

# Cycling and the OKRAAP

Old Kent Road Area Action Plan

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# Old Kent Road Area Action Plan

- A strategy for growth in jobs and businesses
- Locations for housing, including new council homes
- New shopping and town centre facilities
- The design and heights of buildings and spaces
- **Improvements for pedestrians and cyclists, including new links and making existing routes safer**
- Public transport improvements
- The infrastructure that will be needed to support growth such as schools, open space and public realm, health and other community facilities



# Cycling, Exercise and Health

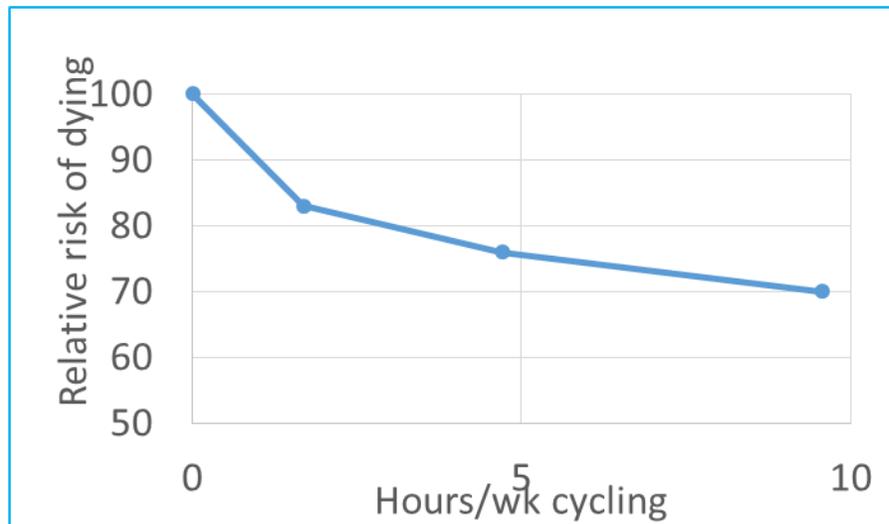
We all know exercise is good for our health and well being.

Problem is finding the time to do it.

Cycling can be built into your day – it may even save you time.

And cycling is excellent aerobic exercise

With clear health benefits



And you live longer

Calculation is that the cycling done by Dutch people extends their lives by an average of 6 months

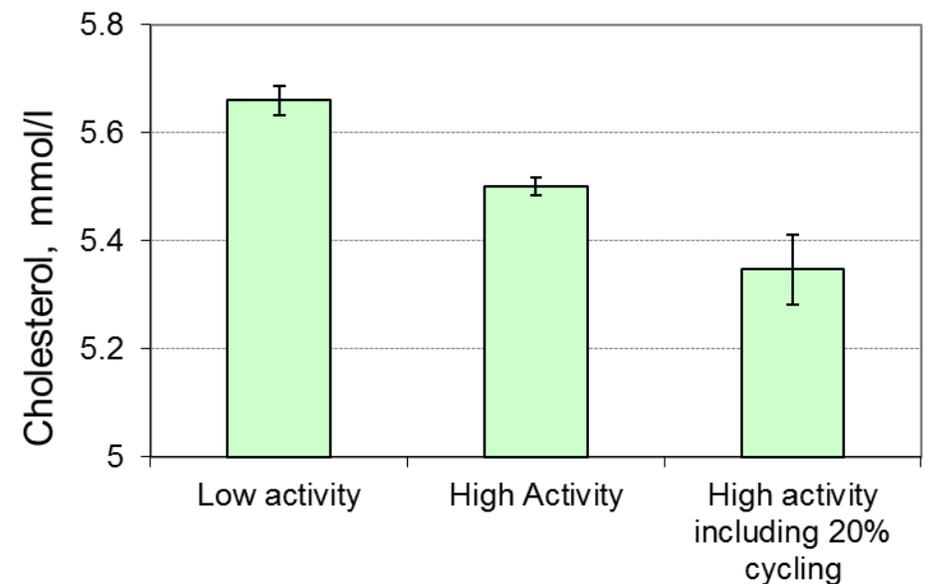
Kelly et al. International Journal of Behavioral Nutrition and Physical Activity 2014, 11:132

For example:

Lower Cholesterol

Less risk of heart attack

Cycling if anything better than other exercise!



Data from Health Survey of England, 2008

# Air Pollution

Prominent comments from each OKR Walkabout.

Walk 1 “The amount of traffic on the OKR, the fumes, noise,..makes a poor shopping environment”

Walk 2 “High levels of pollution...creates an unpleasant environment”

Walk 3 “Environment is noisy and polluted”



Air pollution monitor on Old Kent Road

**But pollution is not just unpleasant , it is UNHEALTHY.**

There are an estimated [29,000 deaths annually](#) in the UK from air pollution. Dr Ian Mudway, a lecturer in respiratory toxicology at King's College London, told the BBC: "The evidence is there. The 29,000 figure is very solid, so really it is a case of acting."

BBC Web Site: <http://www.bbc.co.uk/news/health-30349398>

# Where are we now?

4.2% trips in Inner London are by bike (3.7% in Southwark)

60% of trips in Inner Amsterdam are by bike!!

So plenty of scope.

