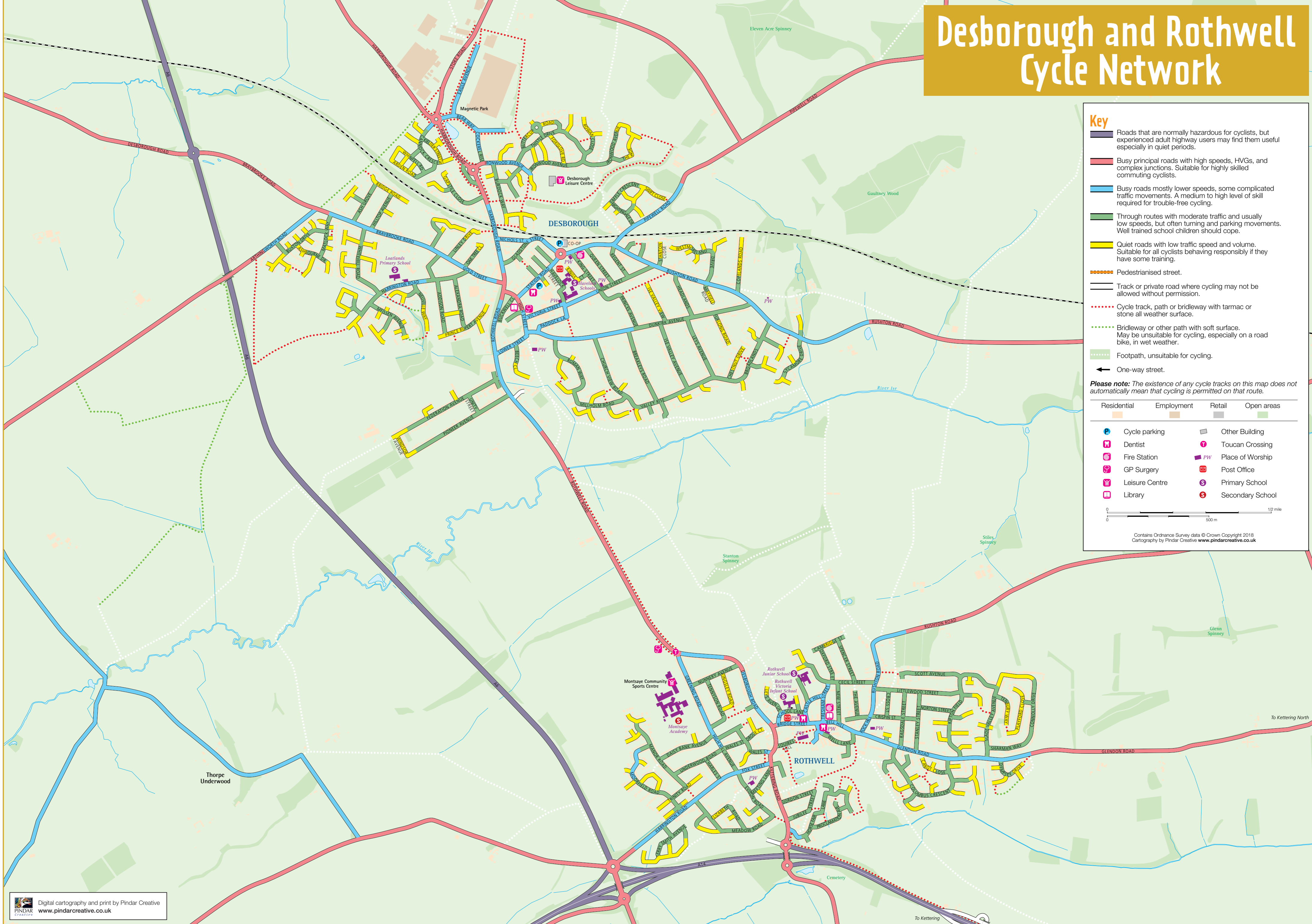


Desborough and Rothwell Cycle Network



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, HVGs, 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 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.
- Track or private road where cycling may not be allowed without permission.
- Cycle track, path or bridleway with tarmac or stone all weather surface.
- Bridleway or other path with soft surface. May be unsuitable for cycling, especially on a road bike, in wet weather.
- Footpath, unsuitable for cycling.
- One-way street.

Please note: The existence of any cycle tracks on this map does not automatically mean that cycling is permitted on that route.

