

**my county council**

**Cycle**

Why do they call it rush hour?  
I'm going to be late for work  
Now I can cancel my gym membership

**East Northamptonshire Cycle Map**  
Cycle Routes • Cycle Shops

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

Northamptonshire County Council

### General Information

The road network in the towns of East Northants is suitable for many journeys by bike and 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 cars, 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. Also shown are a number of off-road cycle tracks and shared-use pathways, which can be used as convenient links to complete your journeys around the towns. 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.

By using the maps to plot the safest route to your destination, travel to many places is convenient by bike, including to sites of employment such as Crown Park Industrial Estate in Rushden, or Warth Park in Raunds and places of education, including Oundle School or Higham Ferrers Specialist Arts College. For recreation, Stanwick Lakes, Barnwell Country Park and The East Northants Greenway are easily accessible by cycle routes from many areas of the towns.

The right to cycle on a particular road or path can be a complicated question, so, although care has been taken in preparation, this map is not evidence of a right to use any road or path or of its legal status. For more information please contact Northamptonshire Highways (Please see Useful contacts section).

#### Bikes and Trains

Cycles can be carried on the trains of all train companies operating on the National Rail Network, but each company has its own policy. Details can be obtained from individual companies or from:

**National Rail Enquiry Service**  
tel: 08457 48 49 50 web: www.nationalrail.co.uk

**London Midland**  
tel: 0844 811 0133 web: www.londonmidland.com

**East Midlands**  
tel: 08457 125678 web: www.eastmidlands.co.uk

### The Greenway

The East Northants Greenway is a new walking and cycling route that links the towns of Rushden, Higham Ferrers and Irthlingborough. It utilises the former rail line between Crown Park in Rushden and the Ferrers Specialist Arts College, before continuing along quiet roads and shared-use paths through the centre of Higham Ferrers. The final section of the current Greenway route runs from the north of Higham Ferrers across the Nene Valley to Irthlingborough, taking in some beautiful scenery in the Irthlingborough Lakes and Meadows Nature Reserve.

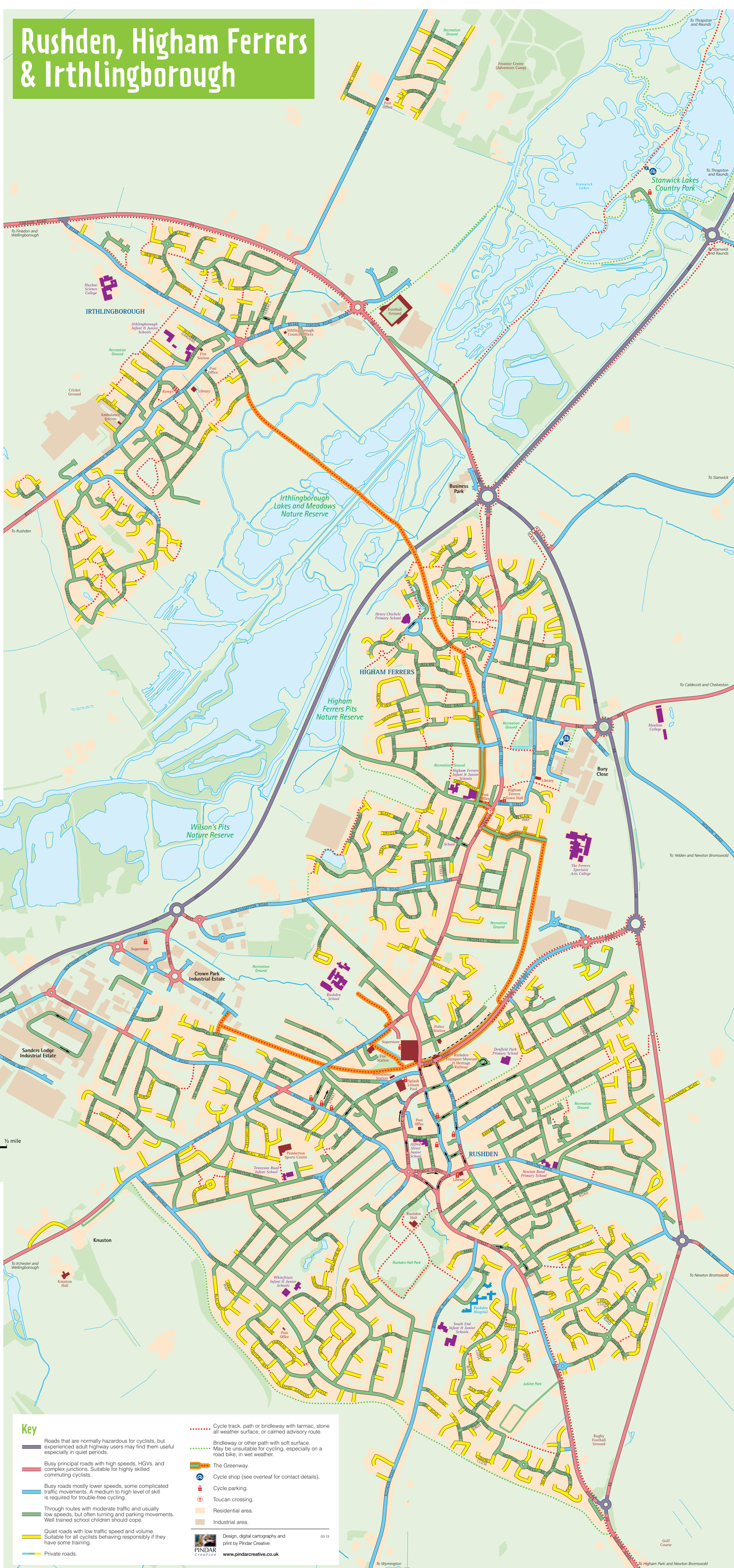
The Greenway is a fantastic way to get around within and between the three towns and can be used as a safe and quick commuter route on foot or by bike to schools or places of work. It is also excellent as a leisure route in itself or as a starting point for exploring further afield, such as the cycle route through Stanwick Lakes.

