

# Welcome to Hereford

Whether you live or work in the City, or if you are visiting to shop or see the sights, this guide is designed to help you find your way around.

The best way to get around may not be what you expect. Hereford is a very compact city, with a significant pedestrianised area at its heart, and walking and cycling are often the quickest and easiest ways to get where you want. Additionally, if you walk or cycle around, you will have the chance to see and absorb more of the features and character of our historic city, while getting yourself fitter into the bargain.

To help you gauge distances and times, we have overlaid the map with **10-minute walking and cycling zones**. The inner green circle is within 10 minutes steady walk from High Town, the city centre, while the outer purple circle marks 10 minutes steady cycle ride from High Town. The timings are approximate and will vary depending on prevailing conditions but the zones should give you a fair indication of what to expect.

'Active Travel' can seriously improve your health. Walking or cycling in and out of the city is a great way to boost your activity levels and help towards achieving 30 minutes of moderate physical activity recommended for all adults.

If you need to drive in the City, please take care. Slow down and take account of the needs of pedestrians and cyclists. If you are in a long queue of traffic please don't leave your engine running. Restarting the engine uses less energy than 10 seconds of idling, so you can save yourself some money and give the city a break at the same time. Consider car sharing if you can - register at [www.twoshare.co.uk](http://www.twoshare.co.uk) - remember fewer cars means fewer queues.



- Traffic-free, and a mixture of special cycle tracks, river paths and other routes through parks
- Suggested routes on quiet suburban roads or the safest way through the city centre. Intended to be the best available route at all times, but some will be busier than others
- Indicates linking routes where cyclists are legally required to dismount and behave like pedestrians
- Traffic calming
- 20 mph zone
- Proposed 20 mph zone due 2007/08
- Beware hazardous junction/crossing
- Cycle parking
- Pedestrian crossing/Pedestrian & Cycle crossing
- Junction with advanced stop line for cyclists
- Safety camera sites
- Tourist Information Centre
- Bicycle shop
- Museum
- Bus Station
- Central area plan (see over for map)