

## 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 well-being. 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 CO<sub>2</sub> 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.

## Getting Started

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 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.

For recreation in the countryside around Northampton, there are many monuments, nature reserves, country parks and pocket parks that can be visited conveniently by bike, including the Brampton Valley Way, a 14 mile off-road route between Northampton and Market Harborough, following the route of a former rail line.

Visit [www.westnorthants.gov.uk/cycling](http://www.westnorthants.gov.uk/cycling) for advice and information about getting into cycling, including different types of cycling, cycle training and tips on looking after your bike.

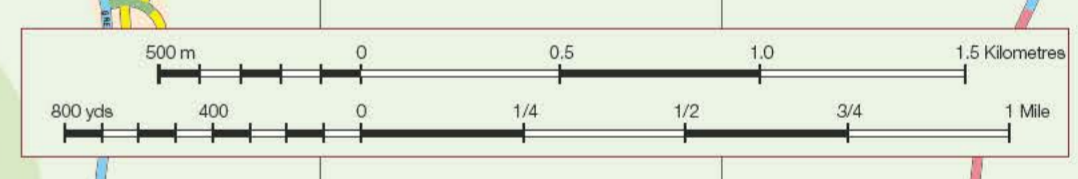
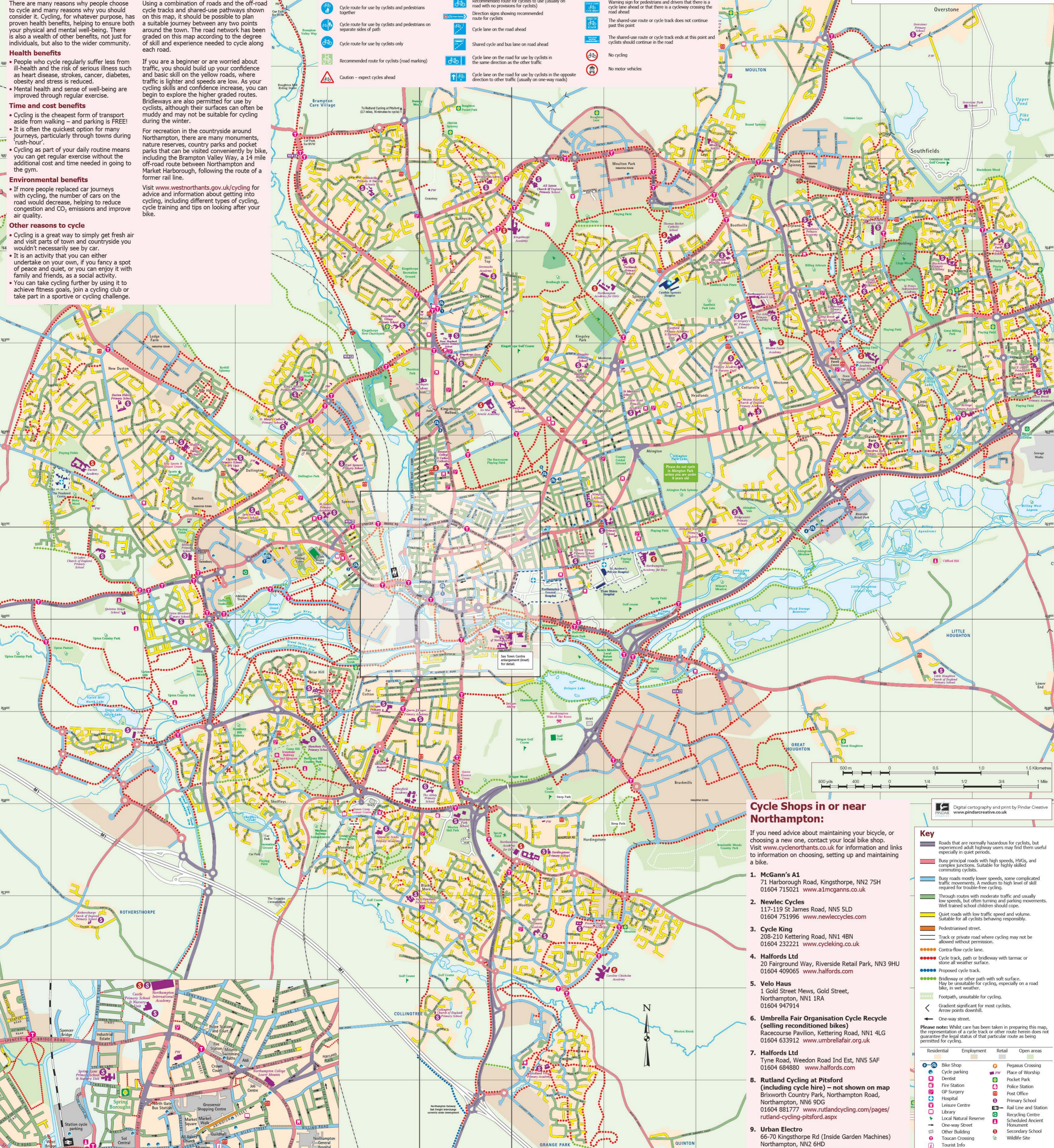
## Cycling Signs

