



A map & guide to cycling facilities

in Newbury & Thatcham

CYCLING

Lock it & Leave it



To Protect Your Bike from Theft

- ▶ Do lock your bike to something solid.
- ▶ Do use the many bike parks available.
- ▶ Do invest in a good quality lock.
- ▶ Do have your frame postcoded.
- ▶ If using the train make use of the secure cycle lockers at Newbury and Thatcham Rail stations. (to arrange use of the lockers speak to the Station Staff in advance.)

Kennet & Avon Canal



▶ Cycling along the length of the Kennet & Avon Canal is permitted and free. A map of the route is available and can be obtained free of charge by ringing 01635 519505. The National Cycle Network Route 4 follows much of the improved sections of the towpath and is clearly signed on other suitable routes where the towpath is narrow or uneven. Enjoy cycling along this pleasant route and remember that the canal is popular with walkers and boaters too, many of whom are travelling at speeds slower than you.

- ▶ For more information about the canal or a detailed map contact British Waterways on **01452 318000** or visit www.waterscape.com
- ▶ For more information and maps of the National Cycle Network contact Sustrans on **0845 113 0065** or visit www.sustrans.org.uk

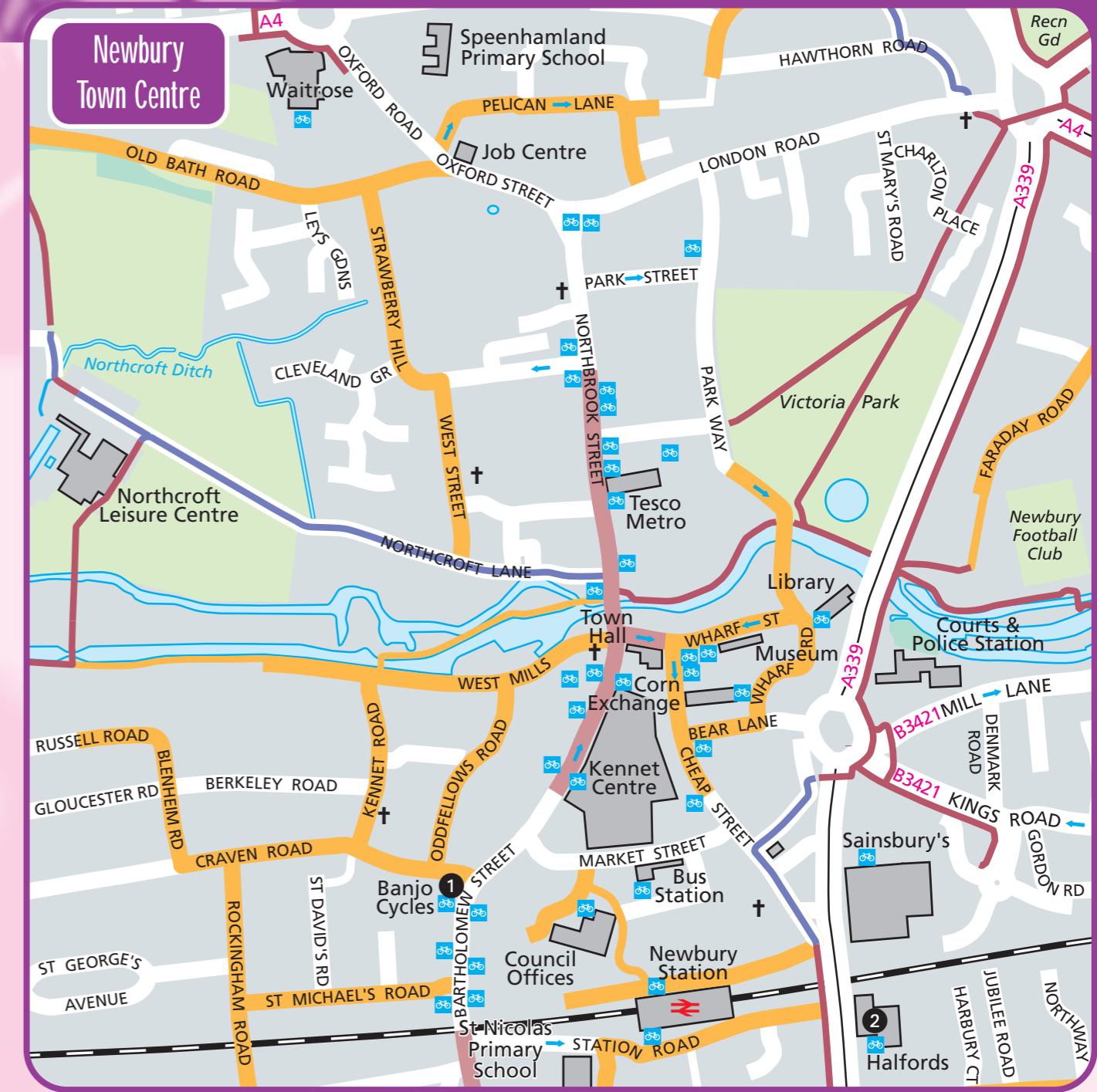


Safety First

- ▶ Follow the Highway Code and show consideration to other road users, especially pedestrians.
- ▶ Be able to warn people of your approach - is your bike fitted with a bell?
- ▶ Cycle training is available from West Berkshire Council's Road Safety Team. Courses are currently run through schools and additional courses held in school holidays. For more details please contact the Road Safety Education Officer on **01635 519672**



- ▶ **Be organised** – check your brakes, tyres, chains, lights and make sure your bike is safe to ride.
- ▶ **Be prepared** – carry a puncture repair kit, waterproofs and first aid kit.
- ▶ **Be protected** – wearing a helmet could mean a less severe head injury if you were to have an accident.
- ▶ **Be seen** – wear bright and/or reflective clothing and use lights outside the hours of daylight.
- ▶ **BE SAFE!**



Useful Contacts

- ▶ **West Berkshire SPOKES**, local cycle campaign group – identifying the needs and representing the interests of cyclists in West Berkshire. Tel: 01635 529909, www.westberkshirespokes.org SPOKES welcomes new members
- ▶ **Newbury Road & Mountain Bike Club** – promoting all forms of cycling and serving cyclists in the Newbury area. Tel: 01635 864314, www.newburyrc.co.uk
- ▶ **Cycle-IT** – promoting cycling and working with local groups to link with improving safety and the environment. Tel: 01635 871182
- ▶ West Berkshire Council www.westberks.gov.uk
