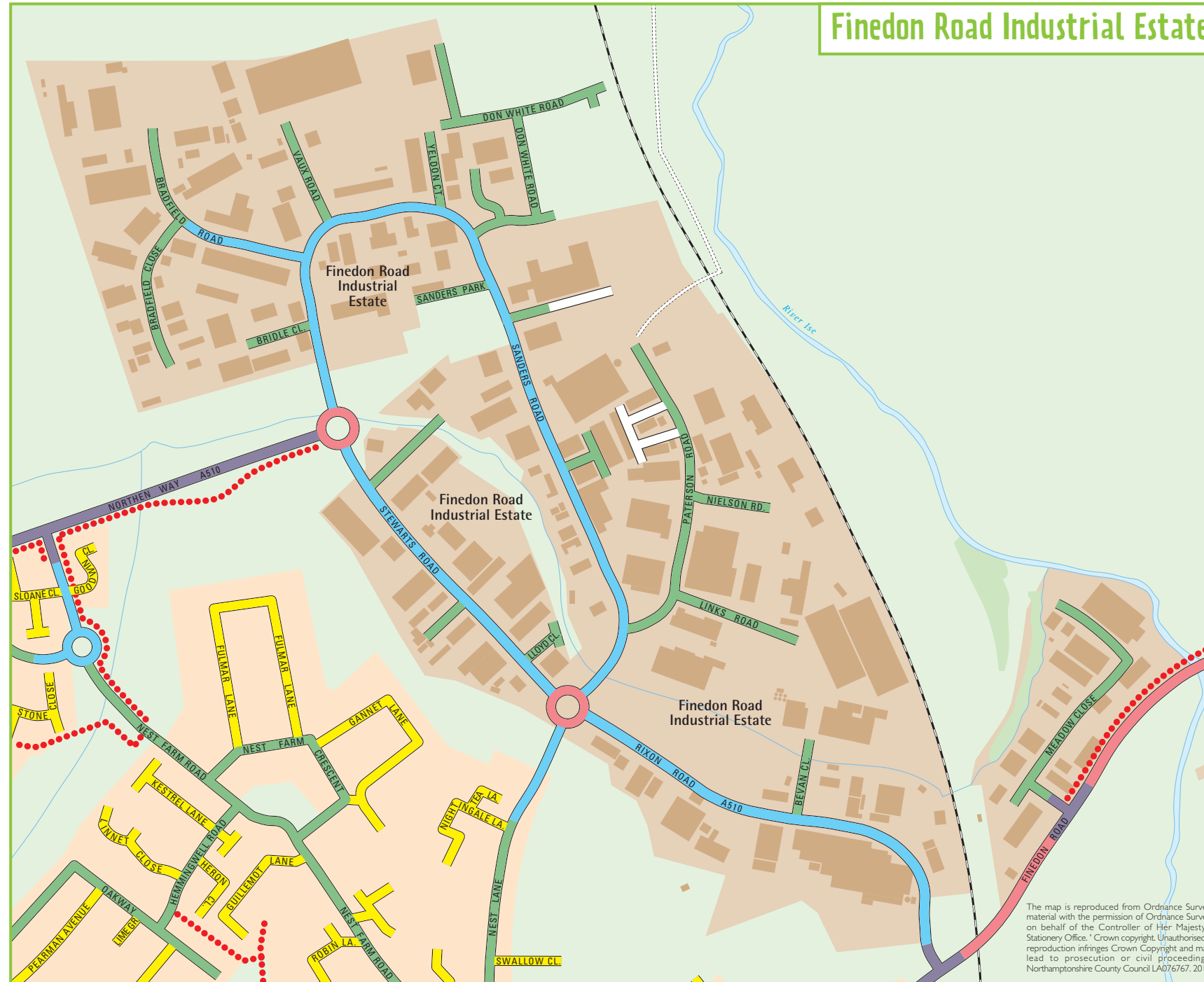


Park Farm Industrial Estate



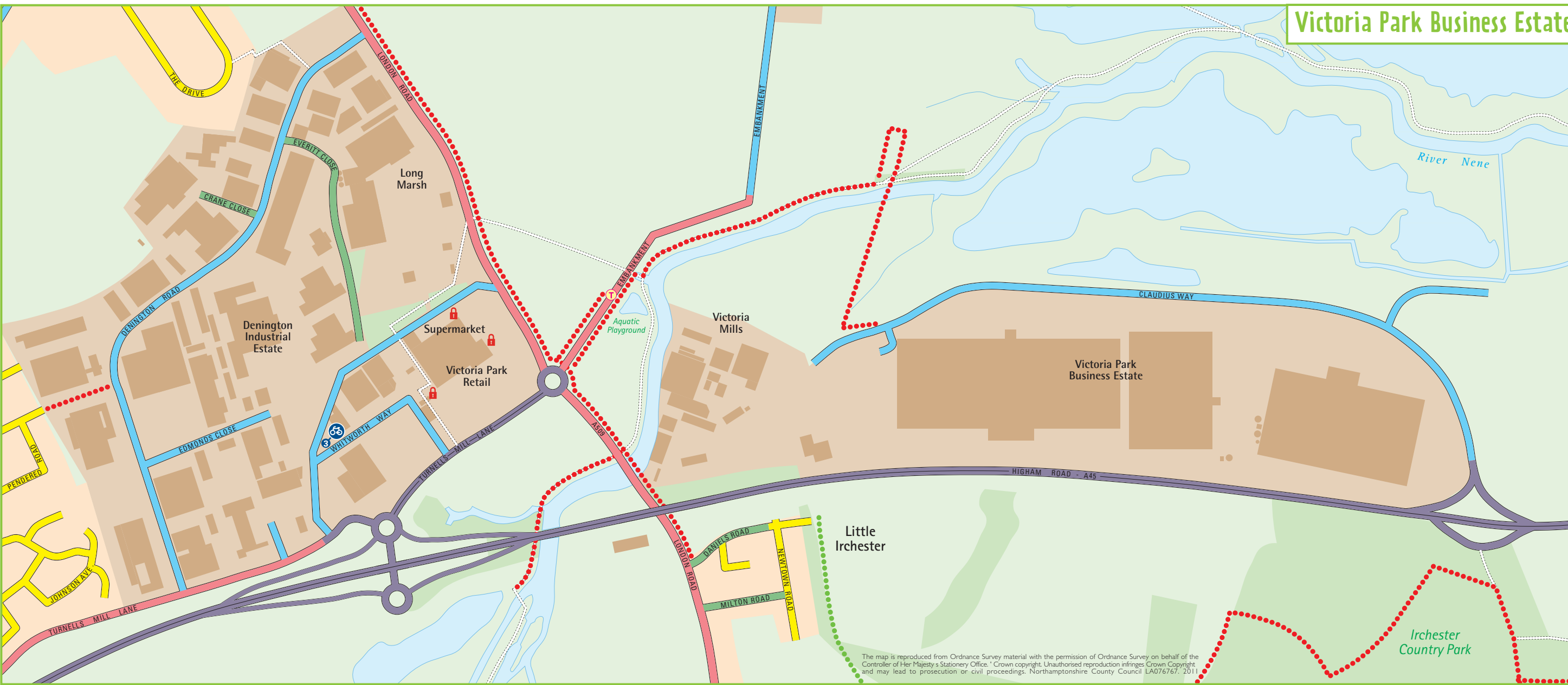
Finedon Road Industrial Estate



Cycling Signs

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

Victoria Park Business Estate



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 01604 236236. 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. There is also a local group that can offer assistance more specific to Wellingborough. Further contact details can be found from the CTC website.

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 Wellingborough

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, spares parts or "How to" guides. See maps for locations of the cycle shops listed below.

- 1 **Cyclelife**
7 Farm Road, Wellingborough NN8 4UF
tel: 01933 679696
web: www.cyclelifewellingborough.co.uk
- 2 **CE Adkins & Sons Ltd**
84 Cambridge Street, Wellingborough NN8 1AE
tel: 01933 222678
- 3 **Halfords**
Victoria Park, London Road, Wellingborough NN8 2EF
tel: 01933 276225 web: www.halfords.com