

# the Cycle Rescue Scheme

This unique 24-hour service gives cyclists complete peace of mind. If you are unable to complete a planned journey by train and bike as a result of accidental loss of, or damage to, your pedal cycle (including theft of or from your cycle, vandalism or irreparable breakdown), or as a result of injury to yourself, the Cycle Rescue Scheme will ensure you and your bike are transported to:

- the nearest railway station or
- the nearest suitable cycle repair shop or
- the nearest car rental agency or
- the nearest overnight accommodation or your home, if nearest.

Operated by the Environmental Transport Association.  
Call for help free on 0800 269 842.

## TERMS AND CONDITIONS – CYCLE RESCUE SCHEME

The Cycle Rescue Scheme applies only to holders of valid cycle tickets for journeys solely on train services within Norfolk, Suffolk and Cambridgeshire. The Cycle Rescue Scheme only applies in conjunction with the cycle carriage arrangements detailed in this leaflet.



Bittern Line services

Wherry Lines services

Mainline train services

Local train services

# CycleRail

explore the countryside in North and East Norfolk by rail and bike



## station information for cyclists

For information on how to get to and from Bittern and Wherry line stations and for full details on cycle parking provisions, accessibility and general facilities available to cyclists, please visit

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

for further information on cycling,  
rail travel and places to visit

- [www.bitternline.com](http://www.bitternline.com)
- [www.wherrylines.org.uk](http://www.wherrylines.org.uk)
- [www.sustrans.co.uk](http://www.sustrans.co.uk)
- [www.cyclenorfolk.co.uk](http://www.cyclenorfolk.co.uk)
- [www.ctc.org.uk](http://www.ctc.org.uk)
- [www.cyclingweekly.com](http://www.cyclingweekly.com)
- [www.visitnorfolk.co.uk](http://www.visitnorfolk.co.uk)

## Tourist Information Centres

Cromer	01263 512497
Great Yarmouth	01493 843991
Lowestoft	01502 533600
Norwich	01603 727927
Sheringham	01263 824329
Aysham	01263 733903

These details are correct at the time of print, June 2009. Prices, services and discounts are subject to change therefore, Norfolk County Council recommends you confirm details with the service providers before travelling.

Valid from June 2009



**national express**

## Cycling from the Wherry Lines

Being mainly a flat area across the fens this region is renowned for big skies where you can spend lazy days along the riverside, or explore further a field from your chosen railway Wherry Lines station visiting the small pretty villages and communities.

What ever you choose to do, the Wherry Lines offer the best access to these quiet and relaxed areas. There are many good pubs and cafes along the routes and some offer discounts to Wherry lines ticket holders, for more information visit website [www.wherrylines.org.uk](http://www.wherrylines.org.uk)

## Cycling from the Bittern Line

The Bittern Line partnership, works with many cycling organisations and retailers to offer added value for cycle users on the railway.

The National Express East Anglia **Cycles on Trains** initiative allows for bicycles to be carried on local trains in a cycle carriage area. This is located at one end of the train and is indicated by a cycle logo next to the entrance door.

Cycle spaces should be reserved in advance, but for those turning up on the day of travel, will be allocated space on a first come, first served basis.

Advance reservations are advisable especially in the summer holidays.

To reserve a space for your bike please call National Express East Anglia reservations office, on **0845 600 7245**, which is open 8am to 10pm, 6 days a week.

Please note that cycles only can be carried, Tandems, Trailers and adult Tricycles cannot be taken on any train. Folding bikes in carry cases are conveyed free of charge if placed on the luggage racks.

A useful map entitled 'Around the Bittern Track' is available from Norwich ticket office when you book your bike or from local Cycle Hire outlets is available. The map details a variety of cycle routes from each Bittern Line station and these are shown on the main map. You may order this from the Bittern Line web site at [www.bitternline.com](http://www.bitternline.com)

### PLEASE NOTE THERE ARE NO CYCLE HIRE OUTLETS IN THE CITY OF NORWICH

The main cycling shop in Norwich is:

**Street Life Norwich** 01603 626660  
[www.streetlifecycles.co.uk](http://www.streetlifecycles.co.uk)  
streetlifecycles@gmail.com  
08.30 -17.30 Mon-Sat

The "Bittern Bikes" Scheme offers £1 off the one day hire rate per bike to Bittern Line train ticket holders from the following participants:

They also have a fantastic range of cycles to hire for all the family

**Broadland Cycle Hire Hoveton** 01603 783096  
enquiries@norfolkbroadsbicycling.co.uk  
09.30 -16.30

**Bike Riders North Walsham** 01692 406632  
bikeriders@lineone.net  
09.30 -16.30

**The Bikeshed Sheringham** 01263 822255  
[www.thebikeshed.biz](http://www.thebikeshed.biz)  
info@thebikeshed.biz  
09.30-16.30

**Street Life Norwich** 01603 626660  
[www.streetlifecycles.co.uk](http://www.streetlifecycles.co.uk)  
streetlifecycles@gmail.com  
08.30 -17.30 Mon-Sat

For details on the National Cycle Network in the area please visit [www.sustrans.org.uk](http://www.sustrans.org.uk).

We hope that the following cycling links may help you:

[www.thebikeshed.biz](http://www.thebikeshed.biz)  
[www.broadlandcyclehire.co.uk](http://www.broadlandcyclehire.co.uk)  
[www.sustrans.co.uk](http://www.sustrans.co.uk)  
[www.ctc.org.uk](http://www.ctc.org.uk)  
[www.cyclenorfolk.co.uk](http://www.cyclenorfolk.co.uk)  
[www.streetlifecycles.co.uk](http://www.streetlifecycles.co.uk)  
[www.nationalexpresseastanglia.com](http://www.nationalexpresseastanglia.com)  
[www.visitnorwich.co.uk](http://www.visitnorwich.co.uk)  
[www.bvrw.co.uk](http://www.bvrw.co.uk)  
[www.nnrailway.co.uk](http://www.nnrailway.co.uk)  
[www.norfolkguide.com](http://www.norfolkguide.com)  
[www.thebroadsbybike.org.uk](http://www.thebroadsbybike.org.uk)  
[www.norfolkbroadsbicycling.co.uk](http://www.norfolkbroadsbicycling.co.uk)  
[www.ctc.org.uk](http://www.ctc.org.uk)  
[www.thecyclingweekly.com](http://www.thecyclingweekly.com)  
[www.sustrans.co.uk](http://www.sustrans.co.uk)  
[www.cyclenorfolk.co.uk](http://www.cyclenorfolk.co.uk)  
[www.cyclesource.co.uk](http://www.cyclesource.co.uk)  
[www.cobr.co.uk](http://www.cobr.co.uk)  
[www.whycycle.co.uk](http://www.whycycle.co.uk)  
[www.gps-routes.co.uk](http://www.gps-routes.co.uk)