- 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
- Recommended route for cyclists (road marking)
- Caution – expect cycles 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 and drivers that there is a cycle lane ahead or that there is a cycleway crossing the road ahead
- The shared-use route or cycle track does not continue past this point
- The shared-use route or cycle track ends at this point and cyclists should continue in the road
- No cycling
- No motor vehicles

# Northampton Cycle Map



### Cycle Shops in or near Northampton:

- McGann's A1**  
71 Harborough Road, Kingsthorpe, NN2 7SH  
01604 715021 [www.a1mcganns.co.uk](http://www.a1mcganns.co.uk)
- Newlec Cycles**  
117-119 St James Road, NN5 5LD  
01604 751996 [www.newlecycles.com](http://www.newlecycles.com)
- Cycle King**  
208-210 Kettering Road, NN1 4BN  
01604 232221 [www.cycleking.co.uk](http://www.cycleking.co.uk)
- Halfords Ltd**  
20 Fairground Way, Riverside Retail Park, NN3 9HU  
01604 409065 [www.halfords.com](http://www.halfords.com)
- Velo Haus**  
1 Gold Street Mews, Gold Street, Northampton, NN1 1RA  
01604 947914
- Umbrella Fair Organisation Cycle Recycle (selling reconditioned bikes)**  
Racecourse Pavilion, Kettering Road, NN1 4LG  
01604 633912 [www.umbrellafair.org.uk](http://www.umbrellafair.org.uk)
- Halfords Ltd**  
Tyne Road, Weedon Road Ind Est, NN5 5AF  
01604 684880 [www.halfords.com](http://www.halfords.com)
- Rutland Cycling at Pitsford (including cycle hire) – not shown on map**  
Brixtworth Country Park, Northampton Road, Northampton, NN6 9DG  
01604 881777 [www.rutlandcycling.com/pages/rutland-cycling-pitsford.aspx](http://www.rutlandcycling.com/pages/rutland-cycling-pitsford.aspx)
- Urban Electro**  
66-70 Kingsthorpe Rd (Inside Garden Machines) Northampton, NN2 6HD  
07972 709941 [www.urbanelectro.com](http://www.urbanelectro.com)

