



The energy
equivalent
of a **SINGLE LITRE**
of petrol
will allow you
to travel
650 MILES
on a bicycle

Cycling and walking:

- Regular cycling or walking improves your fitness, reduces stress and aids weight loss. They are also the cheapest and least polluting forms of travel and can even save you time on local journeys during rush hour
- They are also great ways to access the countryside with some excellent walking and cycling routes around Northamptonshire
- For further information and advice on cycling around the county, including cycle maps for each of the main towns and details of promoted routes, visit www.northamptonshire.gov.uk/cycling
- This page also contains links to walking routes around the county, from short circular routes through to longer distance county paths

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my
county
council



Ring your bell
Pass slowly
Say thanks

Cycling without the angst





A 30 minute cycle ride burns up to 500 CALORIES

Cycling etiquette

Please be courteous. Always cycle with respect for others whether they are other cyclists, pedestrians, wheelchair users, horse riders or drivers.

Many cycle ways are designed for shared use and such paths can benefit everyone if mutual respect is shown.

Remember that cycling is fun, so don't let bad relationships with other users spoil your journey.

Enjoy yourself and smile! Having a positive attitude to cycling and sharing cycle ways will improve the experience for everyone, and encourage more people to leave the car at home.

Sharing paths

Cyclists:

- Give way to pedestrians, wheelchair users and horse riders, leaving them plenty of room.
- Be prepared to slow down or stop if necessary
- Carry a bell and use it - but without aggression
- Try to pass on the road/waterside of the path
- Don't expect to cycle at high speeds
- Be careful at junctions, bends and entrances
- Give way to oncoming users at bridges
- Remember that some people are hard of hearing or visually impaired, so don't assume they can see or hear you
- Say thank you when other users let you pass

All users:

- Allow cyclists to pass you when it is safe
- Remember that cyclists need room to brake and stop. If a cyclist slows down, stops or waits for you to pass, thank them
- If you are walking with a dog please remember that it might get in the way and some dogs definitely do not like cyclists!

Five golden rules

Be aware
Slow down
Ring your bell
Be considerate
Be courteous

- 1 Always be aware of other users on the route
- 2 Slow down or stop when you approach other users
- 3 Ring your bell to warn them of your approach
- 4 Be considerate and don't rush past
- 5 Always say thank you