

Why cycle?

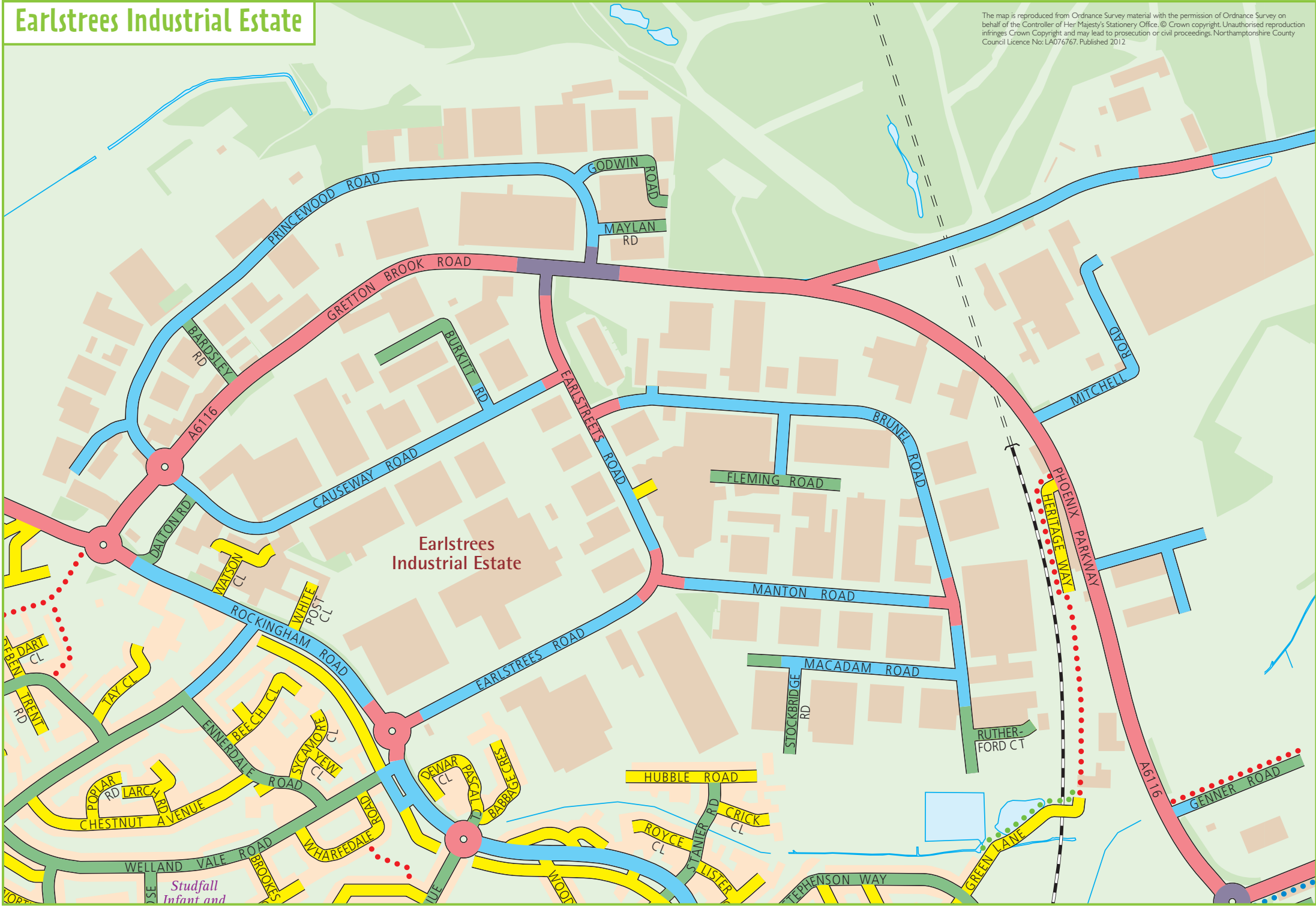
There are many benefits that can be realised by cycling regularly instead of making car-journeys.

People who cycle regularly suffer less from ill-health and illnesses such as heart disease, strokes, diabetes, obesity and stress. Mental Health and sense of well-being are improved in addition to the well-established benefits to physical health. A good cycle home after a stressful day at work, for example, can help you relax more easily than after sitting in your car during heavy traffic.

Cycling as part of your daily routine can also save you time and money, as you are naturally getting exercise without the need for taking up time going to the gym, etc. The number of calories that you burn depends on lots of factors, such as the speed you cycle, gradient, body weight, and even how windy it is, but a 30 minute journey at 10 miles per hour can burn as much as 300 calories. The Government recommends that everyone takes exercise for 30 minutes on five or more days a week. For many, cycling to work and back will be enough to achieve this, and more. For most local urban journeys, cycling is usually quicker door-to-door than car journeys during rush-hour. And, of course, it is the cheapest form of transport, aside from walking, so you can save even more money – no need to pay fuel or parking costs. What's more, the Government's Cycle to Work scheme can assist with the purchase of a bike through your employer, allowing you to pay for it over a number of months and also make a saving on the VAT that you pay. Visit www.cyclescheme.co.uk or speak to your employer to see if they are already a member of the scheme.

Wider benefits can also be realised as more and more people choose cycling as their main mode of transport. The number of cars on the road decreases, thereby reducing congestion and helping those that do have to drive, including making public transport more efficient and reliable.

Cycling is an ideal way to interact with the environment whilst causing it no harm. CO₂ emissions from cycling are virtually zero, so if you cycle regularly, your carbon footprint will be much smaller than if you drive the same journeys. To check how much carbon you are saving on a particular journey, visit the national journey planning website, Transport Direct, at www.transportdirect.info. If you click on the "Check CO₂ emissions" link and enter the distance of your journey, it will show you the amount of carbon that would be emitted from the equivalent car journey. For example a 3 mile journey in a small car emits 0.0kgs of CO₂ or 1.2kgs in a large car. If you can save this amount from just one cycle journey, just think how much you can save over a whole year!



