

There are many reasons why people choose to cycle and many reasons why you should consider it. Cycling, for whatever purpose, has proven health benefits, helping to ensure both your physical and mental well-being. There is also a wealth of other benefits, not just for individuals, but also to the wider community.

- People who cycle regularly suffer less from ill-health and the risk of serious illness such as heart disease, strokes, cancer, diabetes obesity and stress is reduced.
- Mental health and sense of well-being are improved through regular exercise.

- Cycling is the cheapest form of transport aside from walking – and parking is FREE!
- It is often the quickest option for many journeys, particularly through towns during 'rush-hour'.
- Cycling as part of your daily routine means you can get regular exercise without the additional cost and time needed in going to the gym.

- If more people replaced car journeys with cycling, the number of cars on the road would decrease, helping to reduce congestion and CO₂ emissions and improve air quality.

- Cycling is a great way to simply get fresh air and visit parts of town and countryside you wouldn't necessarily see by car.
- It is an activity that you can either undertake on your own, if you fancy a spot of peace and quiet, or you can enjoy it with family and friends, as a social activity.
- You can take cycling further by using it to achieve fitness goals, join a cycling club or take part in a sportive or cycling challenge.

Using a combination of roads and the off-road cycle tracks and shared-use pathways shown on this map, it should be possible to plan a suitable journey between any two points around the town. The road network 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 traffic, 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.

For recreation in the countryside around Northampton, there are many monuments, nature reserves, country parks and pocket parks that can be visited conveniently by bike, including the Brampton Valley Way, a 14 mile off-road route between Northampton and Market Harborough, following the route of a former rail line.

Visit www.cyclenorthants.co.uk for advice and information about getting into cycling, including different types of cycling, cycle training and tips on looking after your bike

- 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

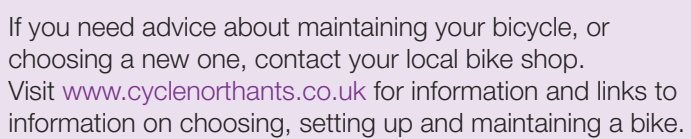
Cycle lane on the road for use by cyclists in the opposite direction to other traffic (usually on one-way roads)

Advisory contraflow sign

Warning sign for pedestrians that there is a cycle lane ahead or that there is a cycleway crossing the road ahead

No cycling

No motor vehicles



- 1. McGann's Raleigh Cycle Centre**
71 Harborough Road, Kingsthorpe, NN2 7SH
tel: 01604 715021 **web:** www.mcgannsc.co.uk
 - 2. Newlec Cycles**
117-119 St James Road, NN5 5LD
tel: 01604 751996 **web:** www.newleccycles.com
 - 3. Cycle King**
208-210 Kettering Road, NN1 4BN
tel: 01604 232221 **web:** www.cycleking.co.uk
 - 4. The Bike Shed**
14 Park Square, Kings Heath, NN5 7LQ
tel: 01604 590767
web: <http://www.thebikeshed-nn5.co.uk>
 - 5. Halfords Ltd**
20 Fairground Way, Riverside Retail Park, NN3 9HU
tel: 01604 409065 **web:** www.halfords.com
 - 6. Velo Haus**
1 Gold Street Mews, Gold Street,
Northampton, NN1 1RA
tel: 01604 947914
 - 7. Umbrella Fair Organisation Cycle Recycle
(selling reconditioned bikes)**
Racecourse Pavilion, Kettering Road, NN1 4LG
tel: 01604 633912 **web:** www.umbrellafair.org.uk
 - 8. Halfords Ltd**
Tyne Road, Weedon Road Ind Est, NN5 5AF
tel: 01604 684880 **web:** www.halfords.com
- Pitsford Cycles** (including cycle hire) not shown on map
Brixworth Country Park, Brixworth, NN6 9DG
tel: 01604 881777 **web:** www.pitsfordcycles.co.uk

Roads that are not necessarily hazardous for cyclists, but experienced adult high school riders may find them useful especially in quiet periods.

- Bus priority roads with high speeds, HVGs, and complex junctions. Suitable for highly skilled commuting cyclists.
- Busly roads mostly lower speeds, some complicated traffic movements. A medium to high level of skill required for trouble-free cycling.
- Through routes with moderate traffic and usually low speeds, but often turning and parking movements. Well trained school children should cope.
- Quiet roads with low traffic speed and volume. It will be suitable for all cyclists behaving responsibly. If we have some training.
- Pedestrianised street.
- Track or private road where cycling may not be allowed without permission.
- On-street cycle lane.
- Cycle track, path or bridleway with tarmac or stone all weather surface.
- Bridleway or other path with soft surface. May be unsuitable for cycling, especially on a road bike, in wet weather.
- Footpaths, unsuitable for cycling.