Residential	Employment	Retail	Open areas

0 500m 12 miles

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www.pindarcreative.co.uk



Cycle routes and places to visit

Using a combination of cycleways and the road network in Kettering, travelling to many places is convenient by bike, including to sites of employment such as Burton Latimer Business Park, Telford Way Industry and Kettering General Hospital and, for recreation, Kettering Leisure Village and the town's very own amusement park, Wicksteed Park, are easily accessible by cycle routes from many areas of the town.

Kettering is surrounded by beautiful countryside and there are many nearby attractions that can be visited conveniently by bike. Just north of the town is the stunning and historic stately home Boughton House. Further north still is situated the country's best preserved Queen Eleanor Cross, in the village of Geddington.

Getting Started

Kettering has a good network of cycling routes, so using a combination of roads and the off-road cycle tracks and shared-use pathways shown on this map, it should be possible to plan a suitable journey between any two points around the town. The road network 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 traffic, you should build up your confidence and basic skill on the yellow or green 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.

Visit www.cyclenorthants.co.uk for advice and information about getting into cycling, including different types of cycling, cycle training and tips on looking after your bike.

A little further afield, West Lodge Rural Centre and the unusual English Heritage property Rushton Triangular Lodge are both within relatively easy cycling distance.

For further details of cycle routes in and around Kettering, visit www.cyclenorthants.co.uk

Journey Planner

For further journey planning help, or for routes further afield, the Cycle Streets route planner can help you get to your destination by bike, giving options of choosing the quietest or fastest route, or a balance of the two, depending of your level of cycling confidence: www.cyclestreets.net

A Cycle Streets app is also available for journey planning on the move. Simply search for Cycle Streets in your app store.

Cycle Shops in Kettering

If you need advice about maintaining your bicycle, or choosing a new one, contact your local bike shop. Visit www.cyclenorthants.co.uk for information and links to information on choosing, setting up and maintaining a bike.

- C & D Cycles**
19 Montagu Street, Kettering, NN16 8XG
tel: 01536 411313
web: www.cdcycles.co.uk
- Halfords**
Northfield Avenue, Kettering, NN16 9TS
tel: 01536 310434
web: www.halfords.com



Why cycle?

There are many reasons why people choose to cycle and many reasons why you should consider it. Cycling, for whatever purpose, has proven health benefits, helping to ensure both your physical and mental wellbeing. There is also a wealth of other benefits, not just for individuals, but also to the wider community.

Health benefits

- People who cycle regularly suffer less from ill-health and the risk of serious illness such as heart disease, strokes, cancer, diabetes, obesity and stress is reduced.
- Mental health and sense of well-being are improved through regular exercise.

Time and cost benefits

- Cycling is the cheapest form of transport aside from walking – and parking is FREE!
- It is often the quickest option for many journeys, particularly through towns during rush-hour.
- Cycling as part of your daily routine means you can get regular exercise without the additional cost and time needed in going to the gym.

Environmental benefits

- If more people replaced car journeys with cycling, the number of cars on the road would decrease, helping to reduce congestion and CO₂ emissions and improve air quality.

Other reasons to cycle

- Cycling is a great way to simply get fresh air and visit parts of town and countryside you wouldn't necessarily see by car.

- It is an activity that you can either undertake on your own if you fancy a spot of peace and quiet, or you can enjoy it with family and friends, as a social activity.
- You can take cycling further by using it to achieve fitness goals, join a cycling club or take part in a sportive or cycling challenge.

Purchasing a bike

Brand new

The general rule of thumb when buying brand-new is the more you pay, the better the bike. That said, a good-quality new adult bike can cost from as little as £200-£250. Anything less than this and the bike is likely to have poor quality parts with the potential for safety to be compromised. Ultimately, a cheaper bike could lessen your enjoyment and put you off cycling all together.

We, therefore, recommend buying a brand-new bike from a reputable specialist. There are many independent cycle shops and cycling specific chain stores in Northamptonshire that can offer expert advice on choosing the right bike for you.

They will also be able to help you make sure the bike is set up correctly so you can maximise your enjoyment of cycling. If you suffer from any discomfort from riding your bike, it usually means something on the bike needs adjusting and it could put you off cycling altogether.

Visit our website www.cyclenorthants.co.uk for more details of where to find your nearest cycle shop.