What puts people off:

- Not safe
- Routes unattractive
- Nowhere to store a bike



# Encourage more cycling

Southwark Cyclists

## Healthy Rides

Every Saturday, usually 2 hour ride mostly on quiet roads and paths.  
For less confident cyclists to gain confidence and learn local routes

Next ride August 8<sup>th</sup>, Canada Water Library, 10am

More info at <http://healthyriders.weebly.com/>

Also British Cycling Skyrides

More information at <http://www.goskyride.com/>

Also cheap loan scheme - [http://www.southwark.gov.uk/info/200123/cycling/3738/cycle\\_loan\\_scheme](http://www.southwark.gov.uk/info/200123/cycling/3738/cycle_loan_scheme)



Healthy Ride, Dulwich Park, 2012

OKRAAP: Improvements for pedestrians and cyclists, including new links and making existing routes safer

We also need more well-located cycle parking and more cycle storage for residents

Make the junctions on OKR safe for cyclists.

E.g. Would you like to make the right turn from OKR to Rotherhithe New Road?



# OKR Walkabout 1 comment: “...quieter cycle routes that could run parallel to the OKR”

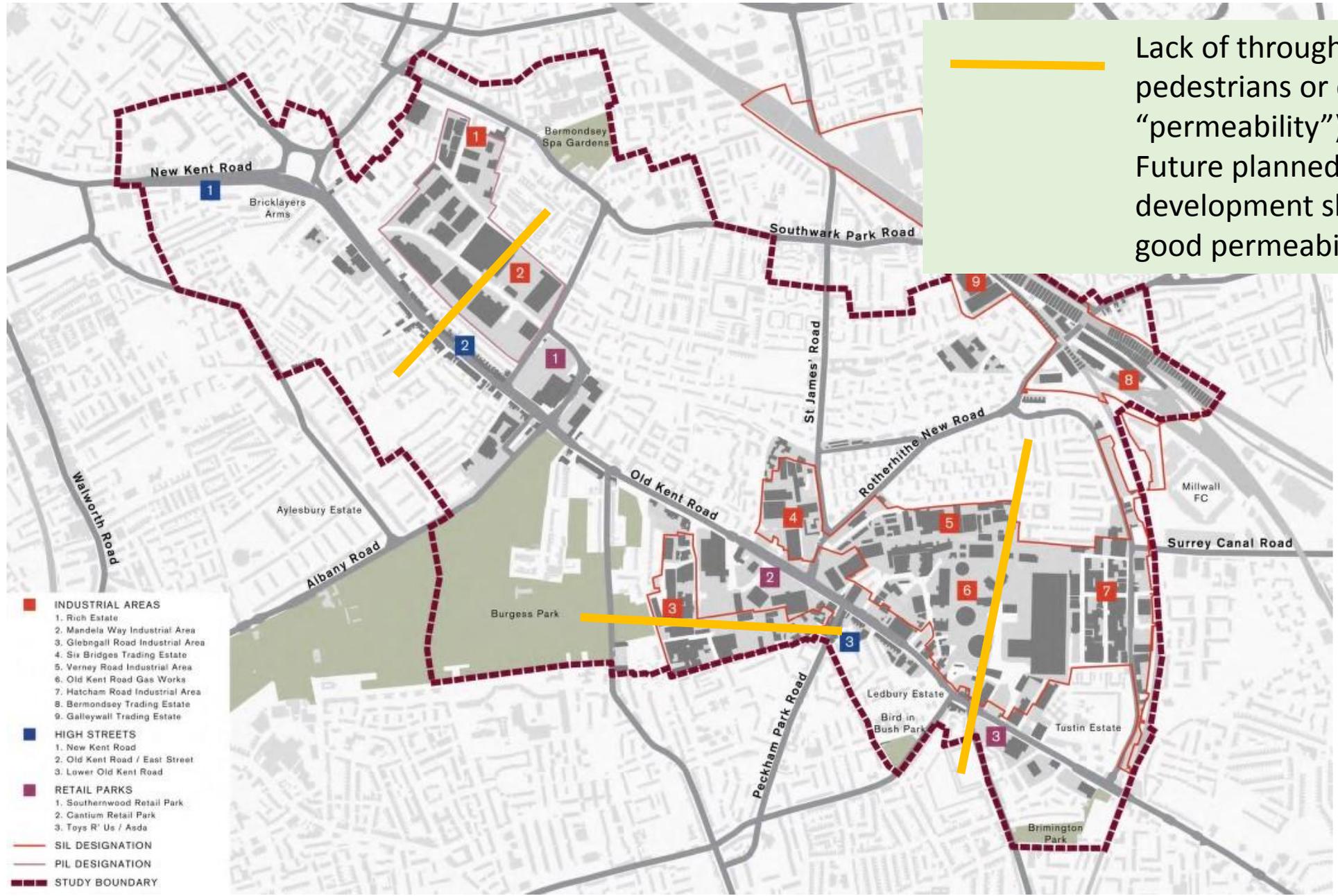
On north east side, at least in the northern half, these exist and are being improved as part of TfL’s Quietway 1

On south west side there are no good parallel routes

Important that new developments are required to create quiet routes for pedestrians and cyclists



Oxley Close – Chaucer Drive  
Old filtered link simplified and landscaped



 Lack of through routes for pedestrians or cyclists (no “permeability”)  
 Future planned industrial development should have good permeability.

From GLA Presentation, OKR Forum 2

# Safe routes to school

Major aim for London Cycling Campaign

There are a lot of schools in OKR area!

Encouraging walking and cycling (and scooting) by making safe routes would play a part in combating childhood obesity

In fact if there were safe routes to all schools, it would pretty much create a network of safe routes anywhere in the Borough for all cyclists



# Summary

Good to see routes for cycling and pedestrians included in the draft aims for the AAP

Increasing “active transport” will make a significant contribution to health and wellbeing  
It will also improve the street environment, for example by reducing air pollution

The AAP should include robust guidelines for:

- Better cycle safety on the OKR itself
- More quiet routes running in parallel and across the OKR
- More cycle storage
- Safer cycle routes to schools