

Online map
Visit www.st-andrews.ac.uk/maps to view an online interactive version of the map

Key

On-road signed cycle route

Traffic-free cycle route

On-road cycle lane

Footpaths

Fife Core Network

Cycle lockers

Cycle parking

Cycle repair station

Go E-bike hub

Cycle shop

Bus station

Publicly available charge points

Toucan crossing

University buildings

Other important buildings

1

National Cycle Network route number



0 Kilometre0.20.40.60.81

0 Miles0.20.40.6

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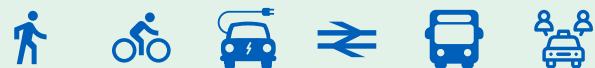


A Smart Travel map for St Andrews

Greener travel options for the town and beyond

Go St Andrews

We all have to get around – whether for work or leisure. Our travel choices can have a big impact not only on ourselves but also on our environment. Choosing cycling and walking is proven to support physical and mental well-being. It gets us more active, makes our roads safer, and actually makes our brains feel happier (and that's before it saves us money!) This short guide will give you the knowledge you need to travel more healthily and happily.



Bike it

Cycling is a healthy and cheap mode of transport. There are more than 1,800 cycle parking spaces in St Andrews, and cycle paths connecting the centre of town to the outskirts and beyond. For getting around the town quickly, bikes are unrivalled in their low costs and high efficiency – not to mention zero emissions. It is also safe if you follow a few simple rules.

- **Don't hide – be seen.** Always use lights at night, and consider wearing high-vis clothing. Signal clearly, outstretching your left arm when turning left, and right arm when turning right.
- **Be safe.** Make sure your way is clear before every manoeuvre, especially behind you when turning right. Long vehicles, such as buses and lorries, have particular blind spots – do not pass them on their left. Consider wearing a helmet for protection in a fall.
- **Follow your responsibilities as a road user.** Don't go through red lights or cycle against the direction of traffic. These laws are for everyone's safety. Consult the Highway Code for your rights and responsibilities.

Road signs for cyclists

Some useful signs for cyclists to be aware of are shown below. For more information, see the Highway Code.



National Cycle Network route



Cycle lane



Contra flow cycle lane



Route shared by pedestrians and cyclists



No cycling



No entry

If you want to build up your confidence with cycling, then get involved with St Andrews Bike Pool, which offers regular, free bike maintenance sessions at venues across the town, long-term bike rentals and social led-rides. See: transitionsta.org for more information.

Buy or hire a bike from

Spokes: 37 South Street Tel: 01334 477835

Cyclepath: 8 Pipeland Road Tel: 07909 993505

Bikeworks: (Glenrothes) Tel: 01592 751500

When your bike is done – donate it to a re-use project like St Andrews Bike Pool. Tel: 01334 464000

You can support cycling further through joining the St Andrews Bike User Group which brings partners and cyclists together to coordinate projects that promote a cycle friendly town.



Alternatives to travelling

As a result of COVID-19, more people are avoiding travel altogether and using facilities such as Zoom or Teams as an alternative to face-to-face meetings. Have you considered whether your meeting can be held online?



Walk it

Walking briskly for 30 minutes will meet your recommended exercise levels, but it's also great for your mental health. At a reasonable pace you can reach pretty much anywhere in St Andrews within 30 minutes too. Plus, we have over 7 miles of wonderful off-street footpaths to explore in St Andrews and a superb coastal path.

fifedirect.org.uk/corepaths
fifecoastalpath.co.uk



Train

Leuchars station offers fast connections to Edinburgh, Dundee and beyond. You can work and socialise on the Regular bus services and a traffic free cycle path provide an easy link from St Andrews. Visit nationalrail.co.uk for journey planning, timetables and information on station facilities.



Bus and coach

St Andrews is well connected by bus and coach with regular services to Dundee, the East Neuk, Glasgow and Edinburgh from the bus station on City Road. Investigate discount options for regular and longer journeys which provide excellent value. Use travel planning websites and apps to link different modes of transport together. Visit stagecoachbus.com and moffat-williamson.co.uk for the latest information on timetables, routes and fares.



Liftsharing

Why let those three or four extra seats go to waste? Liftsharing gives you the opportunity to make new friends, save money, reduce CO2 emissions and tackle congestion. Visit liftshare.com/uk/community/standrews to join our community. Small changes to your commuting habits can help make a really big difference.



Useful apps and websites



AccessAble

AccessAble provide detailed information on the accessibility of buildings and facilities across the UK, such as restaurants, shops and hotels. You can access information via their website or the AccessAble mobile app.

accessible.co.uk



Traveline Scotland

Traveline is Scotland's national public transport information service - the 'one-stop' for all bus, rail, coach, air and ferry times in Scotland.

travelinescotland.com



Stagecoach

The Stagecoach app allows you to check live bus times, purchase mobile tickets and plan a journey around St Andrews and beyond, all directly from your smartphone.

Available for iPhone and Android