Cyclists’ Training

Cyclist Training is widely available throughout the county to cyclists of all ages and abilities.

Whilst it is offered to all primary schools in Essex for year 6 pupils either as part of the Essex Cyclist Training Scheme or the new National Standards ‘Bikeability’ Training, older children and adults can also take part as individuals.

Both schemes will provide training in real on-road situations with a hazard awareness approach.

If you are interested in finding out more about the training that is available please contact roadsafety@essex.gov.uk or telephone Essex County Council Road Safety Team on 01245 437131.

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 a driver those few extra seconds of ‘reaction time’.

When cycling at night you must have a white front light, red back light and reflector – all in good working order. Apart from the safety risks, it is a legal 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 pedals.

Where can you cycle?

The majority of the road network is available to cyclists and can be cycled on legally.

Off-road cycleways have been provided in most of the larger towns to provide a safer route for leisure, commuter, novice or young cyclists. You can cycle on these if it displays the blue and white cycling symbol. Usually these signs are accompanied with white lining symbols for cyclists and tactile paving across the cycleway.

If a blue sign is not displayed or a round red and white cycle sign is displayed, you should not cycle on these but instead use the road. Cycling on footways is illegal and if caught you are liable for a fixed penalty (currently £30).

Bridleways and byways are available for use by cyclists however cyclists must give way to horse riders and pedestrians.

Public Footpaths are generally not available to cyclists – if in doubt use the road or walk your bike.

Further Information

For more information on places to visit and things to do please contact: Visit Essex - Essex Tourism
By telephone: 0845 600 7373
By post: Essex County Council, Essex Tourism, County Hall, Chelmsford CM1 1QH
By email: tourism@essex.gov.uk
Visit our website: www.visitessex.com

Country Parks
By telephone: 0845 603 7624
By post: Essex County Council, Country Parks, County Hall, Chelmsford CM1 1QH

Bike Hire
Available at the Discovery Centre, Great Notley Country Park, Great Notley, Braintree Essex, CM77 7FS
By telephone: 01376 347134

Sustainable School Travel
Gillian Mills
Sustainable School Travel Advisor (covering Braintree)
By telephone: 01245 437783
By email: saferjourneys@essex.gov.uk

Sustainable Business Travel
Harvey Panrucker
Sustainable Business Travel Manager
Working with businesses to promote and develop sustainable travel choice within Essex.
By telephone: 01245 437515
By email: travelplanteam@essex.gov.uk