

Cycle safety

Top tips for safer riding:

- Keep your bike in good working order, particularly the brakes, steering and tyres.
- Always keep a look out for possible hazards. It is best to ride around any obstacles if possible, but try to avoid any sudden, sharp movements.
- Look all around before moving off. When changing direction, look behind and if safe, signal clearly before turning.
- Be especially careful when leaving a cycle route as most cycle accidents happen when cyclists rejoin moving traffic.
- If you are unable to avoid a roundabout or busy junction and are unsure how to tackle it, get off your bike and walk across.
- Be safe, be seen. Wear something fluorescent during the day or reflective at night. At night and in poor light make sure your front and rear lights are lit and that your red rear reflector can be seen. It is against the law to cycle at night without lights.
- Plan your route ahead, note any possible hazards and think about how you will overcome these.
- Cycle training can help your confidence and skills.
- Invest in a good quality solid lock and always use it whenever you park your bicycle.
- Cycle helmets can reduce the possibility of serious head injury, providing that they are worn correctly, although they will not stop you having an accident.
- When using shared paths please give way to pedestrians, wheelchair users and horse riders. Be prepared to slow down and use your bell to warn people on foot.

Additional cycling safety advice can be found on the Nottinghamshire County Council website:
www.nottinghamshire.gov.uk/transport/road-safety/cyclists-road-safety

Cycling organisations

Sustrans 0115 853 2948
www.sustrans.org.uk

Sustrans is a practical cycling charity co-ordinating the building of the National Cycle Network. National Routes 6, 15 and 64 across Nottinghamshire.

National Byway 01372 464 666
www.thenationalbyway.org

The National Byway is 3,200 mile signed leisure cycle routes around England and parts of Scotland and Wales on lightly trafficked rural lanes and quiet routes.

Cycling UK 01483 238 301
www.cyclinguk.org

Cycling UK has been devoted to encouraging cycling in Britain and the protection of cyclists for over a century.



This publication can be made available on request in alternative formats and languages.

Whilst every effort has been made to ensure complete accuracy of this information, Nottinghamshire County Council cannot be held responsible for any problems caused by errors or changes in the information. We would, however, welcome notification of any errors that may have crept in, so that these can be corrected for any subsequent editions.

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Travelchoice
Different ways to travel in Notts

 **Nottinghamshire County Council**

W nottinghamshire.gov.uk/travelchoice
T 0300 500 80 80
Transport Planning and Programme Development Team
Nottinghamshire County Council
County Hall, West Bridgford,
Nottingham NG2 7QP

