Useful Contacts

You can contact Northamptonshire Highways regarding general cycling issues within Northamptonshire by e-mailing walkcycle@mgwsp.co.uk or by calling the Customer Service Centre on 0800 123 1000. Further information, including ideas for cycle rides, can also be found on the Northamptonshire County Council website: www.northamptonshire.gov.uk/cycling

The Northamptonshire Highways also organise training for school children through the Government’s Bikeability scheme; telephone the above number or visit the County Council website.

CTC (Cyclist’s Touring Club) is an organisation that can, amongst other aspects, provide advice on where you can receive cycle training for all ages. Visit their website: www.ctc.org.uk, or call the general enquiries line: 0844 736 8450, for further details.

The Bikeability (www.dft.gov.uk/bikeability/) websites are also useful places to visit for a wealth of cycling information.

Cycle shops in South Northants

If you need advice about maintaining your bicycle or choosing a new one, contact your local bike shop. There are also many excellent websites for researching bikes, spare parts or “How to” guides.

1. Car and Bike
   10 Market Place, Brackley, NN13 7JG
   tel: 01280 702846, web: www.carandbike@mgwsp.co.uk

2. Towcester Cycle Servicing
   20 Link Way, Towcester, NN12 6HF
   tel: 01280 700396, web: www.towcestercycleservicing.co.uk

3. Syresham Cycles
   15 Brampton Place, Syresham, NN13 9HT
   tel: 01280 850266

4. Town and Country Cycles
   Via High Street, Middleton Cheney, Banbury, OX17 2PB
   tel: 01295 780135, web: www.towndirectioncycless.com

5. Baines Racing
   Unit 14, Gristonstone Circuit, Northants, NN12 8TL
   tel: 01327 858885, web: www.bainesracingcycles.co.uk

Health & Safety

There are a number of things you can do to help you stay safe whilst cycling:

- **Fit good quality lights to your bike, in case you need to cycle at night or in overcast conditions or rain.**
- **When cycling on the road, keep well away from the kerb – it will help you to see and be seen.**
- **Don’t weave in and out of parked vehicles – keep a straight line so drivers can see you.**
- **Be considerate of other road users – respect them as you would like to be respected in return.**
- **Give clear hand signals before beginning any manoeuvre – other road users and pedestrians cannot read your mind.**
- **Also check over your shoulder – before any manoeuvre to ensure you know the position of other road users around you.**

Above all, always follow the Highway Code, obeying all road signs and traffic lights.

Wear light-coloured or fluorescent clothing. Most bike shops will be able to assist with clothing with reflective panels. At night it is especially important that you make yourself visible by wearing light-coloured or fluorescent clothing.

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