



## Keep safe, be courteous and enjoy your cycling on the National Cycle Network

The National Cycle Network offers 10,000 miles of cycle routes, running right through urban centres and reaching all parts of the UK.

It is designed to encourage people to start cycling again and to be a safe and attractive resource for families, novices and experienced cyclists.

One third of the National Cycle Network will be on traffic-free paths providing a major new amenity for walkers and people with disabilities.

### On all routes..

Please be courteous! Always cycle with respect for others, whether other cyclists, pedestrians, people in wheelchairs, horse riders or drivers, and acknowledge those who give way to you.

### On shared use paths...

One third of National Cycle Network is on traffic-free paths, such as disused railway routes. These are designed for shared use by cyclists and walkers. They are often suitable for wheelchairs and sometimes for horse riders.

Experience in the UK and abroad shows that such paths can benefit everyone and that they can be comfortably and safely shared if we show respect for others.

#### When cycling on shared use paths please:

- give way to pedestrians, leaving them plenty of room
- keep to your side of any dividing line
- be prepared to slow down or stop if necessary
- don't expect to cycle at high speeds
- be careful at junctions, bends and entrances
- **REMEMBER THAT MANY PEOPLE ARE HARD OF HEARING OR VISUALLY IMPAIRED - DON'T ASSUME THEY CAN SEE OR HEAR YOU**

- **CARRY A BELL AND USE IT - DON'T SURPRISE PEOPLE**
- give way where there are wheelchair users and horse riders.

### On roads...

Much of the National Cycle Network is on traffic-calmed or minor roads through towns and the countryside.

#### When cycling on roads:

- always follow the Highway Code
- be seen - most accidents to cyclists happen at junctions
- fit lights and use them in poor visibility
- consider wearing a helmet and conspicuous clothing
- keep your bike roadworthy
- don't cycle on pavements except where designated - pavements are for pedestrians
- use your bell - not all pedestrians can see you.

#### And in the countryside...

- follow the Country Code
- respect other land management activities such as farming or forestry and take litter home
- keep erosion to a minimum if offroad
- be self-sufficient - in remote areas carry food, repair kit, map and waterproofs
- try to cycle or use public transport to travel to and from the start and finish of your ride
- cycle within your capabilities
- match your speed to the surface and your skills.

### Thank you for cycling!

The bicycle does not cause pollution or contribute to climate change.

Thank you for choosing this environmentally friendly form of transport.