

# Norbital and Key Northampton Cycle Routes

**Key**

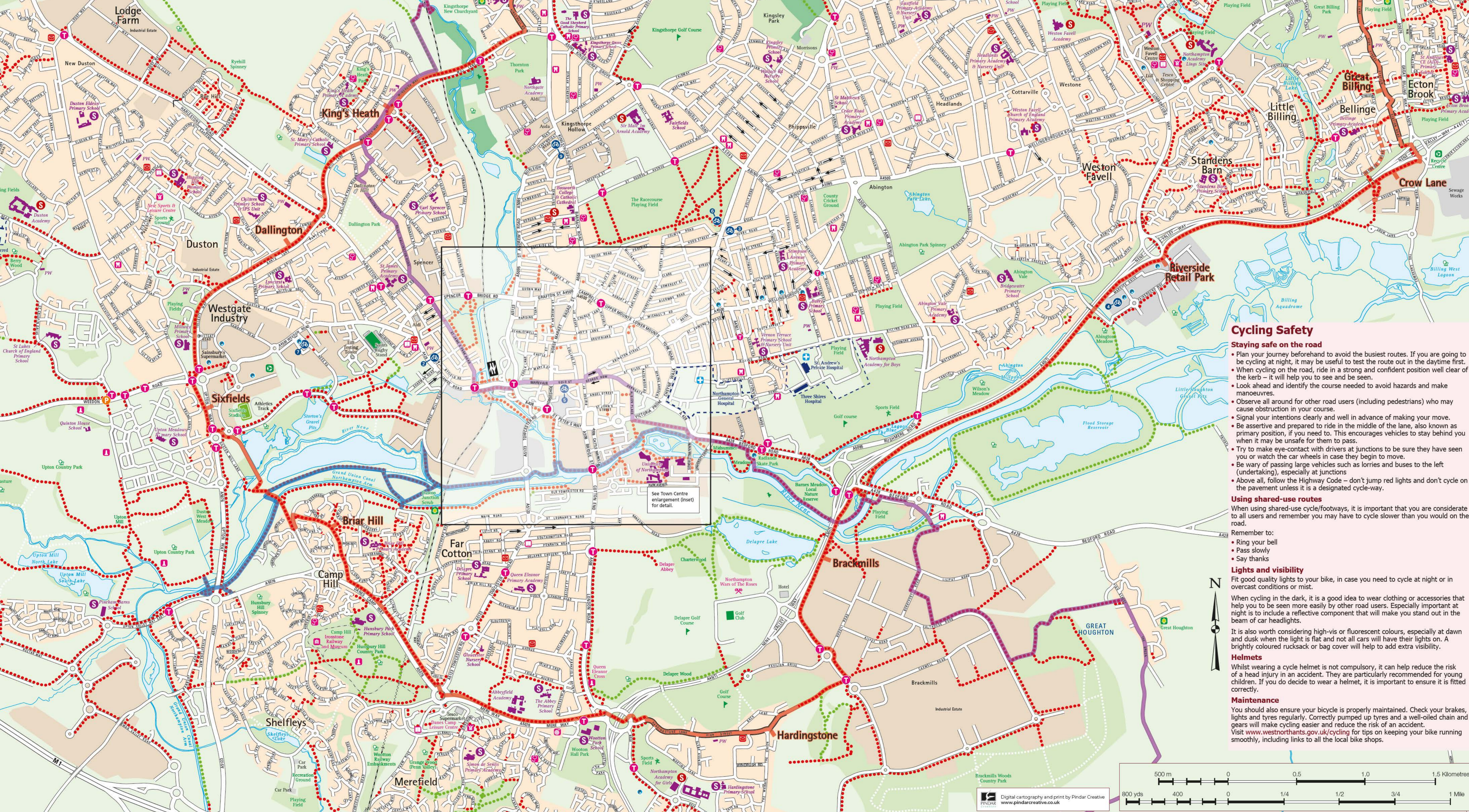
- NORBITAL Route - route 539
- + NORBITAL localities/destinations
- Alternative NORBITAL route section avoiding busy road crossing
- National Cycle Route 6
- Ways through Waterside - route 536
- Section of route where cyclist must use carriageway
- Cycle track, path or bridleway with tarmac or stone 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

for full key to all map symbols please refer to the main map key on reverse

The map is reproduced from Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office. © Crown Copyright. Unauthorised reproduction infringes Crown Copyright and may lead to prosecution or civil proceedings. Northamptonshire County Council 100019331, 2021

**Cycle Routes**

Northampton boasts a number of promoted cycle routes (shown on this map) which link up various parts of the town and can be used, in whole or part, to connect together by bike many residential areas with areas of employment and education, such as the University of Northampton, Brackmills and Moulton Park, the Railway Station and Town Centre. These include Norbital (route 539), an 18 mile circular route around the town, Ways Through Waterside (route 536), linking the town along the river corridor to the west and National Cycle Network route 6, which runs via the Brampton Valley Way, right through the centre of town and onto Brackmills and beyond.



**Cycling Safety**

**Staying safe on the road**

- Plan your journey beforehand to avoid the busiest routes. If you are going to be cycling at night, it may be useful to test the route out in the daytime first.
- 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.
- Look ahead and identify the course needed to avoid hazards and make manoeuvres.
- Observe all around for other road users (including pedestrians) who may cause obstruction in your course.
- Signal your intentions clearly and well in advance of making your move.
- 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.
- Try to make eye-contact with drivers at junctions to be sure they have seen you or watch the car wheels in case they begin to move.
- Be wary of passing large vehicles such as lorries and buses to the left (undertaking), especially at junctions
- 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.

**Maintenance**

You should also ensure your bicycle is properly maintained. Check your brakes, lights and tyres regularly. Correctly pumped up tyres and a well-oiled chain and gears will make cycling easier and reduce the risk of an accident. Visit [www.westnorthants.gov.uk/cycling](http://www.westnorthants.gov.uk/cycling) for tips on keeping your bike running smoothly, including links to all the local bike shops.