It is planned that the Greenway will, in future, be extended to run further along the Nene Valley and to link in with more widely with surrounding settlements.

The Greenway project has been made possible with partnership working between East Northants Council, Northamptonshire County Council, The Rockingham Forest Trust and MGWSP, with further funding from Sustrans and SITA.



# Rushden, Higham Ferrers & Irthlingborough



### 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.

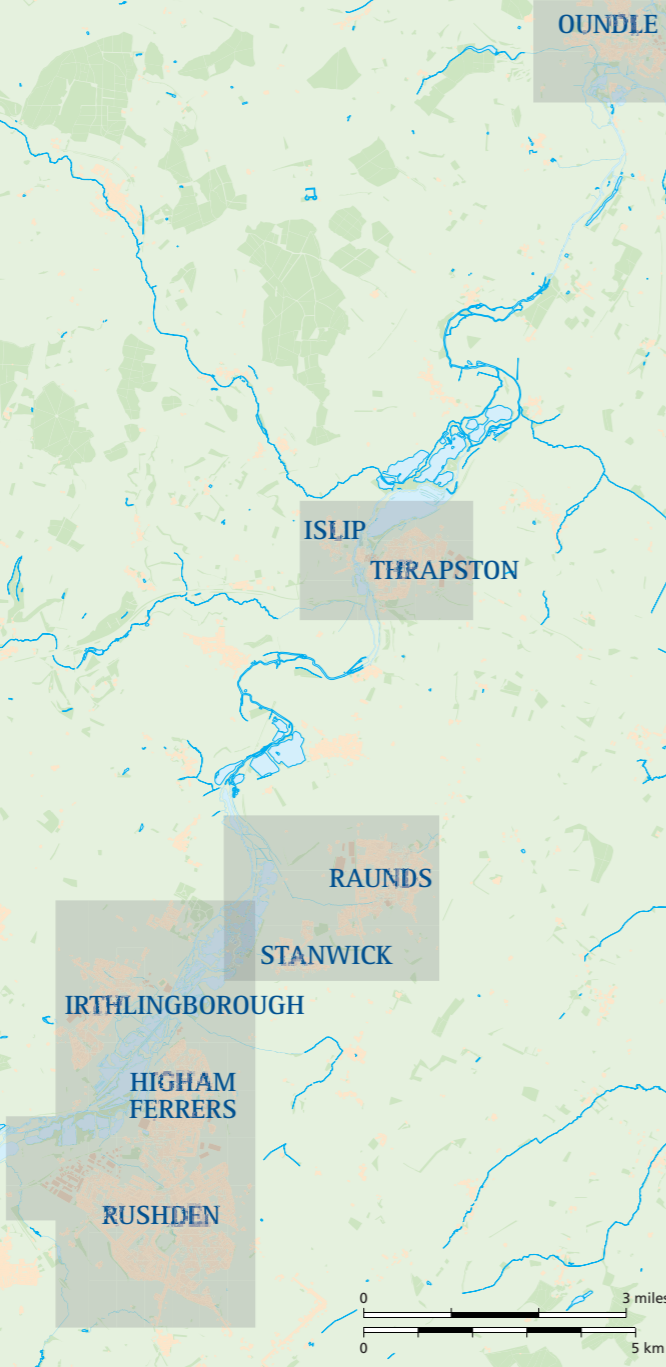
Wear a cycle helmet. It is not compulsory, but can help reduce the risk of head injuries in an accident. Children especially, whether cycling or in a child seat, should wear a helmet, but it is important that they are properly fitted. Again, most cycle shops will be able to provide assistance with this.

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.

### Area Overview



**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 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.
- The Greenway.
- Cycle shop (see overlay for contact details).
- Cycle parking.
- Toucan crossing.
- Residential area.
- Industrial area.

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