

Braintree/Witham.indd

01/04/2015 09:50



Essex County Council, Sustainable Travel Team.

This information is issued by

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The information contained in this document can be translated, and / or made available in alternative formats, on request.

Published March 2015





To Hatfield Peverel

Why not cycle to...

The Flitch Way

Cartography © Sustrans FourPoint Mapping for Essex County Council

A country park passing through fifteen miles of

countryside along the former Bishop's Stortford to Braintree railway, in the heart of rural Essex.

The Flitch Way is ideal for a traffic-free day out

and perfect for cycling. Its name comes from a

medieval ceremony, which originated in Little

Dunmow and which still takes place every four

years. The ceremony involved married couples

trying to prove that they hadn't argued for

a year and a day – if successful they were

awarded with a Flitch (or side) of bacon.



# Cycling map medtiW & Braintree



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### Share the space

Whether you cycle on the road or on designated cycle paths you will have to share the space.

#### On shared off-road facilities please remember:

- Pedestrians are more vulnerable than a cyclist
- Keep an appropriate speed for the type of route you are using and the number of other users
- Lights are required at night, even on cycle paths other users need to see you and you need to see where you are going.



Image courtesy of Transport for London

#### On the road:

- We all have an equal right to the road space whether on two wheels or four
- Be decisive and hold your line
- Cycling and cyclists benefit everybody by reducing congestion and maximising road capacity
- Jumping red traffic lights and riding on pavements is not only illegal it is also dangerous and reinforces negative attitudes about cycling
- Advance stop lines and cycle lanes are for cyclists' safety
- As a driver, look out for cyclists and give them lots of room
- Cyclists should take extra care around large vehicles – do not undertake on the inside; they may not see you.



### **Common road signs**

A few signs you may see when out cycling, and what they mean...



bike

## **Cyclists' training**

Cyclist Training is available throughout the county to a wide range of ages and abilities.

Essex County Council provides training through the Bikeability Scheme, which is offered to all primary and secondary schools. Bikeability is cycling proficiency for the 21st Century, designed to give the next generation the skills and confidence to ride their bikes on today's roads.

Training is also available for adults and can be focused around your needs; we can help you find a provider in your local area.

If you are interested in finding out more about the training that is available please contact RoadSafety@essexhighways.org

Or for more information about Bikeability www.dft.gov.uk/bikeability





### Be Safe, Be Seen

Ensure you are visible to others. Wear fluorescent items in the daytime and reflective at night. The extra visibility given by these materials can give other road users a few extra seconds of 'reaction time'.

When cycling at night you must have a white front light, red back light and red reflector – all in good working order. Aside from the safety risks, it is an offence to cycle at night without lights and reflectors.

Keep all lights and reflectors clean and clear of obstruction. You can also use spoke and pedal reflectors with most types of wheels and pedals.

Road position can also make a huge difference to your visibility whilst cycling, ride at least one metre from the kerb and consider taking the primary position (in the centre of the lane) at junctions and pinch points, especially in low light conditions.

