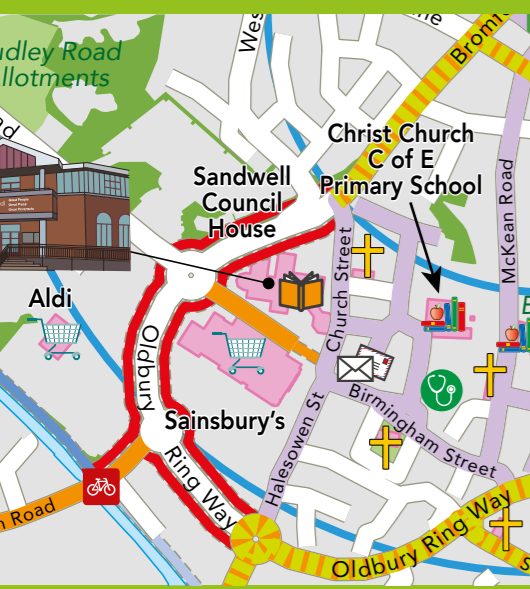


# Walking and Cycling in Oldbury

September 2025



Funded by UK Government West Midlands Cycle & Walk Sandwell Metropolitan Borough Council

## Welcome to Oldbury



Welcome to Oldbury. Use this map to explore new walking and cycling routes in your area. National Cycle Route 81 goes through Oldbury and the marked walking and cycling times show you just how far you can travel in only a few minutes.

We're making it easier to get around by bike and on foot. There is now an improved cycle route separate from the traffic on the Oldbury ring road. The Birchley Island project will see crossings built on all arms so that people can walk and cycle around it. And we are working on a government funded project for a segregated cycle route and pedestrian improvements from Oldbury ring road to Birchley Island along A4034 Churchbridge where it will also connect to the A4123 Wolverhampton Road active travel route.

Whether you're commuting, exercising, or just exploring, these changes are designed to help you travel more actively and confidently.



Use the TfWM Journey Planner to help plan your route, using public transport links at [www.journeyplanner.tfwm.org.uk](http://www.journeyplanner.tfwm.org.uk)

### Health Benefits of Active Travel

#### Children

**Improves:**

- Bone health
- Muscle and heart fitness
- Thinking and problem solving

**Helps:**

- Maintain healthy weight
- Prevent anxiety/depression

#### Adults

**Prevents:**

- Stroke & heart disease
- Hypertension and dementia
- Type 2 diabetes
- Eight types of cancers

**Improves:**

- Sleep
- Quality of life

#### Additional benefits for older adults

**Prevents:**

- Falls
- Frailty

**Improves:**

- Physical function

we are **cycling** UK

## The BIG BIKE Revival

[www.cyclinguk.org/bigbikerevival/take-part](http://www.cyclinguk.org/bigbikerevival/take-part)

Allows people to find information on cycling groups doing free activities in their area.

[www.cyclinguk.org/beginners](http://www.cyclinguk.org/beginners) contains a lot of useful information for beginners which is very beneficial to those new to cycling.

Find a cycle friendly route at

[www.cyclinguk.org/journey-planner](http://www.cyclinguk.org/journey-planner)



### SANDWELL MBC PARTNERSHIP

## Improve Your Cycling Skills and Confidence

#### Learn To Ride/Led Rides

Free and friendly organised cycle rides led by knowledgeable ride leaders.

#### Group Rides

Join an organised ride locally with a community group. Meet and ride with like-minded people, share experiences and make new friends.

#### Women only rides

Fun free bike rides for women of all abilities. If you are just looking to keep fit, or use cycling as a means of self-propelled transport then these sessions are for you!

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



Modeshift STARS is a national scheme that supports a wide variety of organisations in producing and delivering effective Travel Plans. Schools, businesses and other organisations that show excellence in supporting cycling, walking and other forms of sustainable and active travel receive formal accreditation under this scheme.

Did you know that all schools in Sandwell can currently access the Modeshift STARS scheme for free? Find out more about how it works and the rewards at: [www.modeshiftstars.org/](http://www.modeshiftstars.org/)



Living Streets is a UK charity supporting everyday walking. Our mission is to achieve a better walking environment and to inspire everyone to walk more. One street, one school and one step at a time. Find out more at [www.livingstreets.org.uk](http://www.livingstreets.org.uk)

## Park & Stride

It may not be possible for you to walk all the way from your home to school, but there is the option of walking a least some of the way.

Use this map to find somewhere quieter to park away from the school gates, you can then walk the rest of the way with your child or they can walk with other students.

Parking and striding is a great option because it:

Reduces traffic congestion and air pollution around the school at drop off and pick up times.

Can often be quicker and less stressful than driving because you don't have to struggle to find a parking place, or get stuck in the traffic around the school.

Improves the health and fitness of everyone who walks Increases children's road safety awareness and sense of independence.

## BIKE RIGHT

Bike Right delivers 'Bikeability' training in Sandwell schools, helping children to build cycling skills and road safety awareness. They also offer a variety of courses for adults, families, workplaces and community groups making cycling accessible, safe and enjoyable for all.



Go to [www.bikeright.co.uk](http://www.bikeright.co.uk) to find out more.

