















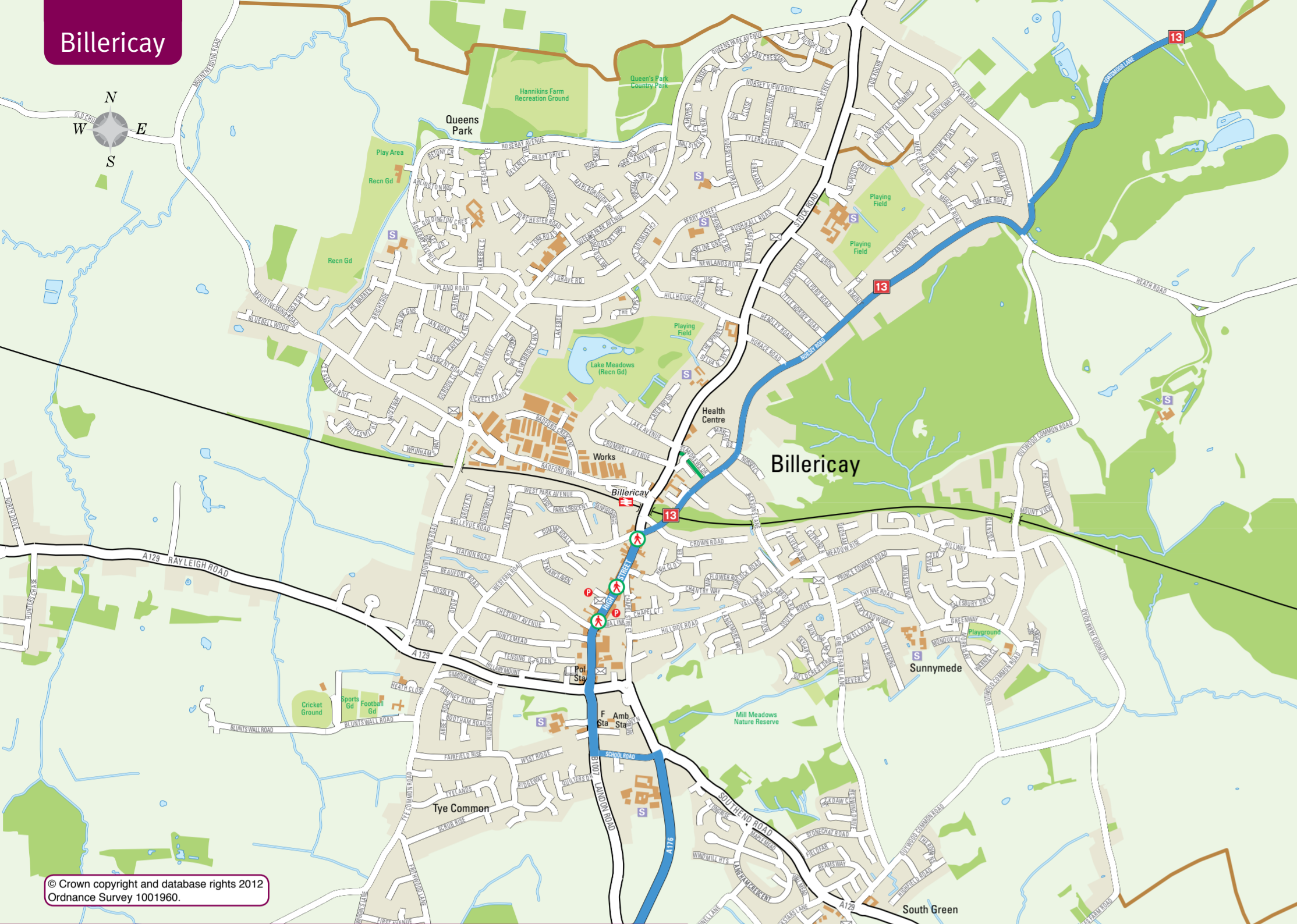


	On-road route
	Off-road route
	Bridleway
	Cycle friendly road
	On-road suitable only for experienced cyclists
	Cycle lane
	Bus lane
	Cycle parking
	Place of worship
	University / College / School
	Post office / Library
	Toucan / Pelican crossing
	Train station
	National Cycle Network route number



