

0 Kilometres 0.2 0.4 0.6 0.8 1
0 Miles 0.2 0.4 0.6

How long will it take?
3 minutes cycling will take you about this far
If you cycle at about 10 miles an hour
10 minutes walking will take you about this far
If you walk at about 3 miles an hour

Busy sections on A roads	Place of worship	 100-150 50-100 0-50 Contour height in metres
A roads	Toilets	
Link routes between settlements, signed cycle routes or places of interest	Bus station	
Signed cycle route	Refreshments	
Bridleways (cycling allowed)	Shopping centre, complex or trading estate	
Footpaths (no cycling)	Farm shop	
NCN / regional route number	Tourist Information Centre	
School	Places of interest (see reverse)	
Hospital	Historic building	
Library	Cafe	

MOVING FORWARD
MOVINGSOMERSETFORWARD.CO.UK

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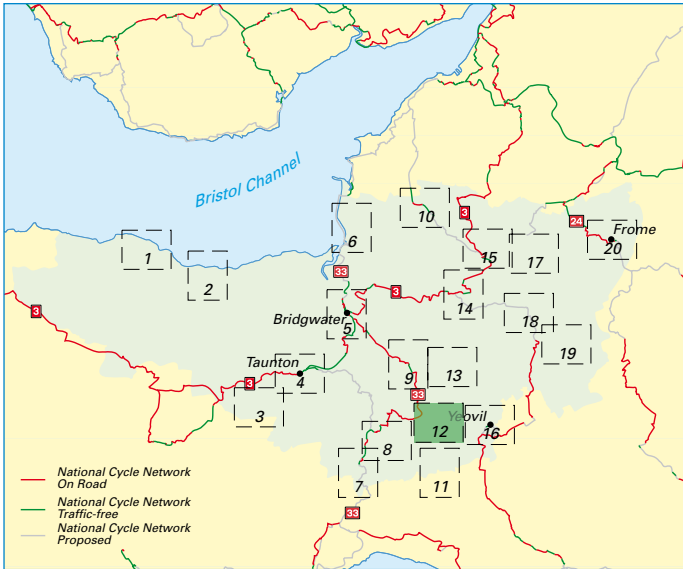


CYCLING AND WALKING IN SOMERSET

12 Martock & South Petherton



This cycling and walking map is one of a series covering towns and villages throughout Somerset



MAPS IN THE SOMERSET SERIES

- | | | |
|-----------------------|-------------------------|---------------------------|
| 1 Minehead & Dunster | 2 Watchet & Williton | 3 Wellington |
| 4 Taunton | 5 Bridgwater | 6 Burnham & Highbridge |
| 7 Chard | 8 Ilminster | 9 Langport & Ham |
| 10 Cheddar & Axbridge | 11 Crewkerne | 12 Martock & S. Petherton |
| 13 Somerton | 14 Glastonbury & Street | 15 Wells |
| 16 Yeovil | 17 Shepton Mallet | 18 Castle Cary & Bruton |
| 19 Wincanton | 20 Frome | |

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Somerset

From the Mendip Hills in the north, to the Quantocks in the west and the Blackdowns in the south, Somerset is a county of contrasting landscapes and moods, offering many attractions to visitors keen on exploring its rich heritage and delightful countryside.

For walkers and cyclists seeking a relaxing rural jaunt, the Somerset Levels are perfect touring country, with their meandering quiet lanes and hill-free landscape. These ancient wetlands, rich in wildlife, are home to one of Somerset's oldest traditional skills – willow basket weaving – an important craft for the production of a wide range of items from lobster pots to hot air balloon baskets!

For those who prefer the challenge of mountain biking and hill sports, the Quantocks, Mendips and Exmoor all provide exhilarating opportunities to test your stamina against the hills and discover some fantastic views.

For the historically minded visitor, the county is a positive treasure trove. There are dozens of fine old churches and historic towns and villages, such as Wells, with the gothic grandeur of its wonderful 12th-century cathedral and the nearby moated Bishop's Palace with its famous bell-ringing mute swans. Classic steam trains run along the West Somerset Railway, the UK's longest privately-owned passenger line, to the coastal towns of Watchet and Minehead.

