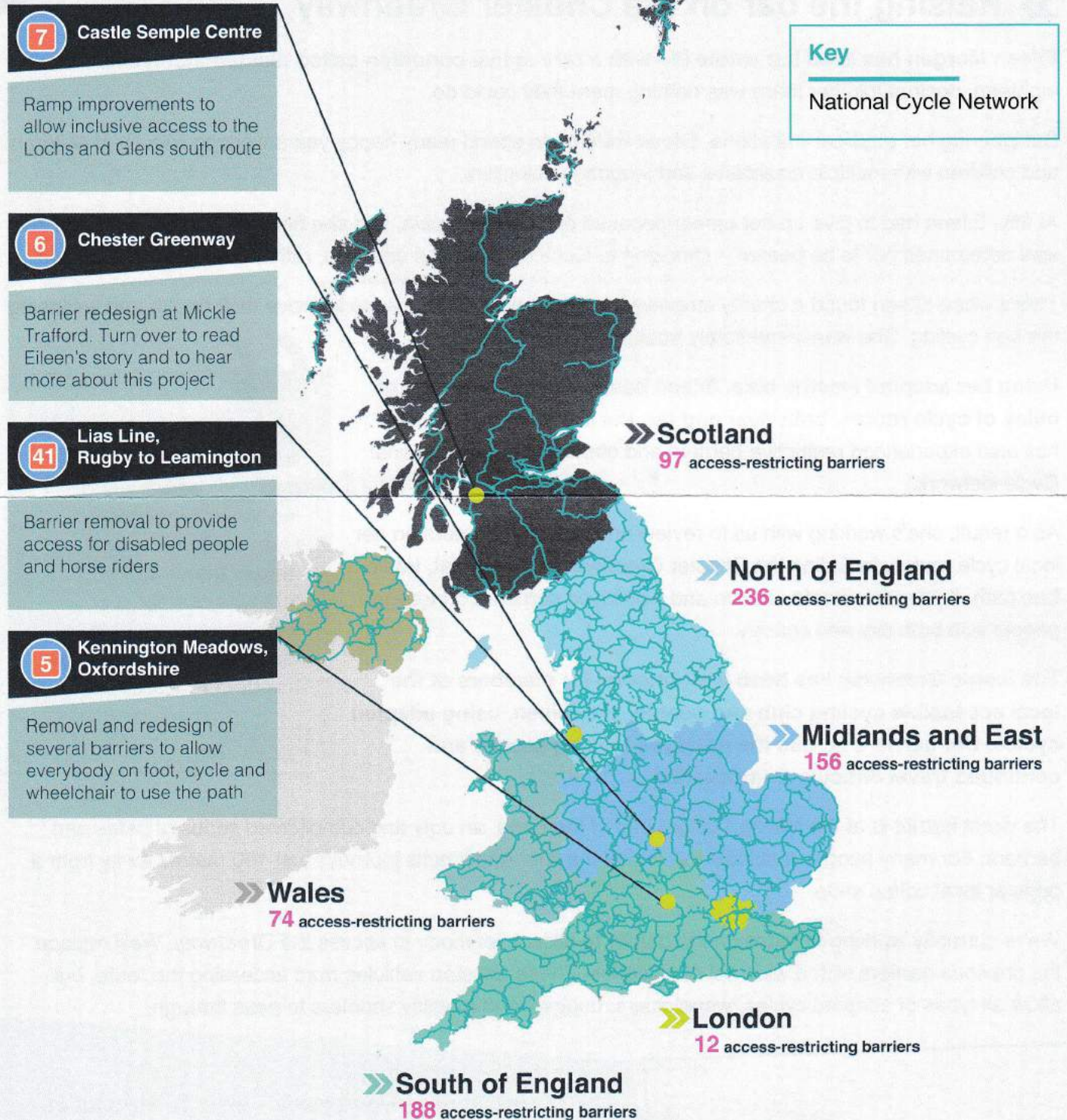


# RAISING THE BAR

Help us create a more accessible Network.

## » Making the National Cycle Network more accessible for everyone

Your support for our Raise the Bar appeal will help us remove or redesign restrictive barriers on routes we own, creating a more inclusive Network.



The figures shown above are an indication of the number of barriers on our land on the National Cycle Network. There are barriers right across the Network on land owned by others, including in Northern Ireland.

Sustrans is a registered charity no. 326550 (England and Wales) SC039263 (Scotland). © Sustrans March 2020





## » Raising the bar on the Chester Greenway

**Eileen Morgan has lived her whole life with a rare spinal condition called diastematomyelia. At eighteen, doctors told her there was nothing more they could do.**

But ignoring her physical limitations, Eileen went on to spend many happy years working with Deaf children and children with multiple disabilities and language disorders.

At fifty, Eileen had to give up her career because of increasing pain, and she became housebound. But she was determined not to be beaten – choosing to focus on what she could do, rather than what she couldn't.

That's when Eileen found a charity empowering adults with disabilities to improve their health and wellbeing through cycling. She was immediately hooked.

**Using her adapted electric bike, Eileen has explored hundreds of miles of cycle routes, both near and far.** But like many people, she has also experienced restrictive barriers and obstacles on the National Cycle Network.

As a result, she's working with us to review and redesign barriers on her local cycle routes, including the Chester Greenway. A mostly flat, traffic-free path, it provides a safe, unique and well-loved corridor connecting people with both city and country.

**The iconic Greenway has been instrumental for members of the local accessible cycling club and people, like Eileen, using adapted cycles. But barriers across the route are making access and continued travel difficult or impossible.**

The worst barrier is at the Mickle Trafford end of the route, an ugly and complicated series of gates and barriers. For many people, it signals the end of the line. And it halts journeys just 150 metres away from a popular local coffee shop.

We're currently working to redesign the barrier to allow everybody to access the Greenway. We'll replace the previous barriers with a wide set of chicanes. These will stop vehicles from accessing the route, but allow all types of adapted cycles, wheelchairs, buggies and mobility scooters to pass through.



**“Cycling is one of the few activities that keeps me fit without causing me severe discomfort. I can cycle for much longer than I can sit in a wheelchair or a mobility scooter. I love the wonderful feeling of freedom it gives me.”**

Eileen

**This is just one step of many – there is still a lot of work to do to create an accessible Network. With your support today, we can raise the bar on the Network and make it accessible for everyone.**

**Pictured:** Eileen with Paul Beaudoin of Live! Cheshire, her local inclusive cycling club, and members of Sustrans staff during a visit to assess barriers on the Chester Greenway

