To Bradden

Towcester Cycle Network

People who cycle regularly suffer less from ill-health and illnesses such as heart disease, strokes, diabetes, obesity and stress. There are many benefits that can be realised by cycling regularly instead of making car-journeys. 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 after 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 5 mile journey in a small car emits 5.6gms of CO2 or 1.2gms 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!

To Silverstone and Brackley To Wood Burcote, Whittlebury and Silverstone

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 time out to go 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 meet this recommendation.

Cycling 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 48 49 50 web: www.nationalrail.co.uk

London Midland tel: 0844 811 0133 web: www.londonmidland.com

East Midlands tel: 08452 125678 web: www.eastmidlands.co.uk

Why not cycle?

The road network in Towcester and Brackley is 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 see yourself as a casual cyclist, you should look at the Green and Blue routes which are the easiest. If you are a more experienced cyclist, you may wish to cycle along some of the Red routes which are more challenging. The Gravel routes are for the very experienced cyclist. All cycling is at your own risk. It is not evidence of a right to use any road or path or of its legal status. For more information please contact Northamptonshire Highways.

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.