Cycling is an ideal way to interact with the environment whilst causing it no harm. CO2 emissions from cycling are virtually zero, so if you cycle regularly, your carbon footprint will be much smaller than if you drive the same journeys.

Why cycle?

There are many benefits that can be reaped by cycling regularly instead of using cars.

- **Health benefits:** Cycling is a low-impact exercise that can improve cardiovascular health, strengthen muscles, and increase flexibility.
- **Environmental benefits:** As mentioned, cycling produces no CO2 emissions, making it a zero-carbon transport option.
- **Economic benefits:** Cycling can save you money on fuel and parking fees. For example, a daily 5-mile commute by car can cost around £500 per year, whereas cycling can save you that amount.
- **Time benefits:** Sometimes, cycling can be faster than driving, especially in urban areas with heavy traffic.
- **Fitness:** Regular cycling can help you lose weight, build fitness, and improve your overall health.
- **Mindfulness:** Cycling can be a great way to relax and clear your mind.

Cycle routes are well marked and information is available at many cycle shops. If you have any problems, you can contact the Northamptonshire County Council Cycle Team by calling 0844 736 8450, or emailing info@northamptonshire.gov.uk for more information.

Stanwick Lakes has a network of cycle trails and cycle-friendly roads. The National Byway, a dedicated cycle path, runs through the area. The route is signposted and well-maintained, making it suitable for all abilities. The ethos behind the route is to promote a nationwide leisure cycling route, encouraging people to explore the countryside on two wheels. There are also many other cycling opportunities in the area, such as the cycle trails around Lyveden Brook Country Park and the cycling route around Thrapston and Islip.

**Important Contacts**

You can contact Northamptonshire County Council regarding general cycling issues within the county by calling 0844 736 8450, or emailing info@northamptonshire.gov.uk for more information.

**Cycle Shops in East Northants**

If you need advice on choosing a bicycle, or choosing a new one, contact your local bike shops. There are many good shops available, including the following:

- **The Happy Bike Company**
  - Address: Unit 6, Mill Street, Wellingborough, NN8 4UL
  - Tel: 01933 672012
  - Web: www.thehappybikecompany.com

- **Gorilla Firm Cycling**
  - Address: 16 Mill Street, Wellingborough, NN8 4UL
  - Tel: 01933 672842
  - Web: www.gorillafirmcycling.com

- **Cycle & Bike Fix**
  - Address: Unit 6, Mill Street, Wellingborough, NN8 4UL
  - Tel: 01933 672842
  - Web: www.cycleandbikefix.co.uk

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**Stanwick Lakes**

Stanwick Lakes is a large lake famed for its natural environment and its suitability for angling and birdwatching. It is a popular spot for both birdwatching and fishing, with a variety of bird species seen throughout the year. The lake is also home to a large population of fish, making it a popular spot for anglers.

Cycling routes around Stanwick Lakes are available from Go Cycle at Stanwick Lakes, and are also available from The Happy Bike Company.