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 nature. Cycling is almost carbon neutral, so there's no need to worry about the impact your journeys are having on the environment.

It's good for the town:
Cycling helps to reduce congestion and one car space could provide parking for 5-10 bikes. Cyclists tend to visit local shops more frequently than motorists, which helps to support the local economy.

Why not cycle to...
Colchester is surrounded by Essex Countrywide which can be easily accessed by bike; along quiet lanes, Byways and Bridleways.

Abbaye Field
This great area of open space right in the heart of Colchester is a lovely spot for a picnic in the summer. You can travel there following the Garrison Route.

Community Stadium
As well as the home of Colchester United, the Community Stadium also hosts a wide range of events such as comedy nights, conferences, business meetings and sports activities. You can travel there using the Garrison Route.

The adiZone
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 Baseline Route.

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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 confident and decisive, communicate your intentions clearly, and use correct road positioning whenever safe to do so
- Cycling and cyclists benefit everybody by reducing congestion and maximising road capacity
-Jumping red traffic 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 lots of room
- Cyclists should take extra care around large vehicles – do not undertake on the inside; they may not see you
- Treat others as you would wish to be treated yourself
- Don’t forget - we all make mistakes sometimes, so forgive others as you would wish to be forgiven.

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. Aside 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 pedals.

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.

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 training is a series of sessions aimed at giving new cyclists the skills and confidence to ride their bikes on everyday roads.

Training is available for both adults and children and can be focused 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 RoadSafetyEssexHighways@essex.gov.uk

Or for more information about Bikeability visit www.dft.gov.uk/bikeability