General Information

The road network in the towns of East Northants is extensive but vary in quality and speed. The map is set out to highlight the degree of relief and speed of road users. You can see which roads are suitable for cycling and which are not. Even roads that are not designated as cycle routes will have some cycling, so it is important to be aware of the traffic on these roads.

The diagram is a good way to get around the area and to see which roads are suitable for cycling. It shows the main cycle paths and cycle routes in the area. The map is set out to highlight the degree of relief and speed of road users. You can see which roads are suitable for cycling and which are not.

The Greenway

The Greenway is a network of cycle routes that link the towns of Irthlingborough, Higham Ferrers, and Rushden. It is set out to highlight the degree of relief and speed of road users. You can see which roads are suitable for cycling and which are not.

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Health & Safety

There are only a few things you can do to help you stay safe when cycling.

- Wear a helmet. A helmet is not compulsory, but it is highly recommended.
- Wear a high-visibility jacket. This will make you more visible to other road users.
- Use lights on your bike. This will make you more visible to other road users.
- Use a bell or horn. This will help you to warn pedestrians of your presence, but also to read your mind.

Safety is important for all road users, especially for cyclists. It is not compulsory to use a helmet, but it is highly recommended. Wear a high-visibility jacket to make you more visible to other road users. Use lights on your bike to make you more visible to other road users. Use a bell or horn to warn pedestrians of your presence, but also to read your mind.

Quick Reference Guide

- Helmets are compulsory for children under 12.
- No cycling is allowed on motorways.
- Cycle paths are not suitable for mountain bikes.
- Cycle paths are not suitable for electric bikes.
- Cycle paths are not suitable for motorbikes.

Rushden, Higham Ferrers & Irthlingborough

East Northamptonshire Cycle Map

We can all read more clearly.

If you require further information or have suggestions regarding this map or cycling in East Northants, please contact:

East Northamptonshire Council

E-mail: cycling@east-northamptonshire.gov.uk

www.east-northamptonshire.gov.uk

www.northamptonshire.gov.uk

www.nationalrail.co.uk

www.eastmidlands.co.uk

www.pindarcreative.co.uk

www.rgbstock.com

Useful contacts section.

NORTHAMPTON ROAD

Knutsford

Moor Road

HADDON CLOSE

IBRIDGE ROAD

ASHBY DRIVE

Recreation Ground

The Ferrers

STANWICK ROAD

STANWICK LAKES

Forest Trust and MGWSP, with further funding from Northamptonshire County Council, The Rockingham

extended to run further along the Nene Valley and to link such as the cycle route through Stanwick Lakes.

Higham Ferrers. The final section of the current

between Crown Park in Rushden and the Ferrers

destination, travel to many places is convenient by bike,

including to sites of employment such as Crown Park

Audience and Issues

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