Why cycle? There are many benefits that can be realised by cycling regularly instead of making car journeys.

People who cycle regularly suffer less from the health and illness such as heart disease, strokes, diabetes, obesity and stress. Mental Health and sense of wellbeing has improved in addition to this well-established benefits to physical health. A good cycle home after a stressful day at work, for example, can help you relax more easily than after sitting in your car during heavy traffic.

Cycling as part of your daily routines can also save you time and money because you are naturally getting exercise without the need for taking up time going to the gym, etc. The number of calories that you burn depends on a number of factors, such as the speed you cycle, gradient, body weight, and even how steady you keep it, but a 30-minute journey at 10 miles per hour can burn as much as 300 calories.

The Government recommends that we should cycle for 30 minutes on five or six days a week. For many, cycling to work and back will be enough to achieve this. You will find that you can cycle much quicker door-to-door than car journeys during rush-hour. Also, in the new cycle-friendly cycle lanes, there is often a large number of off-road cycle tracks and paths which can make cycling a lot easier and more enjoyable. For more information please contact Northamptonshire County Council (Please see Useful Contacts section).

Cycling Signs

When you are cycling through a built-up area, it is often possible to tell that a road is single or dual carriageway from the road signs. These signs indicate the conditions on the road and you must always obey the signs. You must also obey the signs when cycling on the road.

Daventry has an excellent network of cycle-friendly routes.

Cycling Town Centre

There are a number of things you can do to help you stay safe whilst cycling:

- Fit good quality lights to your bike, in case you need to cycle at night or in overcast conditions or mist.
- Use your lights on foggy days or in the rain to give greater visibility (they are also compulsory by law in the rain).
- Wear light-coloured or fluorescent clothing. During busy times and at night it is especially important that you make yourself visible by wearing clothing with reflective panels.
- Make yourself visible by wearing clothing with reflective panels.
- Fit good quality lights to your bike, in case you need to cycle at night or in overcast conditions or mist.
- Use your lights on foggy days or in the rain to give greater visibility (they are also compulsory by law in the rain).

Explain to your employer that you are going to cycle to work. This can help you to save money and reduce your carbon footprint. Your employer may be able to provide you with a workplace shower or a cycle rack. You can also contact the Cycle to Work scheme for more information.

Why not cycle? A cycle journey is usually quicker door-to-door than car journeys during rush-hour. In addition, it can also be much cheaper and much greener. You can also contact the Cycle to Work scheme for more information.

How to use a bicycle safely

When cycling on the road, keep well away from the kerb – it will help you to see and be seen.

- Don’t weave in and out of parked vehicles – keep a steady speed and go with the flow.
- Be considerate of other road users – respect them as you would like to be respected in return.
- Give clear hand signals before beginning any manouevres – other road users and pedestrians cannot read your mind.
- Always check over your shoulder – before any manouevre to ensure you know the position of other road users around you.
- Always, always follow the Highway Code, obeying all road signs and traffic lights.

Wear light-coloured or fluorescent clothing. During busy times and at night it is especially important that you make yourself visible by wearing clothing with reflective panels. This can help you to see and be seen. You can also contact the Cycle to Work scheme for more information.

Bikes and Trains

Daventry Cycle Map

Cycling route for use by cyclists and pedestrians together.

Daventry Cycle Map

Cycling within the Built-up Area

Cycling within the Built-up Area

Daventry has an excellent network of cycle-friendly routes.

Cycling within the Built-up Area

Daventry has an excellent network of cycle-friendly routes.

Daventry Cycle Map

Cycling within the Built-up Area

Daventry has an excellent network of cycle-friendly routes.

Daventry Cycle Map

Cycling within the Built-up Area

Daventry has an excellent network of cycle-friendly routes.