

# Practical information

Shrewsbury station is served by three train companies:

- **Wrexham and Shropshire:** trains to Wrexham (4 per day) and London Marylebone (4 per day)
- **Arriva:** trains to Aberystwyth (8 per day), Chester (20 per day direct), Birmingham (17 per day), Manchester (16 per day direct) and Cardiff (28 per day)
- **London Midlands:** trains to Birmingham (19 per day)

Bicycles are carried **free of charge** on all trains from Shrewsbury.

**Arriva and London Midlands** have space for **two bicycles per train**. These trains cannot carry tandems, tagalongs or child trailers. Space must be reserved in advance on Arriva trains.

Look for the bicycle sign on one of the doors as these trains pull in, to show where the cycle storage is.

**Wrexham and Shropshire (WSMR)** can take many more bicycles on each train, including tandems, tagalongs and child trailers. The bicycles are stored at the opposite end of the train to the engine, and the **train manager must open the door to load bikes**.

These trains are longer so stand half way along the platform as the train pulls in; as the front of the train passes you, you will see if it is the end with the engine or not.

To avoid delays in loading bicycles please contact Wrexham and Shropshire Railways to let them know which train you will be travelling on, if there are more than 3 people in your group. Contact: 0845 260 5300.

**For information about timetables see [www.nationalrail.co.uk](http://www.nationalrail.co.uk)**  
Tel: **08457 484950**



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## FAMILY FRIENDLY RIDES

# Days out by train and bicycle from Shrewsbury

### This leaflet includes:

- 🚲 Practical advice on taking your bicycle on the train
- 🚲 Ideas for days out in Telford and Wellington by train and bicycle
- 🚲 Maps of the areas around Shrewsbury and Telford stations

Taking your children and their bikes on the train can be a great day out and a change from your usual local rides. Most children enjoy the train journey itself; and they start learning their way around public transport.

Combining bike and train travel is getting easier from Shrewsbury, with a little forward planning.

To find out more about family cycling in Shrewsbury and Shropshire, including events, training and our online route planner, go to

**[www.cycleshrewsbury.co.uk](http://www.cycleshrewsbury.co.uk)**

email:  
[cycle.shrewsbury@shropshire.gov.uk](mailto:cycle.shrewsbury@shropshire.gov.uk)  
Tel: **01743 253008**



## A traffic-free day out to Telford Town Park and the Silkin Way

2 miles round trip to Telford Town Park or  
12 miles round trip to Ironbridge Gorge

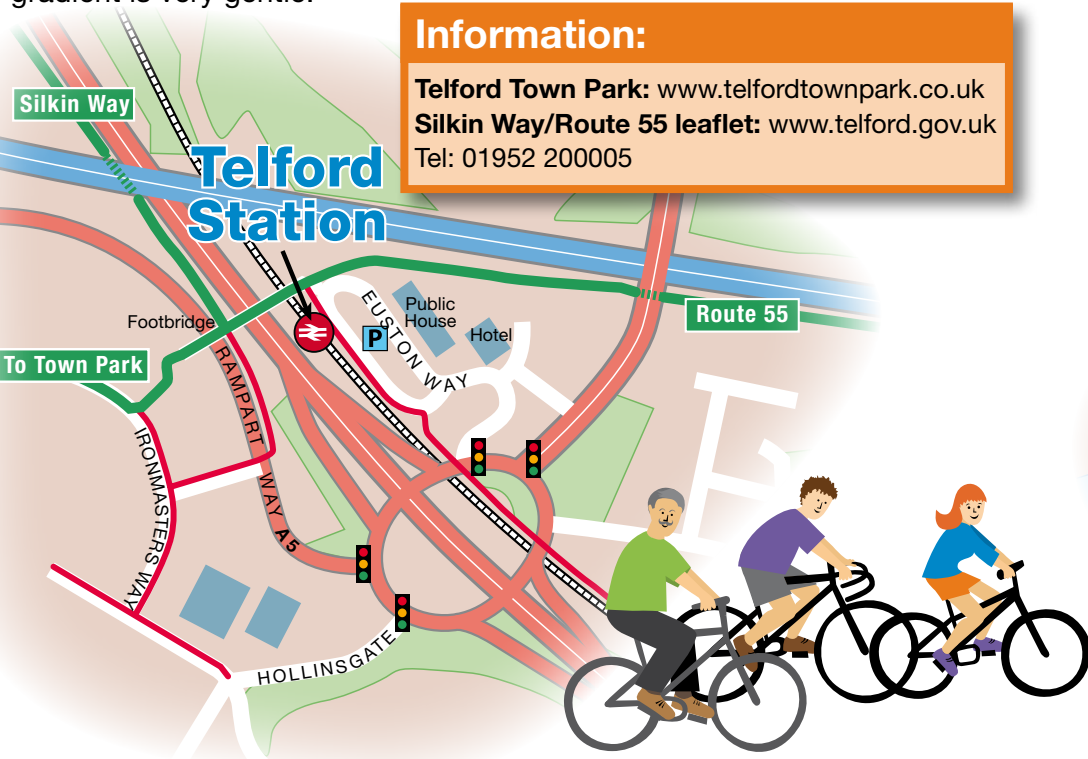


All three train companies run services from Shrewsbury to Telford.

