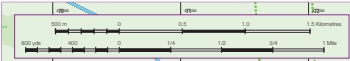


Appendix 35 Cycle maps

Northampton Cycle Map



General Information

Northampton has a good network of cycling routes. Along with the NORBITAL route, there are a large number of other off-road cycle tracks and shared-use pathways, which can be used for many journeys around the town, including the National Cycle Network route 6 and the Lottery funded Connect 2 route. The road network is also 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. 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.

With the wide cycle network in Northampton many places can be visited conveniently by bike. For recreation in the countryside there are many monuments, nature reserves and pocket parks, plus the Brampton Valley Way 14 mile linear park between Northampton and Market Harborough which can be cycled, off-road, for its entire length.

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 County Council. (Please see Useful contacts section)

Health and Safety

There are a number of things you can do to help you stay safe whilst cycling:

- 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.
- 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.
- 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. Above all, always follow the Highway Code, obeying all road signs and traffic lights.
- 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.
- If you feel insecure about cycling or know a child who wants to learn how to cycle, 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.
- 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 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.



Cycle Shops in or near Northampton:

- McGann's Raleigh Cycle Centre**
71 Harborough Road, Kingshorpe, NN2 7SH
tel: 01604 715021 web: www.mcganns.co.uk
- Newtec Cycles**
117-119 St James Road, NN5 5LD
tel: 01604 751996
- Oakley Cycles**
84-88 Luttenworth Road, NN1 5JN
tel: 01604 532635
web: www.oakleycyclesnorthampton.co.uk
- Pitford Cycles (including cycle hire)**
Brixworth Country Park, Brixworth, NN6 8DG
tel: 01604 881777 web: www.pitfordcycles.co.uk
- Cycle King**
208-210 Kettering Road, NN1 4BN
tel: 01604 232221 web: www.cyclingking.co.uk
- The Bike Shed**
14 Park Square, Kings Heath, NN5 7LQ
tel: 01604 590767
- Pedal Power Cycles**
2 Boothville Green, NN3 6JR
tel: 01604 611111
- Halfords Ltd**
20 Fairground Way, Riverside Retail Park, NN3 9HU
tel: 01604 409065 web: www.halfords.com
- Halfords Ltd**
9/10 Road, Weedon Road Ind Est, NN5 5AF
tel: 01604 694990 web: www.halfords.com

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Key

- Roads that are normally hazardous for cyclists, but appropriate for adult 'highway' users (may find them useful) especially in quiet sections.
- Busy principal roads with high speeds, HGVs, and complex junctions. Suitable for highly skilled commuting cyclists.
- Busy roads mostly lower speeds, some complicated junctions. 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 use.
- Quiet roads with low traffic; speed and volume. Suitable for all cyclists but beware responsibility if you have some training.
- Residential street.
- Track or private road where cycling may not be allowed without permission.
- Cycle track, path or footway with kerbs or stone or weather surface.
- Bridleway or other path with soft surface. May be suitable for cycling, especially on a road bike, in wet weather.
- Footpath, unsuitable for cycling.
- Outlets appropriate for most cyclists.
- One-way street.

Employment	Residential	Retail	Other	Open areas
Bike Shop	House	Retail	Tourist Info	Park
Car Repair	Flat	Police Station	Police Crossing	Place of Worship
GP Surgery	GP Surgery	Post Office	Police Station	Place of Worship
Hospital	Library	Post Office	Police Station	Place of Worship
Landscape Centre	Library	Post Office	Police Station	Place of Worship
Primary School	Local Nature Reserve	Post Office	Police Station	Place of Worship
Primary School	Local Nature Reserve	Post Office	Police Station	Place of Worship
Primary School	Local Nature Reserve	Post Office	Police Station	Place of Worship
Primary School	Local Nature Reserve	Post Office	Police Station	Place of Worship
Primary School	Local Nature Reserve	Post Office	Police Station	Place of Worship