Travel choice



Different ways to travel in Notts

Mansfield, Sutton-in-Ashfield and Kirkby-in-Ashfield

Local cycling guide

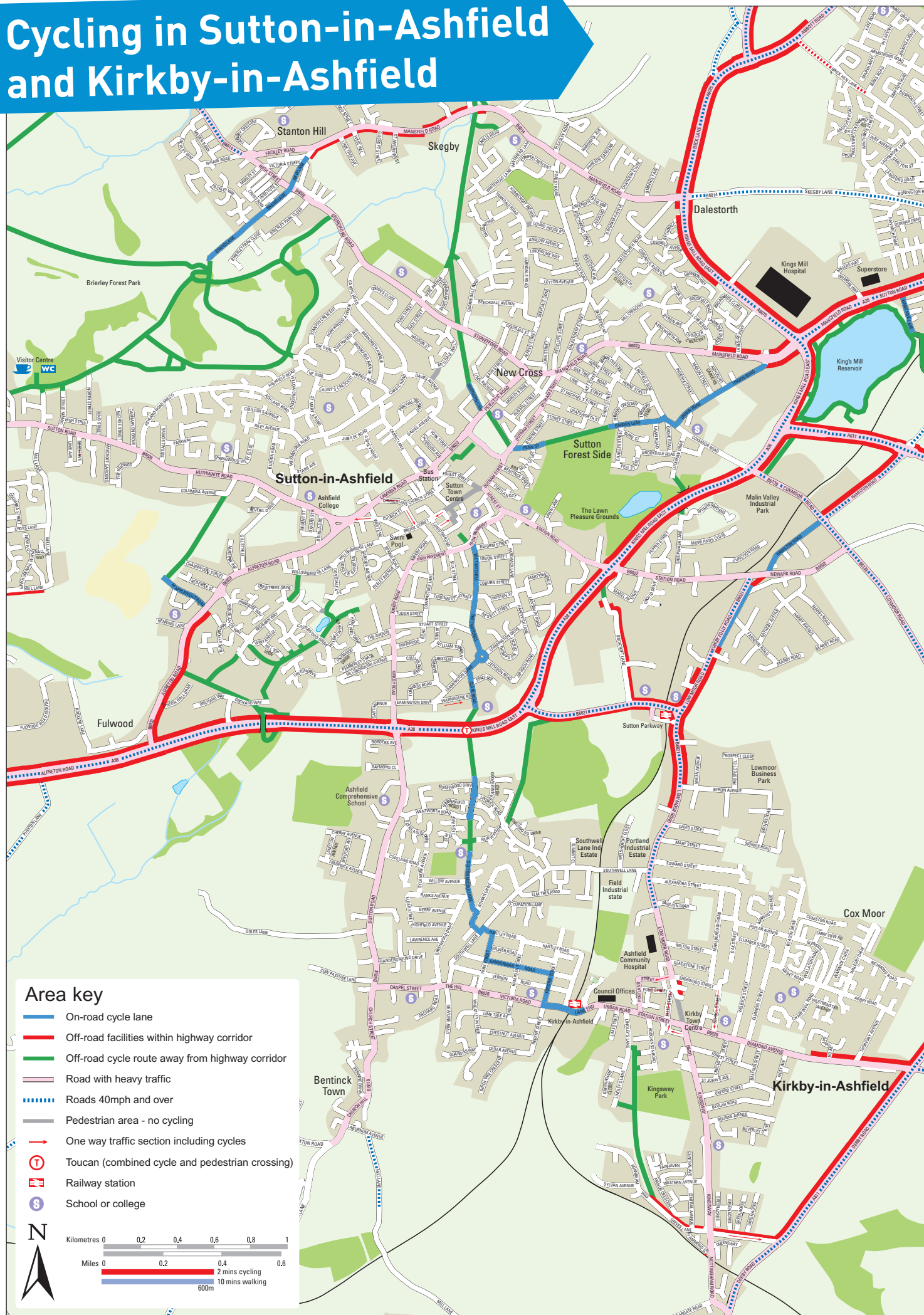
Cycling is a great way to keep fit, whilst avoiding the congestion on many roads. The aim of this guide is to show the cycle routes and facilities in Mansfield, Sutton-in-Ashfield and Kirkby-in-Ashfield.



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 **Nottinghamshire County Council**

Cycling in Sutton-in-Ashfield and Kirkby-in-Ashfield



Cycling in Mansfield



Live longer

Halve your risk of heart disease and cancer

Earn that treat

Burn 100 calories per mile you travel and get fit for free

Save the planet

Do your bit to improve the air we all breathe

£500 p.a. fuel saving

Save it now and spend it later

'Active' modes of travel have exploded in popularity. Here's why so many people are saddling up and striding out...



Want to find out more about cycling?

More information is available on the Travel Choice website www.nottinghamshire.gov.uk/travelchoice OR Nottinghamshire County Council website www.nottinghamshire.gov.uk/cycling

For information on the rights of way network and recreational cycling routes, please contact: **Countryside Access** Nottinghamshire County Council, County Hall, West Bridgford, Nottingham NG2 7QP. Tel: 0300 500 80 80 Email: countryside.access@nottsscc.gov.uk

Reporting an issue

If you would like to report a public highway matter; including pavement and road defects, cycling issues and street light faults please contact **Nottinghamshire County Council** Tel: 0300 500 80 80 www.nottinghamshire.gov.uk/transport/roads

For routes off-highway routes (e.g. through parks) and street cleansing, please contact:

Ashfield District Council Tel: 01623 450 000 www.ashfield.gov.uk

Mansfield District Council Tel: 01623 463 463 www.mansfield.gov.uk