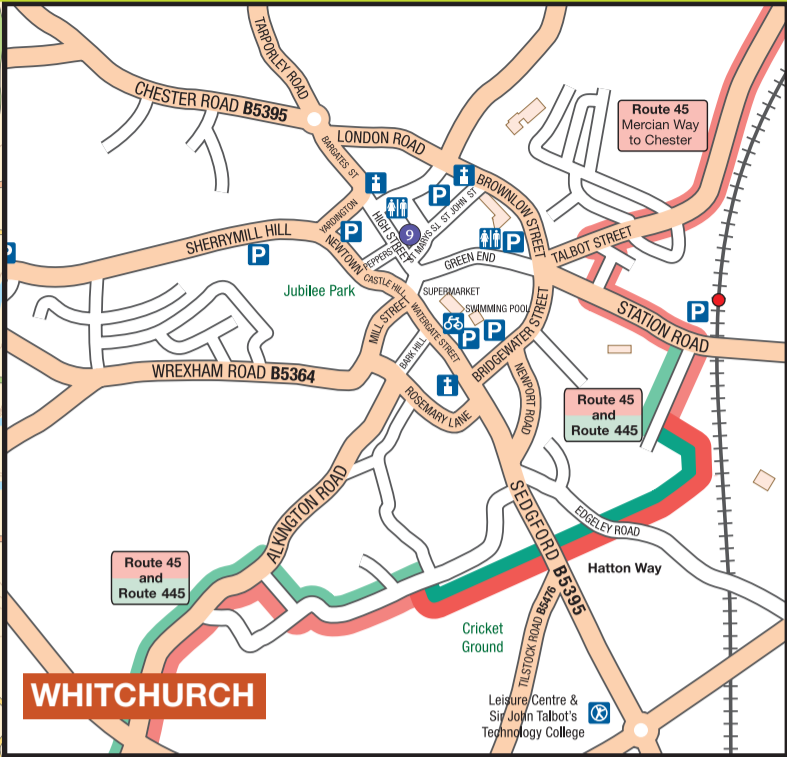




National Cycle Route 45

Shrewsbury to Whitchurch – 30 Miles • 48 km



Route 45 (on lanes/traffic-free)

Route 445 (on lanes/traffic-free)

Route 81 (on lanes/traffic-free)

Route 70 (on lanes)

Suggested route to Wem

Take Care

Visitor Information Centre

Café

Public House

Shops

Toilets

National Trust

Cycle Shop

Cycle Parking

Cycle Hire

Playground

Country Park

Place of Worship

Forestry Commission

Car Parking

Gardens

Wildlife Reserve

Leisure Centre

Building of Historical Interest

Castle

Railway Station

English Heritage

0

1

2

3

4

KILOMETRES

0

1

2

MILES

N

Code of Conduct

Cycle with care

Always follow the Highway Code

Be considerate to other users, and give way to pedestrians and horse riders

Take particular care at junctions, when cycling downhill and on loose surfaces

Ride in single file on narrow or busy roads

Consider wearing a helmet and high visibility clothing

Fit a bell and use it – don't surprise people

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