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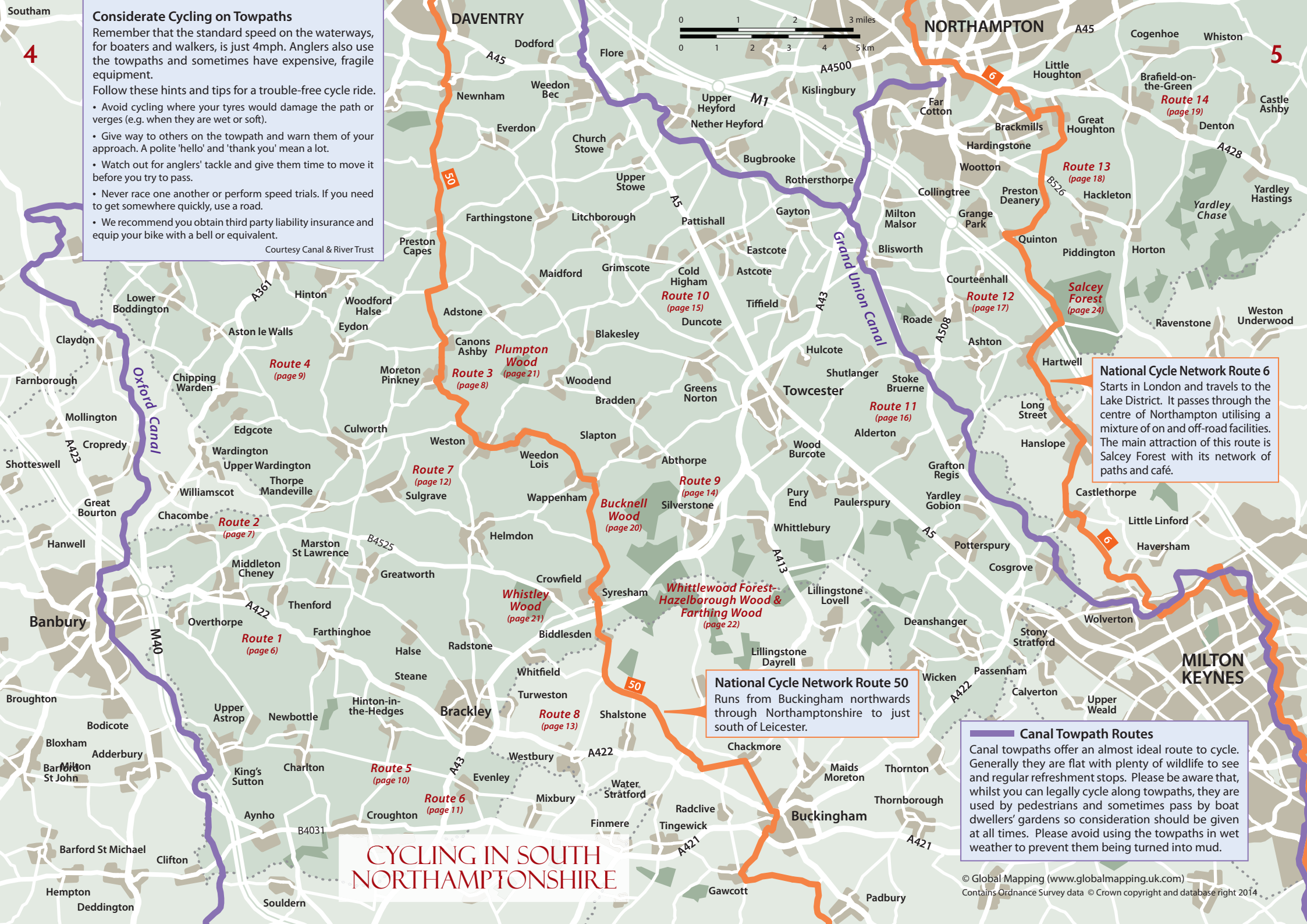
Considerate Cycling on Towpaths

Remember that the standard speed on the waterways, for boaters and walkers, is just 4mph. Anglers also use the towpaths and sometimes have expensive, fragile equipment.

Follow these hints and tips for a trouble-free cycle ride.

- Avoid cycling where your tyres would damage the path or verges (e.g. when they are wet or soft).
- Give way to others on the towpath and warn them of your approach. A polite 'hello' and 'thank you' mean a lot.
- Watch out for anglers' tackle and give them time to move it before you try to pass.
- Never race one another or perform speed trials. If you need to get somewhere quickly, use a road.
- We recommend you obtain third party liability insurance and equip your bike with a bell or equivalent.

Courtesy Canal & River Trust



National Cycle Network Route 6
Starts in London and travels to the Lake District. It passes through the centre of Northampton utilising a mixture of on and off-road facilities. The main attraction of this route is Salcey Forest with its network of paths and café.

National Cycle Network Route 50
Runs from Buckingham northwards through Northamptonshire to just south of Leicester.

Canal Towpath Routes
Canal towpaths offer an almost ideal route to cycle. Generally they are flat with plenty of wildlife to see and regular refreshment stops. Please be aware that, whilst you can legally cycle along towpaths, they are used by pedestrians and sometimes pass by boat dwellers' gardens so consideration should be given at all times. Please avoid using the towpaths in wet weather to prevent them being turned into mud.

CYCLING IN SOUTH NORTHAMPTONSHIRE