

WELCOME TO CYCLING CAMBRIDGE



Cambridge is the UK's cycling capital

Cycling is fast, it's cheap, it's good for your health and for the environment. We strongly recommend it. If you're going to cycle in Cambridge there are a few things to bear in mind for happy cycling and harmonious interactions with others.





Remember your bike lights

Bike lights are required from sunset to sunrise. You need a red light on the back and a white light on the front. Lights should be angled toward the road so that they do not dazzle or confuse others. Flashing lights are allowed: 2-3 flashes per second is best. A red rear reflector and amber pedal reflectors are also required.





Let others know where you are going

It is helpful to all road users if they know where you are going. It should help keep you safer. Indicate your intentions to turn and stop. Use your arms and hands in a strong and obvious gesture. Make eye contact with other road users whenever possible.



Traffic lights are for cyclists too

You must stop at red lights. Always! Keep an eye out for advance green lights for cyclists.

Where you can and cannot cycle

There are several signs which indicate where you can and cannot cycle.



No Cycling No cycling is allowed.

Route for use by

pedal cycles only



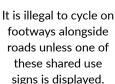
No Entry You may not enter while cycling unless 'Except cycles' is also displayed.



No motor vehicles Cycling is allowed although cars and motorbikes are not.

Except cvcles

Cycling allowed Indicates exemptions for pedal cycles from prohibitions such as No Entry, turn left ahead and no left turn.



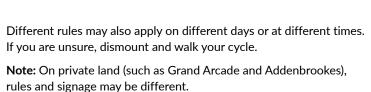


Segregated





Pedal cycle and pedestrian route pedestrian route





Caring while

You must respect other

vulnerable people when

bell to raise awareness of

that not everyone will be

able to hear it. Be patient.

If an area is crowded, get

off your bike and walk it.

your presence but remember

sharing space. Always cycle at a careful speed. Use your

sharing

Keep your bike safe

Do not lock your bike in places where it will cause an obstruction. Whenever possible please use designated stands. Use a good lock and make sure you lock the frame of the bike.

Maintenance

It's important to keep your bike in good working order. Check your brakes are working and your tyres are inflated each time you ride. You should get your bike serviced at least once a year.



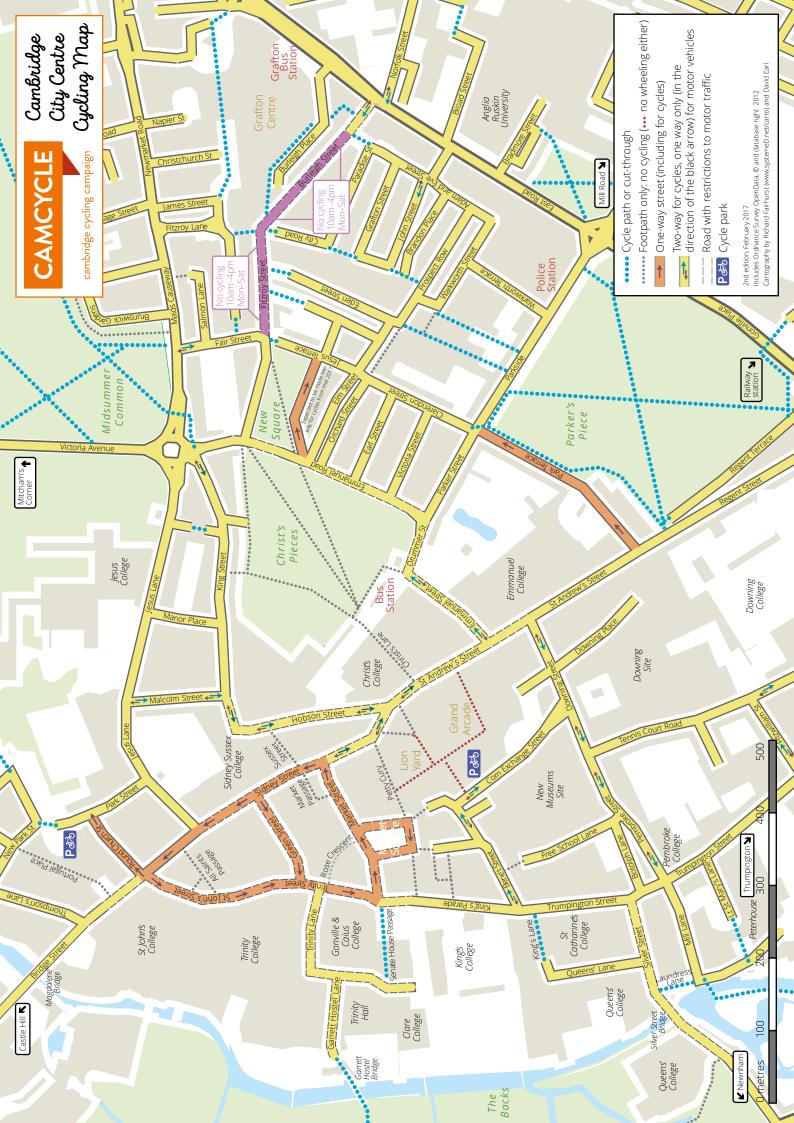
It's never too late to learn

If you'd like to feel more confident on your bike, consider getting cycle training. This will cover all the rules of the road, as well as positioning yourself on the road for best visibility and clear intentions.



For more information

Please visit www.camcycle.org.uk/welcometocycling







Camcycle works for more, better and safer cycling for all ages and abilities in and around Cambridge.

To support our work please become a member of Camcycle. Membership benefits and student rates available!



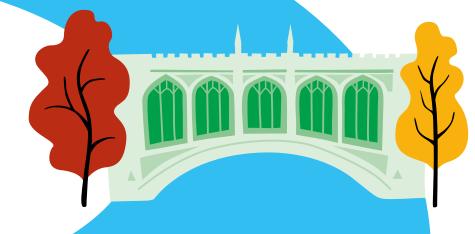
www.camcycle.org.uk



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