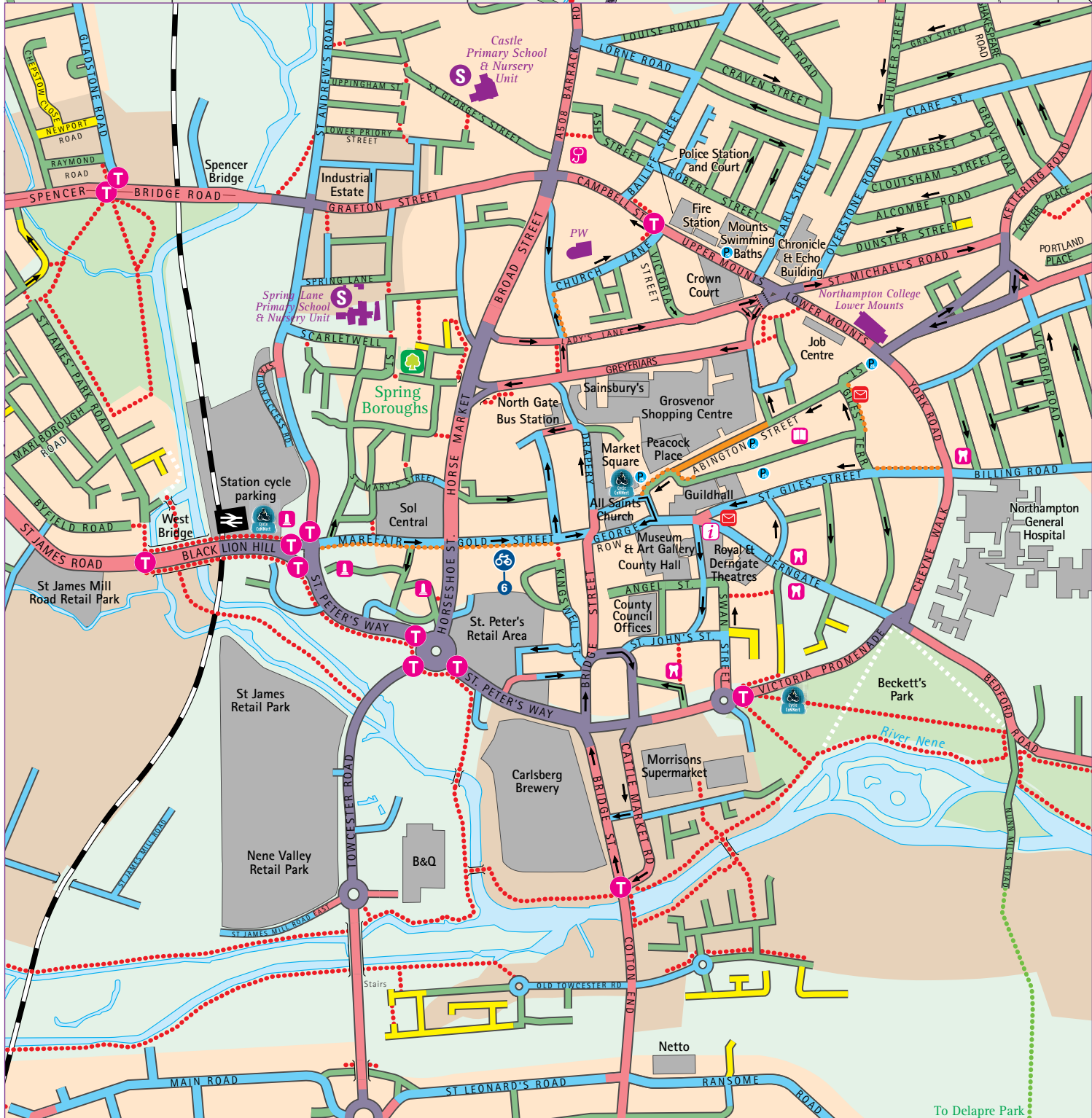
Gradient significant for most cyclists.
 Arrow points downhill.

← One-way street.

Please note: The existence of any cycle tracks on this map does not automatically mean that cycling is permitted on that route.

Employment	Residential	Retail	Open areas
			
			
			
			
			
			
			
			
			
			
			
			
			
			

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If you spot a road or cycleway problem, please report it to us via our Street Doctor website at:
www.northamptonshire.gov.uk/streetdoctor
or call the county council's customer service line on
0300 126 1000

or call the county

Disclaimer

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 not evidence of a right to use any road or path, or of its legal status.

Cycle Northants

Who are Cycle Northants?

We are part of the Road Safety and Travel Choices Team of Northamptonshire Highways and we work closely with many areas of Northamptonshire County Council and other organisations to promote cycling in all its forms, and to look to encourage more and more people to take up cycling as a means of getting around for sport, for leisure and for health.

We also look to make improvements to the cycling network across the county, working with planners, developers and other local authorities to seek and secure funding, when it becomes available, for new cycling and walking infrastructure.

We'd always like to hear your thoughts on how we can improve things for cycling in the county. E-mail us any comments to cyclenetwork@kewnp.co.uk

For a wealth of information on cycling in Northamptonshire, including details of cycle training, cycling clubs and other cycling organisations visit our website: www.cyclenetwork.co.uk

You can also follow us on Twitter or like us on Facebook

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 www.facebook.com/cyclenorthants