Round Oak Plantation for tips on keeping your bike running smoothly, 

The Abbey R

Be assertive and prepared to ride in the middle of the lane, also known as 

It costs just £1 per hour to hire a bike, capped at £5 for an entire day.

Use the cycle routes highlighted on this map to travel between each Cycle 

If you are travelling outside the normal timetables, make sure your account for your time on the network.

**Cycling Safety**

- **Facing left on the road**: When you are cycling on the road, face to the left and look behind you. This encourages drivers to stay behind you.
- **Give lorry drivers plenty of space**: Always give lorries plenty of space when overtaking them. This will help them to maintain their speed and avoid braking suddenly.
- **Use a helmet at all times**: Wearing a helmet is essential when cycling on the road. It can significantly reduce the risk of injury in the event of an accident.

**Lights and reflectors**

- **Front lights**: Fit a front light for your bike, even in calm conditions. It is a good idea to use a strobe or flashing light as well. This will help other road users see you clearly.
- **Rear lights**: A rear light is also important, especially at night. Make sure it is clearly visible and easily seen by drivers.

**Silent mode**

- **Silent mode**: When cycling through urban areas, consider using silent mode. This can help you to avoid distractions and stay focused on your ride.

**Maintenance**

- **Check your bike**: Before you set off, check your bike for any signs of wear and tear. This includes checking the tires, brakes, and gears.
- **Bodywork**: Make sure your bike is in good condition and free from any paintwork damage or missing components.

**Additional notes**

- **Respect the traffic lights**: Be patient and wait for the green light before crossing.
- **Use cycle paths**: Where possible, use cycle paths to avoid busy roads.
- **Keep your children safe**: Ensure that your children are aware of the rules and are wearing appropriate safety gear.

**Key**

- **Cycling network**: This map shows the cycling network in Northampton, with highlighted routes for different levels of difficulty.
- **Cycling events**: The map also includes details of upcoming cycling events in the area.
- **Cycling clubs**: Contact details for local cycling clubs are also provided, allowing you to join forces with other cyclists and share the experience.