Cycling helps to reduce congestion and one car less on the roads is good for the town:

- It’s good for the environment. Cycling is almost carbon neutral, so there’s no pollution from the bike. It’s recommended daily activity targets.
- It’s good for your health. Cycling can be easily incorporated into your daily routine and brings you and your family closer to nature or simply centres and relax. Travel there with the High Woods Route.

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. 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 available for adults and children and can be focussed around your needs; child training is offered to all primary and secondary schools, and we can help you find a provider of adult training 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.essex.gov.uk/bikeability

Cycling times between major destinations

| Numbers indicate: Miles | Min | Colchester Town Centre | Colchester Red Station | General Hospital | Wivenhoe, Train | University of Essex | Colchester Arts Centre | Colchester Rail Information Centre | Stanway | Maypole Green | Greenstead
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<tr>
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Be Safe, Be Seen

Ensure you are visible to others. Wear fluorescent items in the daytime and reflector at night.

- 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. A side 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 spiked and pedal reflectors with most types of wheels and peddals.
- Road position can also make a huge difference to your visibility whilst cycling, ride at least one metre from the kerb and cycle suitable for the primary position (in the centre of the lane) at junctions and pinch points, especially in low light conditions.

Common signs

- A few other signs you may see when out cycling, and what they mean:
  - Cycle route: This is a giant multi-sports and outdoor gym venue which aims to inspire the local community to get involved in sport. You can travel there using the Roadbus Route.
  - Abbey Field: A great place to wander around, with its charming small shops, pubs, restaurants and picturesque waterfront. Travel there via the Saffron Brook Route, the Wivenhoe Trail or the University to Wivenhoe facilities.