

Good Cycling Code

- ✗ **Do not** cycle on the pavement unless it is specifically designated as a shared use path (one for cyclists and walkers, and in some cases wheelchair users or horse riders).
 - ✓ **Do** give way to pedestrians and other path users when on a shared use path
 - ✓ **Do** obey the Highway Code when cycling on the road.
- A full version of the 'Good Cycling Code' is available from Sustrans

Maps and other resources

There is a huge range of maps and guides available for cyclists.

Free maps

Many local authorities publish leaflets showing local cycle routes and should also have a cycling officer who can give you more information on local routes and schemes.

London is covered by a series of free maps published by Transport for London (020 7222 1234 or www.transportforlondon.gov.uk)
On-line mapping of the National Cycle Network is available from www.sustrans.org.uk

Maps & guides for sale

Route maps and guides for the National Cycle Network are published by Sustrans.
There is also a wide range of maps and guides for city cycling, leisure and traffic-free trips. Again, contact Sustrans for details.

Check list:

- ✓ Use designated cycle routes where possible. Elsewhere choose quiet, minor roads avoiding major junctions.
- ✓ Use the wide range of resources available to plan your route.

Useful contacts

Sustrans Information Service tel: 0117 929 0888 or www.sustrans.org.uk

The CTC (Cyclists Touring Club) is another useful resource for cyclists, offering route advice, cycle campaigning, and third party insurance, among other benefits. See www.ctc.org.uk or call 01483 417217 for details.

You may have a local cycle campaign group, who could be an excellent source of help and advice. Contact the Cycle Campaign Network at 54-57 Allison Street, Digbeth, Birmingham B5 5TH or visit www.cyclenetwork.org.uk



Further information

Other leaflets in this series:

- Cycling: the right bike for you
- Cycling: basic bike maintenance
- Cycling: in different conditions
- Cycling: security matters
- Cycling: sharing your route
- Cycling: with children
- Cycling: clothes & accessories

For more copies of this leaflet or others in the series, or for advice on where to cycle, including maps and guides, contact Sustrans on 0117 929 0888 or visit www.sustrans.org.uk

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Cycling
finding your way





Growth in motor traffic, has made our roads increasingly unattractive to cyclists. However recent years have seen measures to address the problem, including the development of the National Cycle Network and other local designated cycle routes. With a little planning you will be surprised how easily you can avoid the worst of the traffic and cycle in relative peace and safety.

Gaining confidence on a bike is generally a lot easier than learning to drive a car. And once you're in the saddle, it's often quicker and easier to get around by bike. This leaflet is one of a series giving tips to help you get going - and enjoy the freedom and convenience of cycling.

Types of cycle route

The road network

The whole of the road network, with the exception of motorways, is available to cyclists. This enables you to plan your journeys to suit yourself. There are many quieter roads in towns and cities and rural areas that cyclists can use safely and conveniently. Many roads in more rural areas have very low traffic flows which again cyclists can use safely and conveniently. In towns and cities many local councils are introducing special measures on the roads and at junctions aimed at assisting cyclists. These include cycle (and bus) lanes, advanced stop lines at traffic lights and special road crossings.

Local cycle networks

Many local councils have developed networks of on-road and traffic-free cycle routes. Contact your local council for details and/or maps. Your local council might even be able to design you a route for your particular journey or know an organisation who can!

National Cycle Network

With over 6,500 miles already open (and more being built all of the time), the National Cycle Network uses traffic-free paths such as converted railway lines and canal towpaths and links them together using quiet lanes and traffic-calmed urban sections. The traffic-free sections, which make up about a third of the Network, are ideal for new or returning cyclists and children to practice their skills and gain confidence. They are clearly signed throughout using distinctive blue signs with a red route number patch. The National Network also incorporates many high-quality local cycle routes.

Regional cycle routes

Effectively the next stage of the National Network, these county based routes, signed with blue route number patches, are steadily being developed - and a few (e.g. the Avon Cycleway) are already in place.

Planning your route

It's unlikely that designated routes will cater for all everyday journeys. More often than not, you will need to find your own way, at least for part of the trip. The first step will be to get hold of any local cycling maps to see how much of your journey is made up of designated or other recommended routes. Then you might need to look at an A-Z or other road map to work out ways to link to this route.

Tip: Friends or colleagues who already cycle are an invaluable resource and might be able to suggest a suitable route.

What to look for:

- ✓ quiet roads
- ✓ low speed limits
- ✓ B, C or unclassified roads
- ✓ Parks, open spaces and other rights of way where cycling is allowed
- ✓ Bus lanes

What to avoid (unless they have cycle provision):

- ✗ Dual carriageways
- ✗ Busy intersections
- ✗ Big roundabouts
- ✗ Long steep hills!

Take a practice run to check the route. Sunday is a good day, you can take your time and not worry too much about heavy traffic but bear in mind that the journey may take longer on weekdays.



Urban cycle routes are improving all the time