

Good Cycling Code

- Read the Highway Code; always follow it.
- Act considerately; particularly on shared use paths.
- Be aware of pedestrians; ring your bell or politely call out to alert them. Remember that they may not hear you or be able to move quickly.
- Give way to horse riders and wheelchair users, and always be courteous.
- Make sure your bicycle is roadworthy and that the brakes work.
- Take extra care at road junctions, on steep hills, on loose surfaces and in damp conditions.
- At night, or in poor visibility, use your lights and wear bright reflective clothing.
- Wearing a cycle helmet can help to protect you.

Map card symbols

	route start direction		tourist information		shop
	miles from start point		car park		rail station
	take extra care here		café		pub
	route highlight		cycle hire		mountain biking
	cyclepath on route		toilets		accommodation
	other cyclepath		castle		country house
	steep hill		museum		craft centre
	dual carriageway		country park		picnic site
	A road, B road		viewpoint		garden
	minor road, track		vineyard		aquarium
	lake, river		church		ancient monument
	built up area		named visitor attraction		
	buildings, mast		woodland, summit		
	0 - 100 metres		additional route note		
	100 - 200 metres				
	over 200 metres				