

# Wellingborough Cycle Network

### Key

- Roads that are normally hazardous for cyclists, but experienced adult highway users may find them useful especially in quiet periods.
- Busy principal roads with high speeds, HGVs. and complex junctions. Suitable for highly skilled commuting cyclists.
- Busy roads mostly lower speeds, some complicated traffic movements. A medium to high level of skill is 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. Suitable for all cyclists behaving responsibly if they have some training.
- Pedestrianised street.
- Cycle track, path or bridleway with tarmac, stone all weather surface, or calmed advisory route.
- Bridleway or other path with soft surface. May be unsuitable for cycling, especially on a road bike, in wet weather.
- Footpaths
- Cycle shop (see overleaf for contact details)
- Cycle parking
- Toucan crossing
- Residential
- Employment

## General Information

Wellingborough has a good network of cycling 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 road 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. If you are a beginner or are worried about cars, 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.

With the wide cycle network in Wellingborough, travel to many places is convenient by bike, including to sites of employment such as Park Farm, Finedon Road and Victoria Park Industrial Estates. For recreation, Irchester Country Park can be reached from Wellingborough Town Centre by cycle routes that are nearly all traffic free. The park itself allows cycling on its surfaced paths.

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 is not evidence of a right to use any road or path or of its legal status. For more information please contact Northamptonshire County Council (please see Useful Contacts section overleaf).

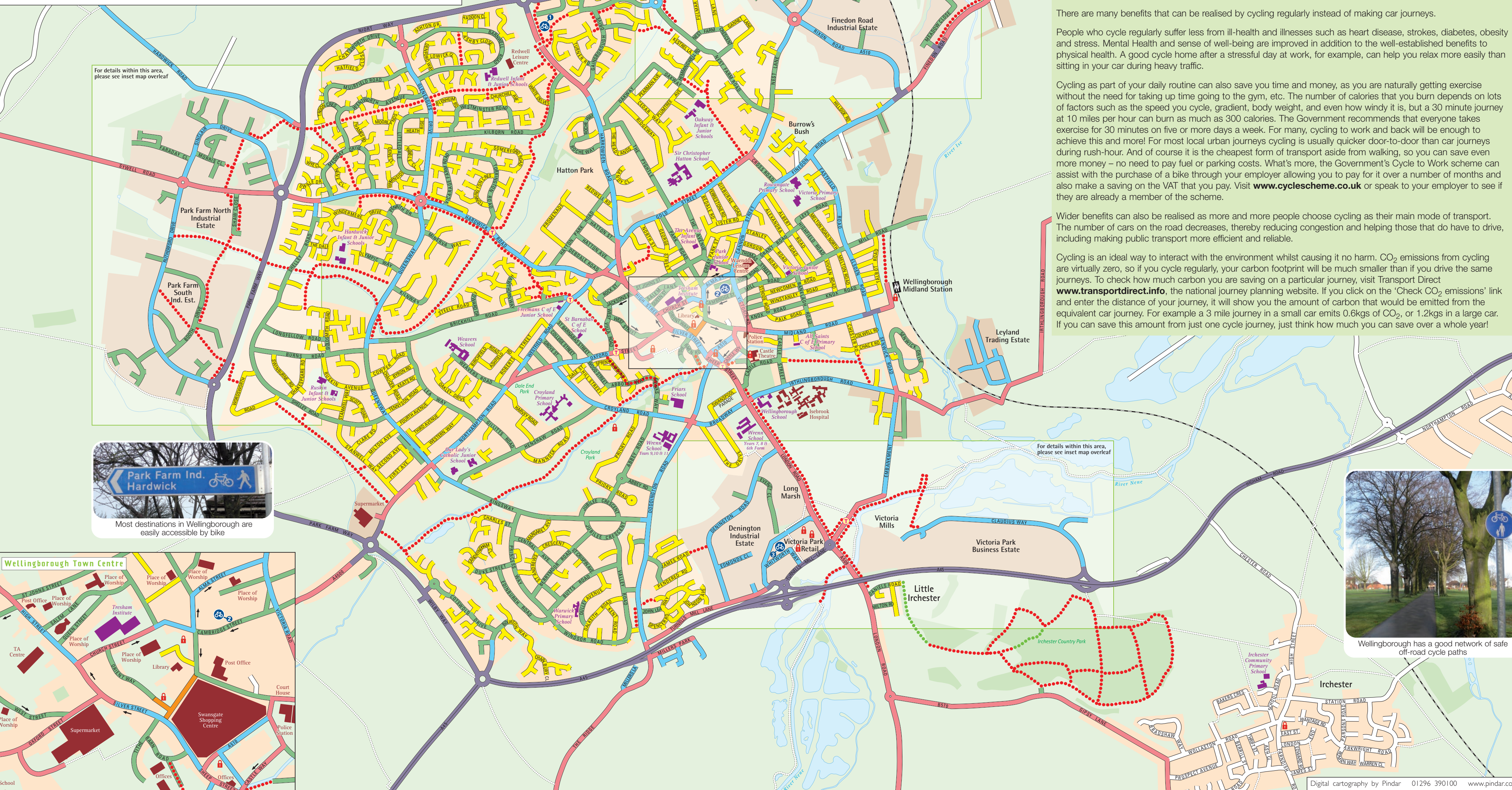
## Why Cycle?

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 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 up time going 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 achieve this and more! For most local urban journeys cycling is usually quicker door-to-door than car journeys during rush-hour. And of course it is the cheapest form of transport aside from walking, so you can save even more money – no need to pay fuel or parking costs. What's more, the Government's Cycle to Work scheme can assist with the purchase of a bike through your employer allowing you to pay for it over a number of months and also make a saving on the VAT that you pay. Visit [www.cyclescheme.co.uk](http://www.cyclescheme.co.uk) or speak to your employer to see if they are already a member of the scheme.

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 and reliable.

Cycling is an ideal way to interact with the environment whilst causing it no harm. CO<sub>2</sub> 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 Transport Direct [www.transportdirect.info](http://www.transportdirect.info), the national journey planning website. If you click on the 'Check CO<sub>2</sub> 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 3 mile journey in a small car emits 0.6kgs of CO<sub>2</sub>, or 1.2kgs 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!



For details within this area, please see inset map overleaf

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Most destinations in Wellingborough are easily accessible by bike



### Wellingborough Town Centre