Second hand

It is also possible to buy a good-quality second hand bike for the fraction of the cost of a new one. Look out too for them on sale online or at auctions.

Northamptonshire Highways

Who are Cycle Northants?

Part of the Road Safety and Travel Choices Team of Northamptonshire Highways we work closely with many other local authorities to promote cycling in all its forms, and to encourage more and more people to take up cycling and walking infrastructure when it becomes available. We'd always like to hear your thoughts on how we can improve things for cycling in Northamptonshire. E-mail us any comments to cyclenorthants@kempsp.co.uk

For a wealth of information on cycling in Northamptonshire, including details of cycle training, local cycling clubs and other cycling organisations visit our website: www.cyclenorthants.co.uk

Follow us on Twitter or like us on Facebook: www.facebook.com/cyclenorthants @cyclenorthants

Disclaimer

The right to cycle a particular road or path can be a complicated question, so, although care has been taken to prepare this map, no evidence of a right to use any road or path, or of its legal status.

Riding Problems

If you spot a road cycling problem, please report it to our Street Doctor website at: www.northants.gov.uk/streetdoctor

0300 126 1000

Cycling Signs

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

Cycling Safety

Staying safe on the road

- When cycling on the road, ride in a strong and confident position well clear of the kerb – it will help you to see and be seen.
- Be assertive and prepared to ride in the middle of the lane, also known as primary position, if you need to. This encourages vehicles to stay behind you when it may be unsafe for them to pass.
- Signal your intentions clearly and well in advance of making your move.
- Try to make eye-contact with drivers at junctions to be sure they have seen you.
- Be considerate of other road users – respect them as you would like to be respected in return.
- Above all, follow the Highway Code – don't jump red lights and don't cycle on the pavement unless it is a designated cycle-way.

Using shared-use routes

When using shared-use cycle/footways, it is important that you are considerate to all users and remember you may have to cycle slower than you would on the road.

- Remember to:
- Ring your bell
 - Pass slowly
 - Say thanks

Lights and visibility

Fit good quality lights to your bike, in case you need to cycle at night or in overcast conditions or mist.

When cycling in the dark, it is a good idea to wear clothing or accessories that help you to be seen more easily by other road users. Especially important at night is to include a reflective component that will make you stand out in the beam of car headlights.

It is also worth considering high-vis or fluorescent colours, especially at dawn and dusk when the light is flat and not all cars will have their lights on. A brightly coloured rucksack or bag cover will help to add extra visibility.

Helmets

Whilst wearing a cycle helmet is not compulsory, it can help reduce the risk of a head injury in an accident. They are particularly recommended for young children. If you do decide to wear a helmet, it is important to ensure it is fitted correctly.

Accessories

- Aside from a bike, you don't need much else in the way of fancy gear to get you started. There are a few things, however, that you may find worth the investment:
- A good-quality bike lock is essential when leaving your bike unattended.
 - Your bike should be fitted with a bell to warn others of your presence.
 - Lightweight water-proof clothing can be indispensable especially during the winter months.
 - And gloves are a must for riding in the cold.
- Of course, there is huge range of fantastic cycling gadgets, accessories and clothing on the market in case you really get bitten by the cycling bug!

Running a bike

Bicycle maintenance

Like any machine, a bicycle will work better and last longer if you care for it properly. Get in the habit of checking your bike regularly; simple checks and minor maintenance can help you stay safe whilst riding and help to avoid costly repairs. Having a perfectly running bike will help you enjoy cycling more: there is nothing worse than having skipping gears, annoying knocking noises or a slow puncture.

Key areas to check to ensure your bike is running safely:

- Wheels and tyres – secure, not buckled and tyres inflated
- Brakes – good operation
- Handlebars – secure and straight
- Pedals and cranks – secure
- Drive train (chain and gears) – clean, lubricated and running smoothly
- Saddle and seat-post – secure and at correct height

Do-it-yourself

Learning to maintain a bike yourself is an invaluable skill to have. You will be amazed at how easy it is to pick up and, as your confidence increases, you will find yourself being able to fix more and more.

Visit the 'Running a Bike' page of our website www.cyclenorthants.co.uk for tips and links to basic maintenance techniques.



Northamptonshire Highways

Kettering Cycle Map

Your guide to cycle routes in Kettering including Burton Latimer, Rothwell and Desborough

[cyclenorthants](https://www.facebook.com/cyclenorthants) www.cyclenorthants.co.uk