Cycling is a great way to simply get fresh air and visit parts of town and countryside you wouldn’t necessarily see by car. For recreation in the countryside around Northampton, we can recommend a route for cyclists to use (usually on quiet roads). We are part of the Road Safety and Travel Choices Partnership, so cycling is encouraged to people to take up cycling as a means of getting around, unless you are under 10 unless you are under 10 too. Well trained school children should cope.

Why Cycle?
It is often felt that the use of bicycles is a thing of the past and that the modern world is one where cars are the norm. This is not far from the truth; with many people choosing to drive their car to work, and many of those who choose to cycle are those that have no choice. Cycling is not just a way to exercise, but a way to support the environment and reduce carbon emissions. People who cycle regularly suffer less from diseases such as arthritis and the use of various diabetes medication is reduced. People who cycle more often report a sense of wellbeing that is improved through regular exercise.

Getting Started
Leaving the bike at home and then deciding to move by bicycle, and carbon are just a few ways of looking after the environment. There are many different types of bicycle to choose from, and it is important to choose one that is suitable for your needs. Most bicycles have a gear mechanism that allows for different levels of resistance, which can be increased or decreased depending on the terrain and speed of travel. Bicycles come in a variety of sizes and styles, and it is important to choose one that is suitable for your needs.

Cycling Signs
• Upper思量 for cyclists and pedestrians
• Lower思量 for cyclists only

Increasing the awareness of the importance of cycling and the benefits it brings is essential. The help to reduce traffic congestion, air pollution, and noise pollution. Cycling is also a great way to get exercise and improve your health.

Cycle Shops in or near Northampton:
1. McLeans Cycling Centre
   71 Stedham Road, Tungsten, NN1 5BN
   Tel: 01604 771777
   web: www.mcleancycles.com
2. Northen Cycles
   321 Northampton Road, NN1 4LY
   Tel: 01604 752752
   web: www.northerncycles.co.uk
3. The Bike Shed
   15 The Causeway, Kettering, NN1 5QL
   Tel: 01604 758858
   web: www.thebikeshed.co.uk
4. Holfracz Ltd
   249 Northampton Road, NN1 4LY
   Tel: 01604 286996
   web: www.holfrax.co.uk
5. Mike Harris
   22 Gold Street, Northampton, NN1 4LA
   Tel: 01604 223333
6. Holfracz Ltd
   249 Northampton Road, NN1 4LY
   Tel: 01604 286996
   web: www.holfrax.co.uk
7. Northen Cycles
   321 Northampton Road, NN1 4LY
   Tel: 01604 752752
   web: www.northerncycles.co.uk
8. McLeans Cycling Centre
   71 Stedham Road, Tungsten, NN1 5BN
   Tel: 01604 771777
   web: www.mcleancycles.com

1. Abbey Wood Organisation Cycling Route
   400A Northampton Road, NN1 5SL
   Tel: 01604 752752
   web: www.abbeywoodorganisation.co.uk
2. Northen Cycles
   321 Northampton Road, NN1 4LY
   Tel: 01604 752752
   web: www.northerncycles.co.uk
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