



- Dedicated school buses**
- 527 - Swillington to Garforth
 - X64 - Garforth - Micklefield - Aberford
 - 526 - Garforth to Ledston Luck & Ledston - PM only - ONE WAY
 - X63 - Garforth - Barwick in Elmet - Aberford Old Cafe
 - LL1 - Ledston Luck to Garforth - AM only - ONE WAY

- Traffic-free path
- On-road cycle route
- Path where you should walk your bike (may apply only at posted times)
- 30 minutes walking zone
- Pedestrian crossing
- Rail station
- Cycle parking
- Access point
- Bus drop off
- Police station
- Cycle shop
- College
- School
- Library
- Community centre
- GP surgery
- Post office
- Skate park
- Sports centre
- Nature reserve
- National Cycle Network Route number
- Sustrans school
- Bridge with underpass



Reasons to walk

- Walking is good for your heart and lungs, and is great for strengthening your muscles, bones and joints
- Walking helps improve your mood and boosts self-esteem
- Walking burns as many calories as jogging over the same distance.

Reasons to cycle

- Cycling is perfect for travelling short distances in urban areas
- On average, cyclists live two years longer than non-cyclists
- Cycling firms the thighs and bottom, and can even help tone the tummy muscles.

Garforth
Active travel map

This map has been produced by Sustrans and funded by the Department for Transport's Local Sustainable Transport Fund, as part of the Access to Education programme. Access to Education is a partnership between eight local authorities and Sustrans. We enable young people, their families, staff and the wider community to walk, cycle or use public transport for more of their everyday journeys. Through comprehensive, locally-tailored packages, we provide a real alternative to the car for trips to schools, colleges and universities, reducing congestion, improving journey reliability and boosting local economies.

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. It's time we all began making smarter travel choices. Make your move and support Sustrans today. To make a donation visit www.sustrans.org.uk or phone 0845 838 0651.

To find out about walking and cycling routes in your area visit www.sustrans.org.uk/map or call 0845 113 0065.



Cycling

Bikeability cycle training: Andrew Crossley
07504 282 133
bikeability.leeds@gmail.com

National cycling charity: www.ctc.org.uk

Cycle journey planner: www.transportdirect.info

Information, mapping and more: www.sustrans.org.uk

Free adult training: www.wygo cycling.com

Cycling clubs

Garforth Wheelers: www.garforthwheelers.com

Seacroft Wheelers: www.seacroftwheelers.co.uk

Featherstone Road Club: www.featherstoneroadclub.co.uk

Upton Cycling Club: www.uptoncc.co.uk

Wetherby Wheelers: www.wetherbywheelers.btck.co.uk

Walking

Real-world treasure hunts: www.geocaching.com

Woodland walks: www.visitwoods.org.uk

Local routes and people to walk with: www.walk4life.com

Walking route planner: www.walkit.com

Public transport

Bus and train timetables, tickets and journey planners:
www.wymetro.com or 0113 245 7676

School bus services, MetroCard details and more:
www.generationm.co.uk

Public bus services (omitted for clarity)

19: Ireland Wood – Leeds CC - Garforth

19A: Tinshill – Leeds CC – Garforth

163/166: Castleford – Kippax – Garforth – Leeds

402/403: Selby – Sherburn – Micklefield – Garforth – Leeds

404: South Milford – Micklefield – Garforth – Cross Gates

173/174: Wakefield – Garforth – Wetherby

175: Wakefield – Garforth – Castleford

X64: Leeds – Garforth – Kippax

Dedicated school buses

X63: Garforth – Barwick in Elmet – Aberford Old Café

X64: Garforth – Peckfield Bar – Micklefield – Aberford

LL1: Ledston Luck to Garforth (AM ONLY, ONE WAY)

526: Garforth to Ledston Luck & Ledston (PM ONLY, ONE WAY)

527: Swillington to Garforth

WYmetro text service

Text bus stop number to 63876 to get live bus times for that stop. Visit www.wypte.acislive.com for more information and for live departure boards.

Cycle shops

Dave Rayner Cyclesport
107 Main Street
Garforth, LS25 1AF
0113 286 2700
www.daveraynercycles.co.uk

Biking Fix
Acaster Drive
Garforth, LS25 2BQ
07803 987 467
www.biking-fix.co.uk

The Bike Shop Leeds
78-84 Crossgates Rd
Leeds, LS15 7NL
0113 232 8483
www.leedsbicycle.com

Fine Fettle Cycles
3A The Boyle
Barwick-in-Elmet
Leeds, LS15 4JH
0113 393 5688
www.finefettlecycles.co.uk