Travelling on the train from Shrewsbury. Leave Telford station, keep to the left of the bus stop, pass the steps and you come to a ramp on your left. Turn left to join National Cycle Route 55.

Follow Route 55 signs to the Town Park; the route is traffic-free but crosses some busy roads. It avoids the shopping centre where cycling is not allowed.

Once you get to the Town Park there is a choice between staying to play or cycling further down into the Ironbridge Gorge, towards Blists Hill Museum and Coalport. Route 55 follows a disused railway line so the gradient is very gentle.



### Information:

**Telford Town Park:** [www.telfordtownpark.co.uk](http://www.telfordtownpark.co.uk)  
**Silkin Way/Route 55 leaflet:** [www.telford.gov.uk](http://www.telford.gov.uk)  
Tel: 01952 200005

## A longer ride on quiet roads (Route 81 Wellington-Shrewsbury)

13 miles one way

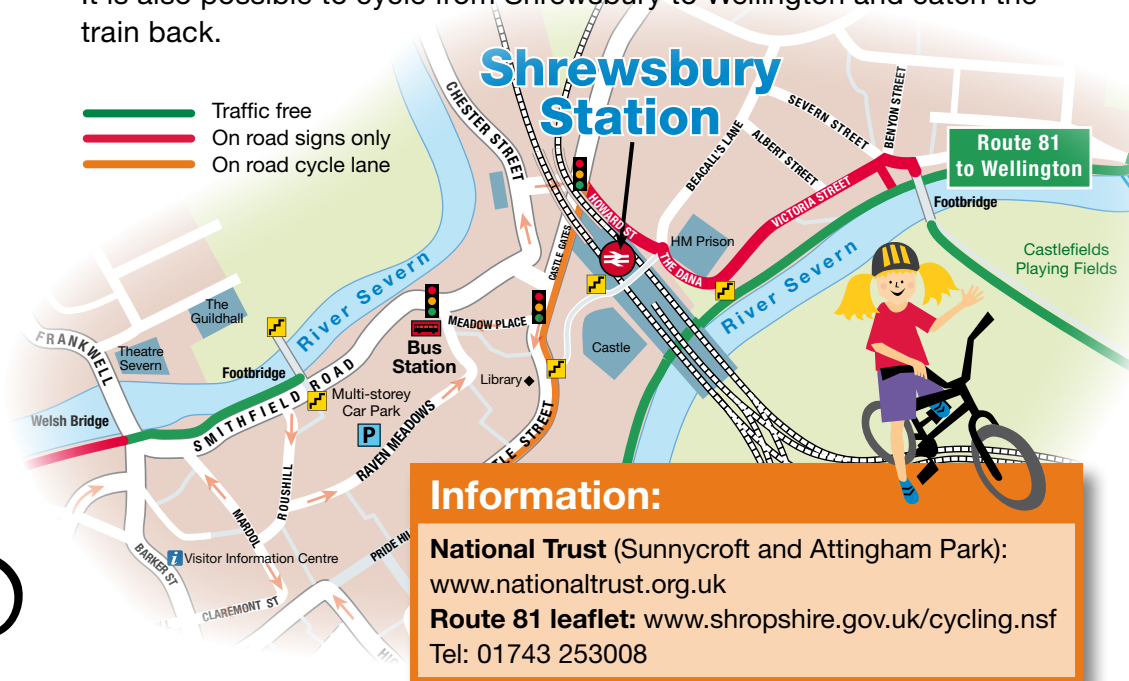
On the way you can stop off at the National Trust properties at **Sunnycroft or Attingham Park**, which both allow free entry to the grounds if you arrive by bike. For refreshments there are a number of pubs along the route.

All three train companies run services from Shrewsbury to Wellington

Travelling from Shrewsbury, leave Wellington station and go up to the top of the car park. Turn left into King St and second left into Vineyard Road. Carry straight on past the supermarket to Spring Hill where you join National Cycle Route 81.

NCR 81 is signposted along quiet, mainly flat roads through the countryside between Wellington and Shrewsbury. The last section from Uffington into Shrewsbury is mostly traffic-free.

It is also possible to cycle from Shrewsbury to Wellington and catch the train back.



- Traffic free
- On road signs only
- On road cycle lane

### Information:

**National Trust (Sunnycroft and Attingham Park):**  
[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)  
**Route 81 leaflet:** [www.shropshire.gov.uk/cycling.nsf](http://www.shropshire.gov.uk/cycling.nsf)  
Tel: 01743 253008