Getting Started

Kettering has a good network of cycling routes, so cycling is a convenient mode of transport. As you improve, you’ll no doubt want to explore more routes. Whether you are using your cycle to commute to work or school, for exercise, or as a means of leisure, cycling is a good way to enjoy the town.

Kettering is a great place for cycling, not only for its network of cycle paths and lanes, but also for its flat, open landscape and quiet country roads. It is also a good route for cyclists to use (usually recommended route for cyclists). Cyclists should walk at this point (road marking) if the road is narrow and vehicles are behind them. Remember that the road is narrow and speed is low. As your cycling skills and confidence increase, you may be able to take on more challenging routes with more traffic.

Cycling signs

Cycling signs are installed at key locations to help cyclists navigate the network. These signs are designed to provide clear and concise information to help cyclists find their way around the town.

Cycling routes and places to visit

Using a combination of cycleways and on the road network in Kettering, travelling to many others is incredibly easy. This includes the town and the villages such as Burton Latimer, Rothwell and Desborough, and also many other routes to cycle using a combination of roads and the off-road cycle network.

Cycling shops

If you need advice about maintaining your bicycle or purchasing a new one, there are many cycle shops in Kettering. For information and advice, you can contact your friendly local cycle shop or visit www.cycleinfo.org.uk or call 0300 126 1000.

Cycling safety

When cycling on the road, it is important to remember the following safety guidelines:

• Be aware of your surroundings and keep clear of other road users.
• Use your signals and make your intentions clear to others.
• Be aware of any other road users and give them the right-of-way.
• Keep to the right of the road and stay safe.

Using shared routes

When using shared routes, it is important that you are considerate to all users and respect their right to use the road as well as you do.

Staying safe on the road

• Wear a helmet - it is compulsory to wear a helmet when cycling on roads.
• Use lights and reflectors - it is recommended to use lights and reflectors when cycling on roads.
• Take the wide junction - it is important to take the wide junction when cycling on roads.
• Be visible - it is important to be visible when cycling on roads.

Running a bike

Brake maintenance

When using your bicycle, it is important to keep your brakes in good condition. Always check your brakes before each ride and make sure they are working correctly.

• Check the pads - ensure they are not worn thin.
• Check the cables - ensure they are not frayed.
• Check the nuts and bolts - ensure they are tight.

Spoke maintenance

When using your bicycle, it is important to keep your spokes in good condition. Always check your spokes before each ride and make sure they are not worn thin.

• Check the spokes - ensure they are not loose.
• Check the nipples - ensure they are not worn thin.

Rear wheel maintenance

When using your bicycle, it is important to keep your rear wheel in good condition. Always check your rear wheel before each ride and make sure it is working correctly.

• Check the spokes - ensure they are not loose.
• Check the nipples - ensure they are not worn thin.

Chain maintenance

When using your bicycle, it is important to keep your chain in good condition. Always check your chain before each ride and make sure it is working correctly.

• Check the chain - ensure it is not worn thin.
• Check the links - ensure they are not loose.

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Northamptonshire Highways

Kettering Cycle Map

Your guide to cycle routes in Kettering including Burton Latimer, Rothwell and Desborough

Purchasing a bike

Review

The general rule of thumb when buying a bike is to consider the following points:

• Consider the price - a bike that is too expensive may not be worth the money spent.
• Consider the features - ensure the bike has all the features you require.
• Consider the comfort - ensure the bike is comfortable to ride.

Local cycle shops

There are many cycle shops in Kettering that can offer expert advice on choosing the right bike for you. You can visit our website www.cycenorthants.co.uk for more details or contact your local bike shop.

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• Consider the features - ensure the bike has all the features you require.
• Consider the comfort - ensure the bike is comfortable to ride.

Specialist bike shops

Northamptonshire that can offer expert advice on choosing the right bike for you.

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