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.

Why cycle?
- Cycling can burn as much as 300 calories per hour.
- People who cycle regularly suffer less from ill-health and illnesses such as heart disease, strokes, diabetes, obesity and even cancer.
- Cycling is good for your mental health as well, reducing stress and anxiety.
- Cycling can help with your weight management.
- Cycling can improve your sleep.
- Cycling can improve your concentration and reduce your risk of depression.
- Cycling can help you live longer.
- Cycling is a great way to save money on transport costs.
- Cycling is a great way to reduce your carbon footprint.

People who cycle regularly suffer less from ill-health and illnesses such as heart disease, strokes, diabetes, obesity and even cancer.

For example, a 3 mile journey in a small car emits 0.6kgs of CO2, or 2.4kgs for a 9 mile journey. By riding a bike, you can cut your CO2 emissions by 95%.

To Higham Ferrers
To Higham Ferrers
2

To Benefield and Corby
To Denford

The National Byway
Founded in 1996, The National Byway is a distinct, signed national cycle route linking towns and villages by quiet roads, hedged lanes and disused railway lines. The Byway is an important link for walkers, cyclists and e-bike riders throughout the region. The Byway is divided into four sections: the Northamptonshire Byway, the Bedfordshire Byway, the Cambridgeshire Byway and the Huntingdonshire Byway. The views within the Byway are of the beautiful countryside and villages of the region.

To visit the national journey planning website, Transport Direct, at www.transportdirect.info.

Cycle Shops in East Northants
AJ Cycles
101 Market Place, Rushden, NN10 6EX
Tel: 01933 273330
Web: www.ajcycles.co.uk

Gusto Bike Hire
165 High Street, Rushden, NN10 8NJ
Tel: 01933 471117
Web: www.gustobikehire.co.uk

Cycle Hire
165 High Street, Rushden, NN10 8NJ
Tel: 01933 471117
Web: www.gustobikehire.co.uk

Bikeability scheme; phone the above number or visit the County Council website.

The National Byway 'Loop'
To Glapthorn
To Oundle

Stanwick Lakes
Stanwick Lakes is a linear footpath network of cycle paths and bridleways in the area. There are over 20 miles of cycle paths and bridleways that link the villages and towns in the region. The Cycle Hire is available from AJ Cycles at Stanwick Lakes, see above for contact details.

Cycle Hire
165 High Street, Rushden, NN10 8NJ
Tel: 01933 471117
Web: www.gustobikehire.co.uk