**Why cycle?**

**It's good for your health:** Cycling can be easily incorporated into your daily routine and brings you and your family closer to recommended daily activity targets.

**It's good for your wallet:** With the cost of motoring rising ever higher, think how much you'll save if you make some journeys by bike.

**It's good for the environment:** Cycling helps to reduce congestion, one car space on the road is equivalent to six empty seats on the train.

**To worry about the impact your journeys are having on the environment.**

**It's good for your health:**

Why cycle?

Cycling helps to reduce congestion, one car space on the road is equivalent to six empty seats on the train. This helps to save money and reduce pollution. It's also good for the environment.

Cycling can be easily incorporated into your daily routine and brings you and your family closer to recommended daily activity targets.

**Why not cycle to...**

Brentwood is surrounded by Essex Countryside which can be easily accessed by bike, along quiet lanes, byways and Bridleways.

**World Country Park**

A 200 year old, 500 acre Country Park. Its beautiful lakes, tree-lined avenues, and woodlands are the result of landscaping carried out in the 18th Century. Facilities include fishing, visitor centre refreshments, cycling, horse riding, family events and trails, follow deer, open parkland and woodland.

**Ingatstone Hall**

A 18th Century manor house built by Sir William Petre, Secretary of State to four Tudor monarchs, and still occupied by his descendants. The house substantially retains its original form and appearance (including 2 priests' riding places) and contains furniture, pictures and memorabilia accumulated over the centuries.

**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.

**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 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 the room of road.
- Cyclists should take extra care around large vehicles – do not undertake on the inside; they may not see you.

**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.earlsmarket.co.uk/bikeability

**Why not cycle to...**

Thorndon Country Park

This beautiful country park contains a diverse range of habitats and is managed for both visitors and for its precious wildlife. The park is fantastic for cyclists with designated routes for you to follow that take you through the Essex countryside. Cycle hire is available all year round from Thorndon North but by appointment only from November to Easter. For more information visit www.trailinecerg.co.uk

Kilvedon Hatch Secret Nuclear Bunker

This three storey bunker was active until as recently as 1992. The would-be home of the Government in the event of a nuclear war, capable of holding up to 600 civilians and military personnel and over 200 tonnes of equipment. For more information visit www.secretnuclearbunker.com

**Common road signs**

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

- **Cycle route**
- **Shared route for pedestrians / cyclists**
- **Segregated route for pedestrians / cyclists**
- **Bus Lane (Bicycles allowed)**
- **No entry (including bicycles)**
- **No cycling**

**Always cycle safely and respect other road and path users.**

**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. Aude 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 pedas.

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.

**Cycling times between major destinations**

<table>
<thead>
<tr>
<th>Numbers indicate:</th>
<th>Minutes</th>
<th>Miles (Based on sweep)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brentwood Town Centre</td>
<td>0.9</td>
<td>5</td>
</tr>
<tr>
<td>Brentwood Rail Station</td>
<td>0.9</td>
<td>5</td>
</tr>
<tr>
<td>Shenfield Rail Station</td>
<td>3.1</td>
<td>19</td>
</tr>
<tr>
<td>Brook Street</td>
<td>2.5</td>
<td>19</td>
</tr>
<tr>
<td>Hutton Mount</td>
<td>5.7</td>
<td>34</td>
</tr>
<tr>
<td>Ingatestone</td>
<td>8.8</td>
<td>48</td>
</tr>
<tr>
<td>Ingrate</td>
<td>3.5</td>
<td>21</td>
</tr>
<tr>
<td>Mountnessing</td>
<td>5.5</td>
<td>34</td>
</tr>
<tr>
<td>Pilgrims Hatch</td>
<td>2.8</td>
<td>17</td>
</tr>
<tr>
<td>Thornton Country Park (North)</td>
<td>3.9</td>
<td>18</td>
</tr>
<tr>
<td>Warley</td>
<td>1.5</td>
<td>9</td>
</tr>
</tbody>
</table>

**BLIND SPOT TAKE CARE**

Image courtesy of Transport for London

**For more information about Bikeability** www.earlsmarket.co.uk/bikeability