## Cycle Signs



## Cycle Parking Signs



## Cycle Checkpoints

Before getting on a bike, do these checks every time and ensure that your bike is safe to ride. Check the weather and road conditions before setting off and check frequently when out and about, to help ensure you have a safe journey.

[www.sandwell.gov.uk/roads-travel-parking/cycling](http://www.sandwell.gov.uk/roads-travel-parking/cycling)

### Be Secure!

Always lock your bike frame and both wheels to an immovable object.

### Lights are a must!

Bike lights boost your visibility to other road users – even during daylight hours.

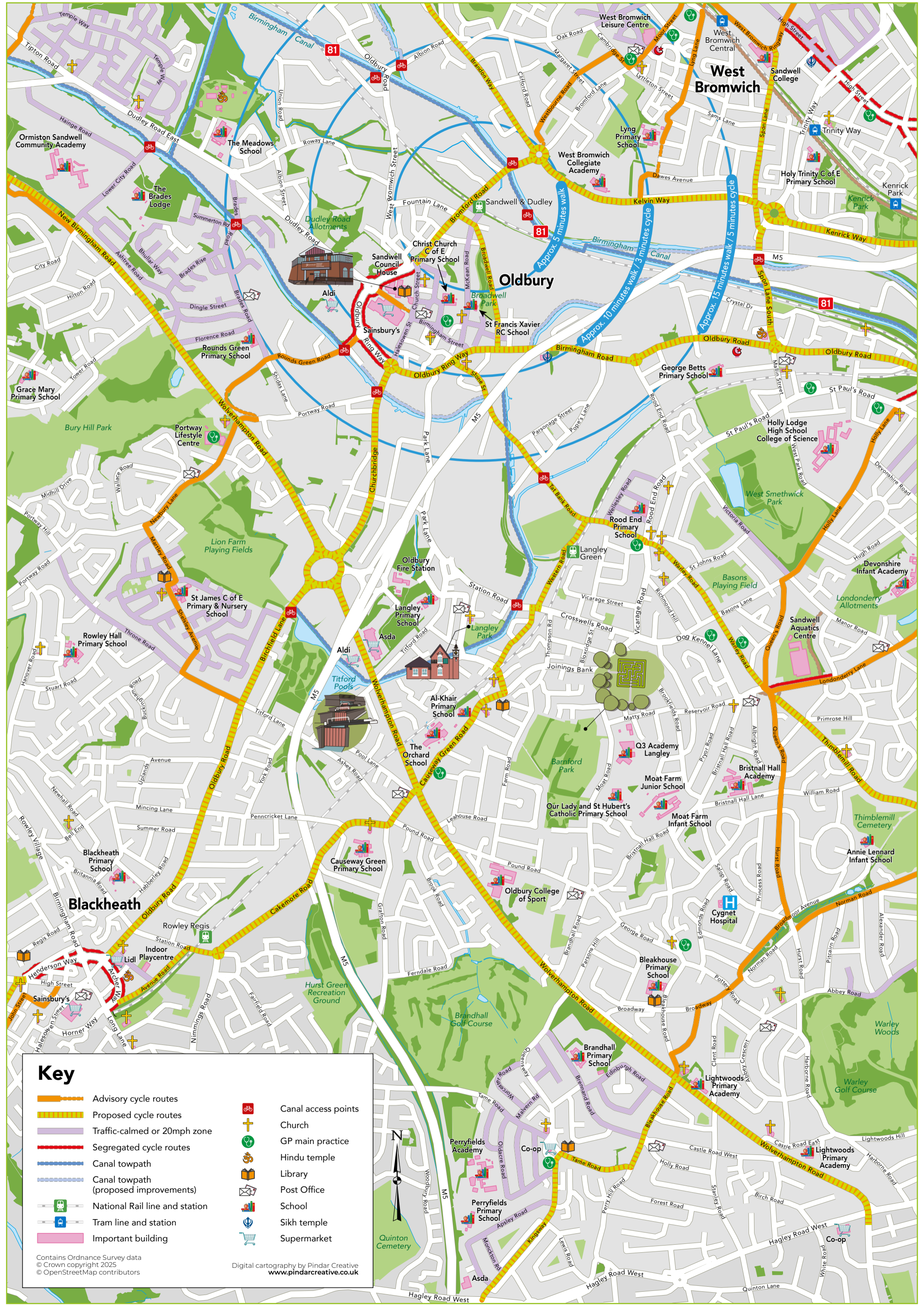
### What to wear!

Brightly coloured clothing and a cycle helmet are a good idea.

### As Easy as ABC

Check your bike regularly.  
A = air  
B = brakes  
C = chain





# Key

- |  |                                       |  |                     |
|--|---------------------------------------|--|---------------------|
|  | Advisory cycle routes                 |  | Canal access points |
|  | Proposed cycle routes                 |  | Church              |
|  | Traffic-calmed or 20mph zone          |  | GP main practice    |
|  | Segregated cycle routes               |  | Hindu temple        |
|  | Canal towpath                         |  | Library             |
|  | Canal towpath (proposed improvements) |  | Post Office         |
|  | National Rail line and station        |  | School              |
|  | Tram line and station                 |  | Sikh temple         |
|  | Important building                    |  | Supermarket         |