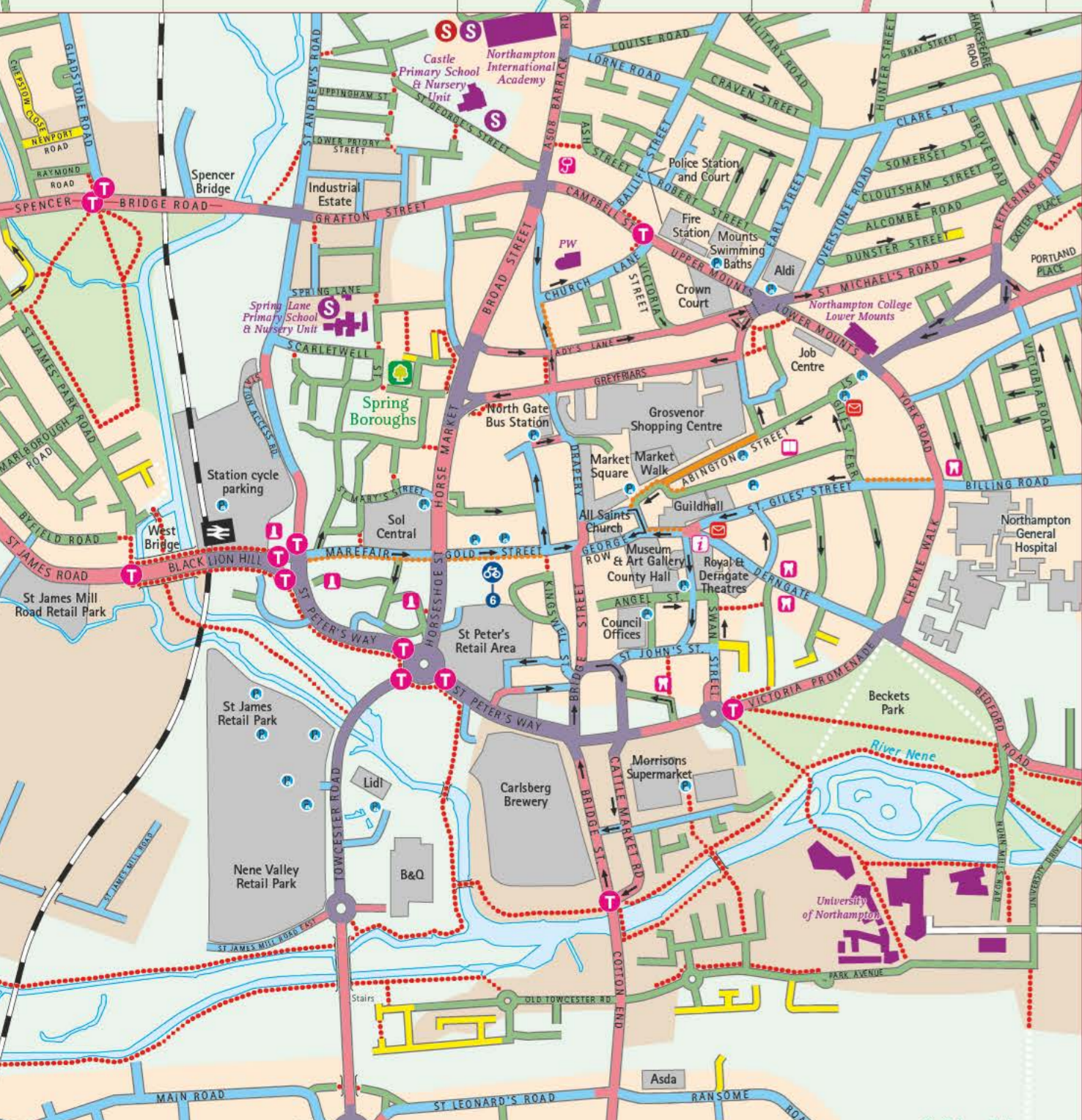
### Key

- 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.
- Pedestrianised street.
- Track or private road where cycling may not be allowed without permission.
- Contra-flow cycle lane.
- Cycle track, path or bridleway with tarmac or stone all weather surface.
- Proposed cycle track.
- Bridleway or other path with soft surface. May be unsuitable for cycling, especially on a road bike, in wet weather.
- Footpath, unsuitable for cycling.
- Gradient significant for most cyclists.
- Arrow points downhill.
- One-way street.

Please note: Whilst care has been taken in preparing this map, the representation of a cycle track or other route herein does not guarantee the legal status of that particular route as being permitted for cycling.

Residential	Employment	Retail	Open areas
• Bike Shop	• Fire Station	• GP Surgery	• Hospital
• Dentist	• Leisure Centre	• Library	• Local Natural Reserve
• Fire Station	• Post Office	• Primary School	• Rail Line and Station
• GP Surgery	• Police Station	• Recycling Centre	• Scheduled Ancient Monument
• Hospital	• Post Office	• Secondary School	• Wildlife Site
• Leisure Centre	• Primary School	• Tourist Info	
• Library	• Recycling Centre		
• Local Natural Reserve	• Scheduled Ancient Monument		
• One-way Street	• Secondary School		
• Other Building	• Wildlife Site		
• Tourist Info			

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## Cycle Northants

### Who are Cycle Northants?

Part of the Travel Choices Team of West Northamptonshire Council we work closely with many other areas of the council and organisations to promote cycling in all its forms, and to look to encourage more and more people to take up cycling as a means of getting around, for sport, for leisure and for health.

We also look to make improvements to the cycling network across the authority, working with partners, developers and other bodies to seek and secure more and more cycle friendly walking infrastructure when it becomes available.

We'd always like to hear your thoughts on how we can improve things for cycling in the county. E-mail us any [Cycle@northants.gov.uk](mailto:Cycle@northants.gov.uk)

For a wealth of information on cycling in Northamptonshire, including local cycling clubs and other cycling organisations visit our website: [www.westnorthants.gov.uk/cycling](http://www.westnorthants.gov.uk/cycling)

You can also follow us on twitter or like us on facebook. [@cydenorthants](https://twitter.com/cydenorthants)

[www.facebook.com/cydenorthants](https://www.facebook.com/cydenorthants)

**Reporting problems**  
Do you spot a road or cycleway problem, please report it to Street Works on 0300 126 7000. For a road or cycleway problem or the council's customer service line, call 0300 126 7000.

**Disclaimer**  
The right to cycle on a particular road or path can be a complicated question, so, although care has been taken in preparation, the map is not evidence of a right to use any road or path or of its legal status.

**West Northamptonshire Council**

## Northampton Cycle Map

### Your guide to cycle routes in Northampton

**West Northamptonshire Council**