Cycling regularly helps to improves health and fitness as well as being good for the environment.

During the morning rush hour, cycling to work is often quicker than other forms of transport and can reduce stress levels. (Avoiding traffic jams!)

Cycling is also good for the environment as it does not generate pollution.

Cycling is permitted along the length of the Kennet and Avon Canal. The National Cycle Network Route 4 follows much of the improved sections of the towpath and is clearly signed on to other suitable routes where the towpath is narrow or uneven. Enjoy cycling along this pleasant route and remember that the canal is popular with walker and boaters too, many of whom are travelling at speeds slower than you.

More information about the canal can be found at http://canalaccess.org.uk along with a detailed map which can be downloaded or at www.katrust.org.uk.

More information regarding the National Cycle Network is available from Sustrans www.sustrans.org.uk

Benefits of Cycling

Safety First

Clothing:

- you should wear:
  - A cycle helmet which conforms to current regulations, is the correct size and securely fastened
  - Appropriate clothing for cycling. Avid clothing which may get tangle
  - In the chain, or in a wheel or may cause you to lose your grip
  - Reflective clothing and/or accessories (belt, armband, pouches)
  - Light, sound

When cycling at night, you MUST turn your front and rear lights, and your rear reflector and other pedal reflectors (if manufactured after 1/7/99). While front reflectors and spoke reflectors will help to keep you to the road, you should wear a well-reflective jacket.

Cycling Facilities:

- Cycle Lanes are on-road and provide a convenient and safe place for cyclists. They are marked with a white line (which may be

- You do not have to use them, but they may make your journey safer. Cycle lanes often also have alternative areas where traffic

- Lights to give cyclists a head start when the lights change. You must not cross the stop line when the traffic lights are red.

- Cycle Paths are off-road cycle lanes usually on the pavement. The cycle path can be segregated (marked) with a solid white line (and cycle

- Symbols) or marked with pawprints. On shared use paths you need to take extra care, and on segregated paths you must cycle on the
cycling side of the path.

- Unless pavement usage is suitably for cycling you must not cycle on it.

- Cyclists may use off-road bike paths, by-ways and restricted by-ways.

- National Cycle Route 4, Part of the Sustrans National Cycle Network, is a mainly off-road, partly traffic free, route linking Reading to

- Newport and the village of Light and Bredon.

- Views crossings allow cyclists and pedestrians to cross the road at the same time. They have a ‘green bike’ as well as a ‘green man’

- You must obey traffic signs and traffic light signals as if you were

- Driving.

- You must obey traffic signs and traffic light signals as if you were driving.

You MUST do:

- Carry a stopwatch, times, lights, chains, lights and make sure your bike is safe to ride.

- Wear a helmet which means 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!