- ▶ If you have any suggestions regarding the provision of cycle facilities or require further information please contact the Council's Transport Policy Team on **01635 519505** or email: transport@westberks.gov.uk
- ▶ For maintenance issues please call the Council's Streetcare Team on **01635 519080**
- 1 **Banjo Cycles** – 40 Bartholomew Street, Newbury 01635 43186, www.banjocycles.com
- 2 **Halfords** – Unit 2, Greenham Road, Newbury 01635 569078
- 3 **Wilkins & Son** – 4 Chapel Street, Thatcham. 01635 867564
- M J Muttram** – 07909 520851
- Peddle On** – 60 Bishopswood Road, Tadley RG26 4HD 0118 982 1021



Bike2Work

- ▶ Bike2Work and improve your fitness and the environment at the same time. Ever thought about cycling to work instead of getting in your car? Cycling is a great form of exercise – it will improve your strength, stamina and aerobic fitness without even visiting the gym!
- ▶ Cycling to work is free. It will often get you to your destination quicker than other forms of transport and might reduce your stress levels by avoiding a traffic queue.
- ▶ Cycling does not increase atmospheric or noise pollution and if you chose to cycle instead of using your car you will help reduce congestion and help create a better environment for all.
- ▶ The Bike2Work initiative runs throughout Bike Week and encourages people across the country to cycle to work. Why not give it a go? You won't be alone!



Cyclists Highway Code

Clothing. You should wear:

- A cycle helmet which conforms to current regulations.
- Appropriate clothes for cycling. Avoid clothes which may get tangled in the chain, or in a wheel or may obscure your lights.
- Light-coloured or fluorescent clothing which helps other road users to see you in daylight and poor light
- Reflective clothing and/or accessories (belt, arm or ankle bands) in the dark.

At night, your cycle **MUST** have front and rear lights lit. It **MUST** also be fitted with a red rear reflector (and amber pedal reflectors, if manufactured after 1/10/85). White front reflectors and spoke reflectors will also help you to be seen.

Cycle Tracks These are normally located away from the road, but may occasionally be found alongside footpaths or pavements. Cyclists and pedestrians may be segregated or they may share the same space (unsegregated). When using segregated tracks you **MUST** keep to the side intended for cyclists. Take care when passing pedestrians, especially children, elderly or disabled people, and allow them plenty of room. Always be prepared to slow down and stop if necessary.

Cycle Lanes. These are marked by a white line (which may be broken) along the carriageway. Keep within the lane wherever possible.

You MUST obey all traffic signs and traffic light signals.