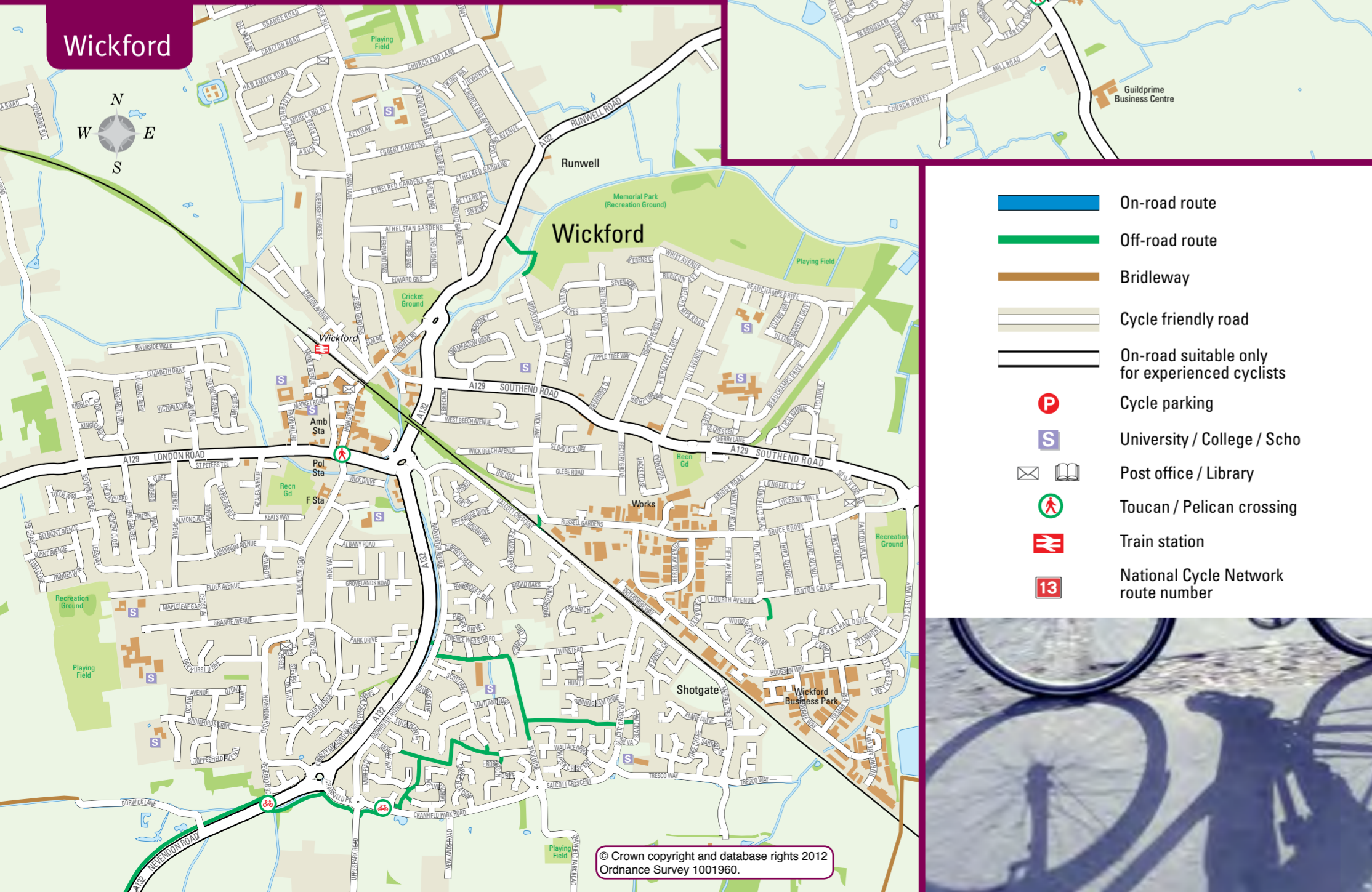


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0 Miles 0.5 1 1.5
0 Kilometres 0.5 1 1.5 2 2.5



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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 track you are using and the amount of other users – if you want to speed along please use the road.
- Lights are still required at night – other users need to see you and you need to see where you're 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 lots of room
- HGV and cyclists need to both take special care – don't filter up the inside of large vehicles; they may not see you

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.

Cycling times between major destinations

Town Centre	Festival Leisure Park	Sporting Village	Dunton	Laindon Station	Hospital	Vange	Pitsea	Burnt Mills	Langdon Hills	Cranes Business Area
Town Centre	9	6	22	11	6	10	17	22	15	17
9	Festival Leisure Park	6	20	17	14	19	22	20	23	11
6	6	Sporting Village	15	16	12	20	24	20	21	13
22	20	15	Dunton	11	24	31	39	35	15	26
11	17	16	11	Laindon Station	12	21	29	33	4	28
6	14	12	24	12	Hospital	11	20	28	18	26
10	19	20	31	21	11	Vange	8	20	25	17
17	22	24	39	29	20	8	Pitsea	11	32	16
22	20	20	35	33	28	20	11	Burnt Mills	37	9
15	23	21	15	4	18	25	32	37	Langdon Hills	32
17	11	13	26	28	26	17	16	9	32	Cranes Business Area

All times in minutes
Cycling speed 9mph

This leaflet is issued by Essex County Council Highways Management. You can contact us in the following ways:

By telephone: 0845 603 7631

By post: Essex County Council, Highways and Transportation, County Hall, Chelmsford, Essex CM1 1QH

By email: cycling@essex.gov.uk

Visit our website: www.essex.gov.uk

The information contained in this leaflet can be translated, and/or made available in alternative formats, on request.

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This map was produced by CycleCity Guides for Essex County Council. Whilst every effort has been made to ensure the accuracy of these maps, Essex County Council, their partners and CycleCity Guides cannot be held responsible for any errors or omissions. www.cyclecityguides.co.uk

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