General Information

Corby has a good network of cycling routes, including a large number of off-road cycle tracks and shared-use pathways, which can be used for many journeys around the town. The road network is also suitable for many journeys by bike and has been graded on this map according to the degree of skill and experience needed to cycle along each road.

If you are a beginner or are worried about cars, you should build up your confidence and basic skill on the yellow roads, where traffic is lighter and speeds are low.

As your cycling skills and confidence increase, you can begin to explore the higher graded routes. Bridleways are also permitted for use by cyclists, although their surfaces can often be muddy and may not be suitable for cycling during the winter.

With the wide cycle network in Corby, travel to many places is convenient by bike, including to sites of employment such as Earlstrees, Weldon and Oakley Hay Industrial Estates and, for recreation, Hazel Wood and Thoroughfare Wood are easily accessible by cycle routes from many areas of the town. The woods themselves have paths that are suitable for cycling.

The right to cycle on a particular road or path can be a complicated question, so, although care has been taken in preparation, this map is not evidence of a right to use any road or path or of its legal status. For more information please contact Northamptonshire County Council (Please see Useful contacts section).



Highways, transport and Infrastructure

Northamptonshire County Council
Riverside House
Northampton
NN1 5NX
tel: 0300 126 1000
web: www.northamptonshire.gov.uk
email: walkcycle@northamptonshire.gov.uk

To report road, pavement, street lighting, traffic signal or any other highway problem, please contact "Street Doctor":
tel: 0845 601 1113
email: streetdoctor@northamptonshire.gov.uk

Corby Borough Council
The Corby Cube, George Street,
Corby, Northants NN17 1QG
tel: 01536 464000
email: customer.first@corby.gov.uk
web: www.corby.gov.uk

Bikes and Trains
Cycles can be carried on the trains of all train companies operating on the National Rail Network, but each company has its own policy. Details can be obtained from individual companies or from:

National Rail Enquiry Service
tel: 08457 46 49 50 **web:** www.nationalrail.co.uk

London Midland
tel: 0844 611 0133 **web:** www.londonmidland.com

East Midlands
tel: 08457 125678 **web:** www.eastmidlands.co.uk

This map has been developed by Northamptonshire County Council with assistance from Corby Borough Council.



This information can be provided in other languages and formats upon request, such as large print, Braille, audio cassette and floppy disk. Contact 0300 126 1000



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Cycling Signs

- Cycle route for use by cyclists and pedestrians together
- Cycle route for use by cyclists and pedestrians on separate sides of path
- Cycle route for use by cyclists only
- Route reserved for use by cyclists only (road marking)
- Cycle route ahead
- Cyclists should walk at this point
- Recommended route for cyclists to use (usually on road with no provisions for cyclists)
- Direction signs showing recommended route for cyclists
- Cycle lane on the road ahead
- Shared cycle and bus lane on road ahead
- Cycle lane on the road for use by cyclists in the same direction as the other traffic
- Cycle lane on the road for use by cyclists in the opposite direction to other traffic (usually on one-way roads)
- Advisory contraflow sign
- No cycling
- No motor vehicles



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 mist.
- 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. During twilight hours and at night it is especially important that you make yourself visible by wearing clothing with reflective panels. Most bike shops will be able to assist with choosing suitable gear.

Where paths are shared-use cycle/footways, pedestrians always have priority. Fit a bell or horn and use it to warn pedestrians of your presence, but also pass slowly and leave as much room as possible. An elderly or blind person can feel intimidated and upset by cyclists rushing by.

Wear a cycle helmet. It is not compulsory, but can help reduce the risk of head injuries in an accident. Children especially, whether cycling or in a child seat, should wear a helmet, but it is important that they are properly fitted. Again, most cycle shops will be able to provide assistance with this.

Purchase a good lock, so you can secure your bike when you need to leave it. Cycle shops will stock a suitable range of models.

You should also ensure your bike is properly maintained. Check your brakes, lights and tyres regularly. Correctly pumped up tyres and a well-oiled chain and cogs will make cycling easier and reduce the risk of an accident. You should give your bike a full-service at least once a year, or more frequently if you use your bike regularly. Many bike shops can do this for you if you are unsure how to do it yourself.

If you feel insecure about cycling or know a child who wants to learn how to ride a bike, cycle training is available. This can help greatly increase cycling confidence, which in turn will make you a much safer cyclist. See contacts section for further details.

Useful Contacts

You can contact Northamptonshire County Council regarding general cycling issues within Northamptonshire by e-mailing: walkcycle@northamptonshire.gov.uk, or by calling the Customer Service Centre on 0300 126 1000. Further information can also be found on the County Council website: www.northamptonshire.gov.uk

The County Council also organises 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/) and Sustrans (www.sustrans.org.uk) websites are also useful places to visit for a wealth of cycling information.

Cycle Shops in or near Corby

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.

- Richardsons**
113 Brookingham Road, Corby NN17 1JW
tel: 01536 403707
email: corby@richardsonsonline.co.uk
- Motorsavers**
70 George Street, Corby NN17 1QE
tel: 01536 202729
web: www.a1motorstores.co.uk
- Halfords**
Unit 2B, The Peel Centre, Corby NN17 5DT
tel: 01536 446970
web: www.halfords.com

my county council

my county council

Why do they call it rush hour?

I'm going to be late for work

Now I can cancel my gym membership

Corby Cycle Map

Cycle Routes • Cycle Shops

We can ALL tread more carefully.
www.northamptonshire.gov.uk

Northamptonshire County Council