- You should:
- Keep both hands on the handlebars except when signalling or changing gear
 - Keep both feet on the pedals
 - Not ride more than two abreast
 - Ride in single file on narrow or busy roads
 - Not ride close behind another vehicle
 - Not carry anything which will affect your balance or may get tangled up with your wheels or chain
 - Be **considerate** of other road users, **particularly blind, partially sighted and elderly pedestrians**. Let them know you are there when necessary, for example by ringing your bell
 - Look all around before moving away from the kerb, turning or manoeuvring, to make sure it is safe to do so. Give a clear signal to show other road users what you intend to do.
 - Look well ahead for obstructions in the road, such as drains, pot-holes and parked vehicles so that you do not have to swerve suddenly to avoid them. Leave plenty of room when passing parked vehicles and watch out for doors being opened into your path
 - Take extra care near road humps, narrowings and other traffic calming features.
- You **MUST NOT**
- carry a passenger unless your cycle has been built or adapted to carry one
 - hold on to a moving vehicle or trailer
 - ride in a dangerous, careless or inconsiderate manner
 - ride when under the influence of drink or drugs.

You MUST NOT cycle on a pavement. Do not leave your cycle where it would endanger or obstruct road users or pedestrians, for example, lying on the pavement. Use cycle parking facilities where provided. You **MUST NOT** cross the stop line when the traffic lights are red. Some junctions have an advanced stop line to enable you to position yourself ahead of other traffic.

Bus Lanes. These may be used by cyclists only if the signs include a cycle symbol. Watch out for people getting on or off a bus. Be very careful when overtaking a bus or leaving a bus lane as you will be entering a busier traffic flow.

Road junctions. On the left. When approaching a junction on the left, watch out for vehicles turning in front of you, out of or into the side road. Do not ride on the inside of vehicles signalling or slowing down to turn left. Pay particular attention to long vehicles which need a lot of room to manoeuvre at corners. They may have to move over to the right before turning left. Wait until they have completed the manoeuvre because the rear wheels come very close to the kerb while turning. Do not be tempted to ride in the space between them and the kerb. On the right if you are turning right, check the traffic to ensure it is safe, then signal and move to the centre of the road. Wait until there is a safe gap in the oncoming traffic before completing the turn. It may be safer to wait on the left until there is a safe gap or to dismount and push your cycle across the road.

Dual carriageways. Remember that traffic on most dual carriageways moves quickly. When crossing wait for a safe gap and cross each carriageway in turn. Take extra care when crossing slip roads.

Roundabouts can be hazardous and should be approached with care. You may feel safer either keeping to the left on the roundabout or dismounting and walking your cycle round on the pavement or verge. If you decide to keep to the left you should

- be aware that drivers may not easily see you
- take extra care when cycling across exits and you may need to signal right to show you are not leaving the roundabout
- watch out for vehicles crossing your path to leave or join the roundabout. Give plenty of room to long vehicles on the roundabout as they need more space to manoeuvre. Do not ride in the space they need to get round the roundabout. It may be safer to wait until they have cleared the roundabout.

Crossing the road. Do not ride across a pelican, puffin or zebra crossing. Dismount and wheel your cycle across.

Toucan crossings. These are light-controlled crossings which allow cyclists and pedestrians to cross at the same time. They are push button operated. Pedestrians and cyclists will see the green signal together. Cyclists are permitted to ride across.

Cycle-only crossings. Cycle tracks on opposite sides of the road may be linked by signalled crossings. You may ride across but you **MUST NOT** cross until the green cycle symbol is showing.

Cycle Signs



cycle route for use by cyclists only



a shared path for cyclists and pedestrians



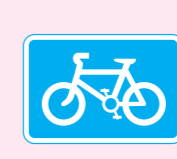
no cycling



a route for use by cyclists and pedestrians on separate sides of the path



cycle route ahead



advisory route for cyclists to use (usually on road with no provision for cyclists)



direction signs showing recommended route for cyclists

Map Key

- National Cycle Route 4
- National Cycle Route 4 (using road)
- Signed Cycle Path - off carriageway (cycleway or shared footway/cycleway)
- On road signed cycleway
- Quiet Route (mainly on road; some tracks included where surfacing may vary)
- Pedestrian Zone 10am - 6pm
- One way street
- Cycle parking

Scale 1: 6 875








Interesting Facts

- ▶ A moderate half-hour each-way commute will burn 8 calories a minute, equivalent to 11kg of fat in a year.
- ▶ The Royal Mail operates the largest fleet of bicycles in the UK – 37,000 strong, and spends £1.5m pounds a year on cycle spares.
- ▶ During rush hour, a bicycle is about twice as fast as a car.
- ▶ 20,000 cyclists ride in or out of Oxford centre each day.
- ▶ The humble bicycle recently won a national survey for the most significant innovation since 1800. Over half the votes supported the bicycle as the best invention.