For those with a love of myth and legend, Somerset can fascinate you with the legend of King Arthur. The Iron Age hill fort at South Cadbury is the alleged site of Camelot and at Glastonbury Abbey, the ancient monks claimed to have found the remains of this warrior and his queen, Gwynevere. At Athelney stands a monument to another monarch, King Alfred, reminding us of where he burnt the cakes.

There's so much more to Somerset than just its history. From donkeys on the beach to quaint shops in small towns, or wide open spaces with wildlife all around, there is something here for everyone – and it can all be seen best by bicycle or on foot.

www.visitsomerset.co.uk



Martock & South Petherton

Martock is a large picturesque village characterised by its many old Ham stone buildings. Its ornate houses, such as the old courthouse, market house, treasurer's house and parish church – the second largest in Somerset – all lend to its picture-postcard charm. South Petherton, with its many small shops, has a quiet, unhurried charm and is built around a beautiful church with an unusual octagonal central tower.



For centuries, Martock has been a lively trading and agricultural centre. Its market, now held monthly, can be traced back to 1247 and still offers a fine variety of local produce. Martock is also home to the Town Tree Nature Garden, a pleasant 22-acre site dedicated to nature conservation, landscaped from uninspiring flat farmland into an oasis of ponds, cultivated plants and wildfowl.

There are a number of historical buildings and sites nearby including Montacute House, Barrington Court, Muchelney Abbey, East Lambrook Manor, Cadbury Castle, Forde Abbey, Lyte's Cary and Ham Hill. Also well worth a visit is East Lambrook Manor Gardens, recognised as the home of English cottage gardening. A walk in the garden uncovers a delightful 17th century malthouse with a gift shop, award-winning tearoom and art gallery. Other places of interest are the Haynes Motor Museum, the RNAS Museum at Yeovilton, Muchelney Pottery and the Willows and Wetlands Visitor Centre.



For the more adventurous, Martock and South Petherton also provide access to the River Parrett Trail, a 50-mile stretch from Crewkerne to Bridgwater. The trail can be enjoyed as a three- or four-day hike or as a series of shorter walks through the gentle hills of the Dorset and Somerset borders and across the wetlands of the Somerset Levels and Moors. For further information contact the local Tourist Information office or visit www.visitsomerset.co.uk

Get to know Somerset by bike

NATIONAL CYCLE NETWORK

The National Cycle Network (NCN) is a comprehensive network of safe and attractive cycle routes across the UK. It is delivered through the policies and programmes of more than 450 local authorities and other partners, and is coordinated by Sustrans, the UK's largest sustainable transport charity.

Sustrans began work on the NCN in 1995 with the help of a £43.5m Millennium Commission Lottery Grant. The network now passes within one mile of half the population and covers more than 10,000 miles of cycle routes, one third of which are on traffic-free paths, the rest following quiet lanes or traffic-calmed roads.

SOMERSET AND THE NCN

The NCN links many of the 20 maps in this series. By combining these numbered blue routes with the yellow advisory cycle routes on each map you can link up nearby towns for an enjoyable cycle tour of Somerset.

National Cycle Network routes to look out for in Somerset

- 3 Bridgwater » Glastonbury & Street » Taunton » Wells
- 24 Frome
- 26 Castle Cary » Yeovil
- 30 Castle Cary » Crewkerne » Ilminster » Langport & Ham » Yeovil
- 33 Bridgwater » Burnham » Chard » Ilminster » Langport & Ham » Martock & South Petherton

Cycling advice and benefits

GENERAL

- Always abide by road regulations and the Highway Code.
- Make sure your bike is well maintained and roadworthy.
- Be visible. You must use front and rear lights after dark and may wish to consider wearing reflective or bright clothing.
- Wear appropriate footwear and clothing and consider wearing a helmet.
- Carry a good-quality lock and make sure you secure your bike if leaving it.
- Cycle route signs are generally white on a blue background.

RIDING ON THE ROAD

- Make sure you can start, stop, signal confidently with both hands and check behind without wobbling before riding on the road.
- Always ride within your own ability.
- Ride about 1m out from the kerb to avoid drains, litter and glass in the gutter and to make yourself more visible to following traffic.
- Think ahead and try not to make sudden moves or changes in direction. Anticipate obstacles and turns ahead and position yourself appropriately in good time. Act decisively and do not be afraid to assert your position on the road.
- Give way to pedestrians, wheel-chairs and horse riders.



