Why do they call it rush hour?

Sports Day

Cycling Signs

Fitting a bell or horn will make you much safer. See contacts section for further details.

Wear light-coloured or fluorescent clothing.

Above all, always follow the Highway Code, read your mind.

Give clear hand signals before beginning any

Be considerate of other road users

– other road users and pedestrians cannot

The easiest 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

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 during bad weather.

When cycling on the road, keep well away from the kerb – it will help you to see and be seen.

Don’t wear earphones or use in-ear headphones – keep a sharp lookout for hazards.

Be considerate of other road users – respect them as you would like to be expected to do.

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General Information

Daventry has an excellent network of cycle-friendly 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 cycle 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.

Cycling is an ideal way to interact with the environment

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 Carbon Calculator at http://www.cyclescheme.co.uk.

Why cycle?

The cost of fuel, and the amount of money that you save by cycling, is one reason to cycle. It is readily obtained at local bike shops.

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 heart disease, strokes, diabetes, obesity and stress. Mental Health and some of the problems associated with it have been improved in addition to this, the well-being benefits to physical health. A good cycle home after a stressful day at work, for example, can help you move 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 time up going to the gym, etc. The number of calories that you burn depends on many factors, such as the speed you cycle, gradient, body weight, and even how you handle it, but it is a 30 minute journey of 10 miles per hour can burn as much as 320 calories. The Government recommends that everyone should take exercise for 30 minutes on five or more days a week. For many, cycling to work and back will be enough to achieve this.

There are many other benefits with cycling, such as seeing more of your environment, being less dependent on car transport, and even getting some light exercise at breakfast time. The Department of Health recommends that people should get at least 30 minutes of exercise a day. Healthy, fit people have better mental health, are more resistant to stress, and enjoy life more. Cycling is one of the easiest forms of exercise you can do to achieve this.

For further details, please see the National Cycle Network website: www.cyclescheme.co.uk.

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