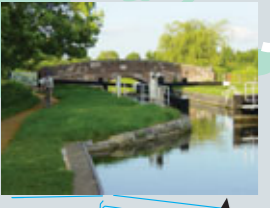
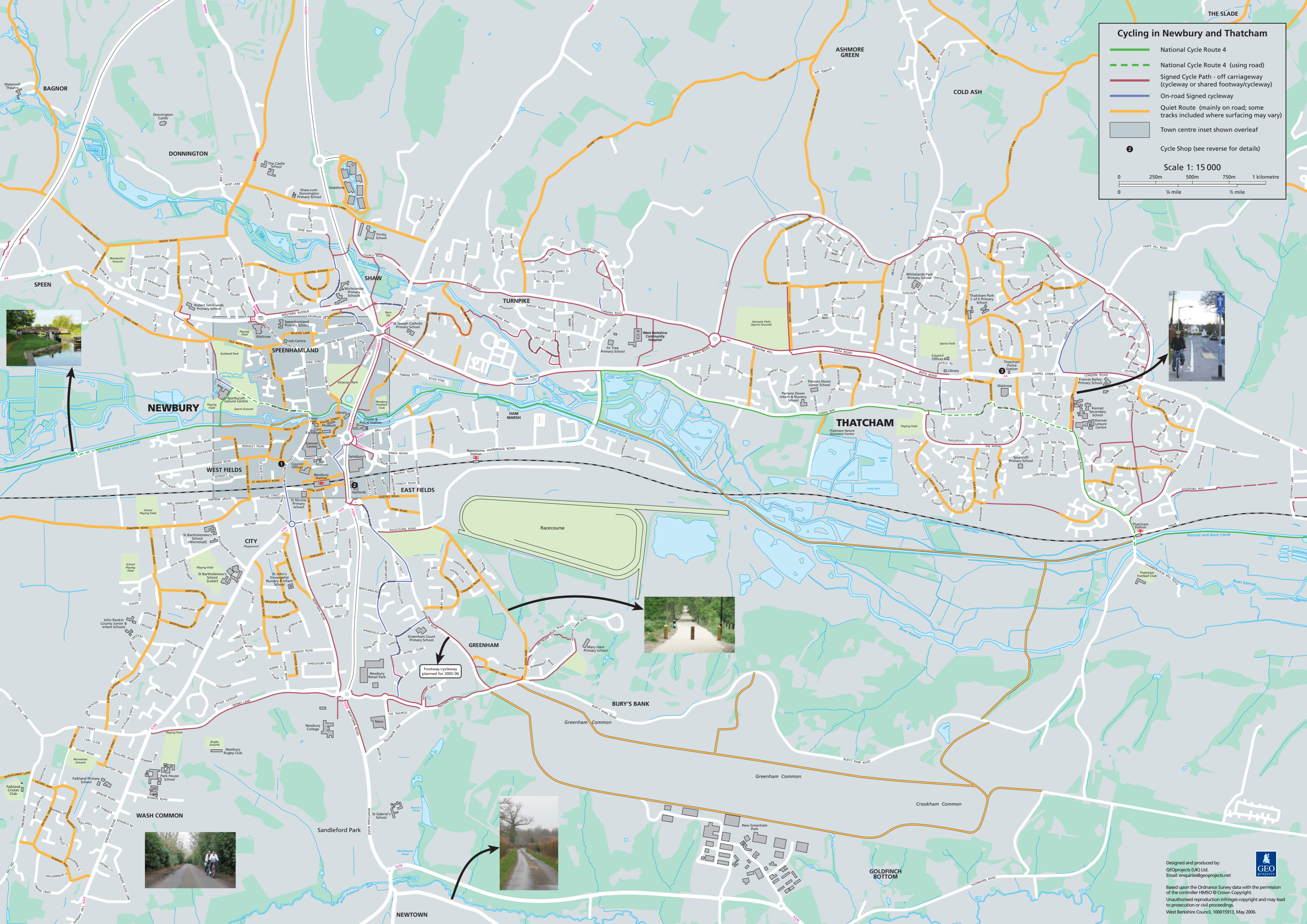
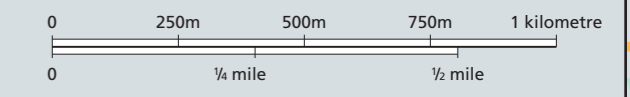
West Berkshire Cycling Forum are thanked for their advice and assistance in developing this guide.



Cycling in Newbury and Thattham

-  National Cycle Route 4
-  National Cycle Route 4 (using road)
-  Signed Cycle Path - off carriageway (cycleway or shared footway/cycleway)
-  On-road Signed cycleway
-  Quiet Route (mainly on road; some tracks included where surfacing may vary)
-  Town centre inset shown overleaf
-  Cycle Shop (see reverse for details)

Scale 1: 15 000



Footway/cycleway planned for 2005/06

