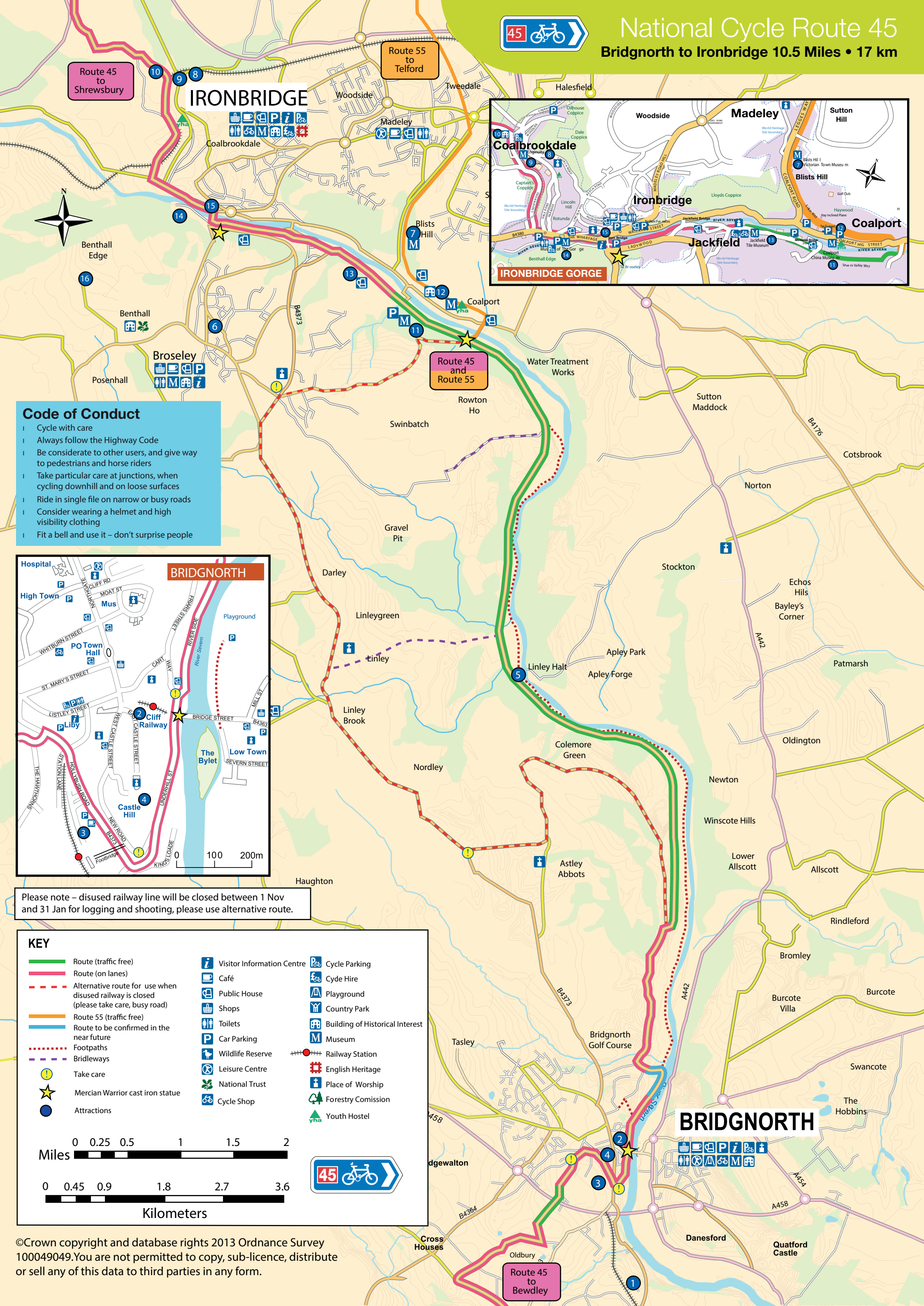






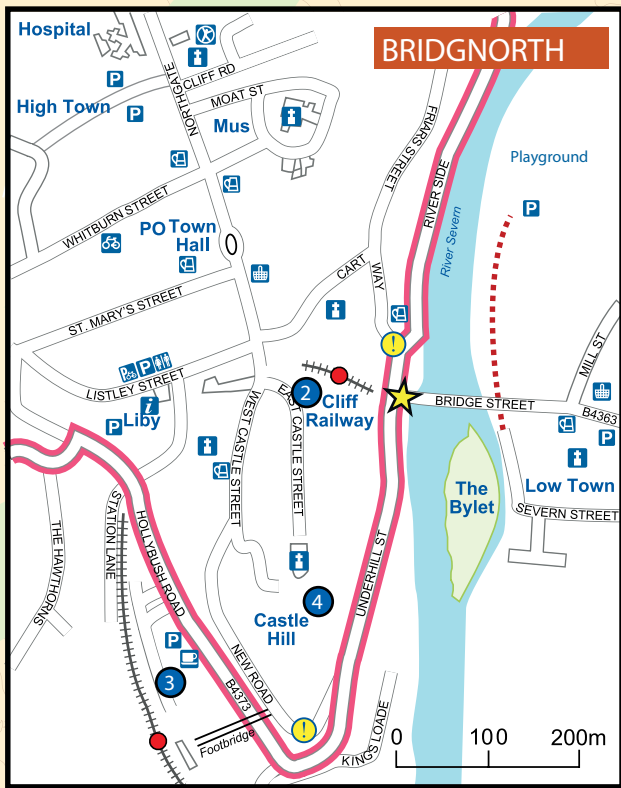
# National Cycle Route 45

Bridgnorth to Ironbridge 10.5 Miles • 17 km



## Code of Conduct

- 1 Cycle with care
- 1 Always follow the Highway Code
- 1 Be considerate to other users, and give way to pedestrians and horse riders
- 1 Take particular care at junctions, when cycling downhill and on loose surfaces
- 1 Ride in single file on narrow or busy roads
- 1 Consider wearing a helmet and high visibility clothing
- 1 Fit a bell and use it – don't surprise people



Please note – disused railway line will be closed between 1 Nov and 31 Jan for logging and shooting, please use alternative route.

## KEY

- |  |                            |                                 |
|--|----------------------------|---------------------------------|
| Route (traffic free)   | Visitor Information Centre | Cycle Parking                   |
| Route (on lanes)   | Café                       | Cycle Hire                      |
| Alternative route for use when disused railway is closed (please take care, busy road) | Public House               | Playground                      |
| Route 55 (traffic free)  | Shops                      | Country Park                    |
| Route to be confirmed in the near future   | Toilets                    | Building of Historical Interest |
| Footpaths  | Car Parking                | Museum                          |
| Bridleways   | Wildlife Reserve           | Railway Station                 |
| Take care  | Leisure Centre             | English Heritage                |
| Mercian Warrior cast iron statue   | National Trust             | Place of Worship                |
| Attractions  | Cycle Shop                 | Forestry Commission             |
|  | Youth Hostel               |                                 |

0 0.25 0.5 1 1.5 2

0 0.45 0.9 1.8 2.7 3.6

Miles  
Kilometers

