

Brackley 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.
- Private roads.
- Cycle track, path or bridleway with tarmac, stone or 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.
- Cycle shop (see overleaf for contact details).
- Cycle parking.
- Toucan crossing.
- Residential area.
- Industrial area.

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 www.pindarcreative.co.uk

Useful Contacts

You can contact Northamptonshire Highways regarding general cycling issues within Northamptonshire by e-mailing: walkcycle@mgwsp.co.uk or by calling the Customer Service Centre on 0300 126 1000. Further information, including ideas for cycle rides, can also be found on the Northamptonshire County Council website: www.northamptonshire.gov.uk/cycling

The Northamptonshire Highways 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.

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.

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.

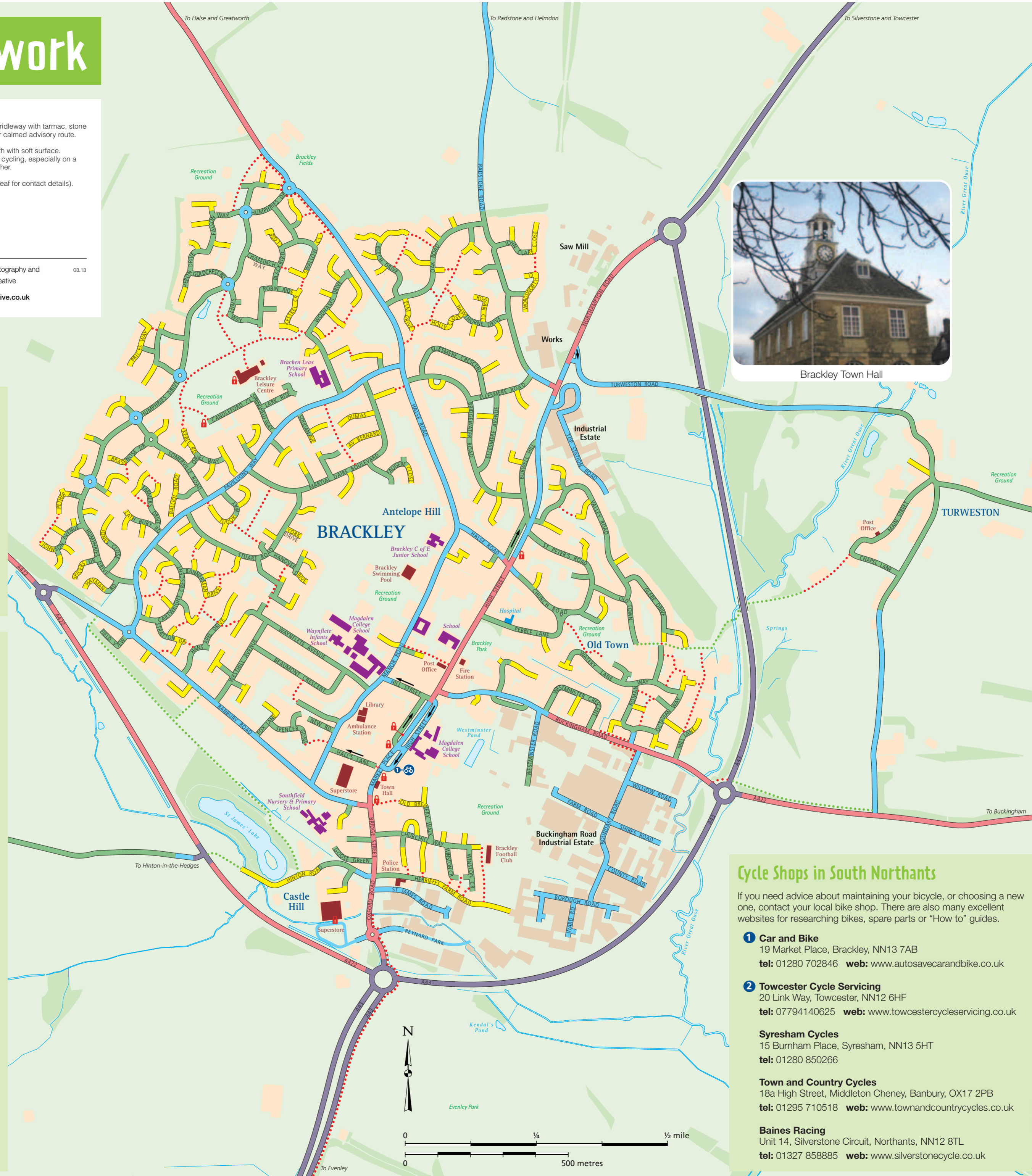
Wear a cycle helmet. It is not compulsory, but can help reduce the risk of head injuries in an accident. Children especially, whether cycling or in a child seat, should wear a helmet, but it is important that they are properly fitted. Again, most cycle shops will be able to provide assistance with this.

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, handlebars 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.



Brackley Town Hall

Cycle Shops in South Northants

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, spare parts or "How to" guides.

1 Car and Bike
 19 Market Place, Brackley, NN13 7AB
 tel: 01280 702846 web: www.autosavecarandbike.co.uk

2 Towcester Cycle Servicing
 20 Link Way, Towcester, NN12 6HF
 tel: 07794140625 web: www.towcestercycleservicing.co.uk

Syresham Cycles
 15 Burnham Place, Syresham, NN13 5HT
 tel: 01280 850266

Town and Country Cycles
 18a High Street, Middleton Cheney, Banbury, OX17 2PB
 tel: 01295 710518 web: www.townandcountrycycles.co.uk

Baines Racing
 Unit 14, Silverstone Circuit, Northants, NN12 8TL
 tel: 01327 858885 web: www.silverstonecycle.co.uk

Towcester and Brackley Cycle Map

Cycle Routes • Cycle Shops

We can ALL tread more carefully.
www.northamptonshire.gov.uk

If you require further information or have suggestions regarding the provision for cyclists in Northampton, please contact:

Northamptonshire Highways
 Riverside House
 Riverside Way
 Northampton
 NN1 5NX
 tel: 0300 126 1000
 web: www.northamptonshire.gov.uk
 email: walkcycle@mgwsp.co.uk

To report road, pavement, street lighting, traffic signal or any other highway problem, please contact 'Street Doctor':
 tel: 0845 601 1113
 email: streetdoctor@northamptonshire.gov.uk

South Northamptonshire Council
 Council Offices
 Springfield
 Towcester
 NN12 6AE
 tel: 01327 322322
 email: customerservice@southnorthants.gov.uk
 web: www.southnorthants.gov.uk

This map has been developed by Northamptonshire Highways.



MGWSP
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