- If you wish to improve your cycling skills, you might consider one of the excellent National Standards training courses available for adults and children. See www.movingsomersetforward.co.uk for more details.

BENEFITS OF CYCLING

- It can help keep you fit and healthy.
- It is fast, especially in towns or during busy periods on the roads.
- It is a great way to see the countryside and get to interesting places.
- It is cheap.
- It is sociable.
- It helps cut congestion and is good for the environment.
- It is fun!



Moving Forward

Moving Forward is a Somerset County Council initiative aimed at reducing congestion and pollution in Somerset. By raising awareness and encouraging wider use of sustainable travel alternatives such as walking, cycling, car share and public transport, we can protect and improve our environment, our health and our quality of life.



Did you know that the majority of car trips are less than 2 miles? These days it's all too easy to just hop in the car without thinking, even when we're only popping round the corner. Walking or cycling some of these small journeys instead, even occasionally, would make a big difference. We hope this map will help you to explore some of the options suitable for you.

To find out about other ways you can improve your quality of life simply by making smarter choices about the way you travel, visit www.movingsomersetforward.co.uk



COMMENTS

These maps have been produced with advice from local cyclists, town/parish councils and other interested partners and will be continually reviewed and updated. We welcome any comments that may help improve the quality and information provided for future

editions. Please send comments and observations: F.A.O. The Cycling Officer, Somerset County Council, C702, County Hall, Taunton TA1 4DY or email movingforward@somerset.gov.uk

REPORTING A PROBLEM ON A PUBLIC RIGHT OF WAY

If you find a problem on a public footpath or bridleway such as an obstruction, aggressive animal, missing signpost or damaged stile please telephone

Somerset Direct on 0845 3459155 or visit www.somerset.gov.uk/rightsofway, where you can inform us via the interactive mapping.

Useful information & places to go

PLACES TO VISIT

- Burrow Hill Cider & Somerset Cider Brandy Company**
Pass Vale Farm, Burrow Hill, Kingsbury Episcopi, Martock, TA12 6BU
01460 240782
www.ciderbrandy.co.uk
- East Lambrook Manor Gardens**
East Lambrook, South Petherton, TA13 5HH
01460 240328
www.eastlambrook.co.uk
- Ham Hill Country Park**
Stoke-sub-Hamdon, TA14 6RW
01935 823617
- Muchelney Abbey – English Heritage**
Muchelney, nr. Langport, TA10 0DQ
01458 250664
- Muchelney Pottery & John Leach Gallery**
Muchelney, nr. Langport, TA10 0DW
01458 250324
www.johnleachpottery.co.uk
- Montacute House**
Montacute, nr. Yeovil
01935 823289
- Montacute TV, Radio & Toy Museum**
1 South Street, Montacute, TA15 6XD
01935 823024
www.montacutemuseum.co.uk
- Somerset Guild of Craftsmen**
Yandle & Sons, Hurst Works, Martock, TA12 6JU
01935 822207
www.somersetguild.co.uk
- Tintinhull Garden**
Farm Street, Tintinhull, Yeovil, BA22 8PZ
01935 823289

BIKE SHOPS

Mud Sweat & Gears
Unit 13, Barlett Court, Sea King Road, Lynx Trading Estate, Yeovil, BA20 2NZ
01935 431937

Yeovil Cycle Centre
76 Lyde Road, Yeovil, BA21 5DW
01935 422000

POST OFFICES

Martock PO
East Street, Martock, TA12 6JQ
01935 822238

South Petherton PO
41 St James Street, South Petherton, TA13 5BN
01460 240201

TOURIST INFORMATION

Yeovil Heritage & Visitor Centre
Hendford, Yeovil, BA20 1UN
01935 845946
yeoviltic@southsomerset.gov.uk

Cartgate TIC
Cartgate picnic area, A303/A3088, Stoke-sub-Hamdon, TA14 6RA
01935 829333
cartgate.tic@southsomerset.gov.uk

