

Keep on track with all things cycling

More information on cycling responsibly and legally can be found in the Highway Code: www.gov.uk/highway-code

Camcycle works for more, better and safer cycling for all ages and abilities in and around Cambridge.

To support our work please become a member of Camcycle. Membership benefits and student rates available!

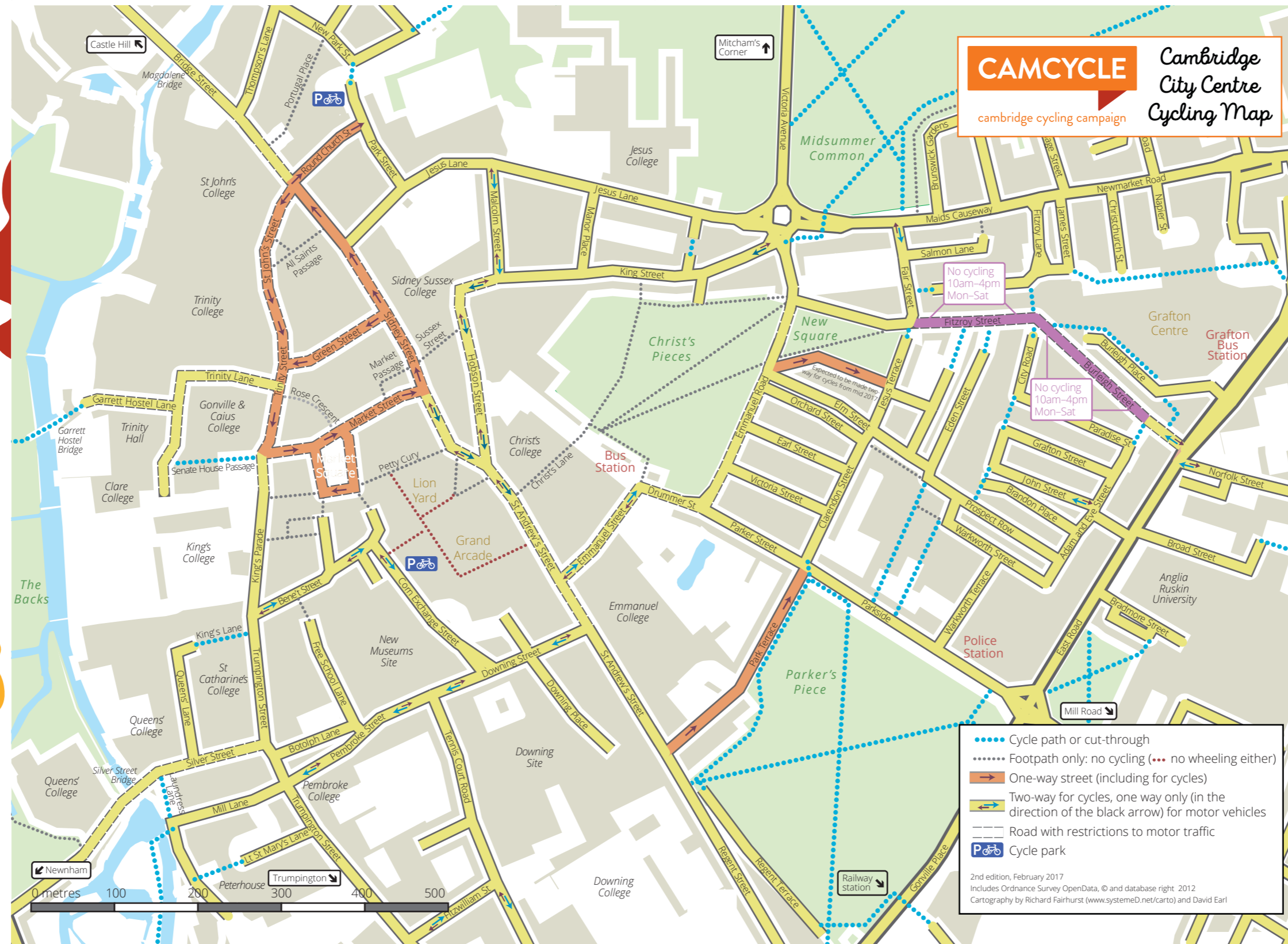
www.camcycle.org.uk

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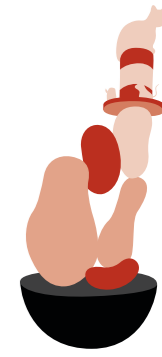
This leaflet produced with funding from Co-op Local Community Fund and Cambridge City Council Cycling Promotion Fund.

Registered Charity: 1138098

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WELCOME TO CYCLING IN CAMBRIDGE



Your guide to safe and considerate cycling in Cambridge, the cycling capital of the U.K.

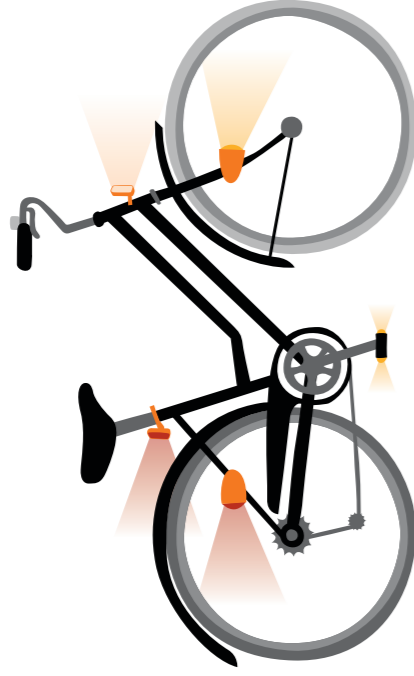
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WELCOME TO CYCLING IN CAMBRIDGE

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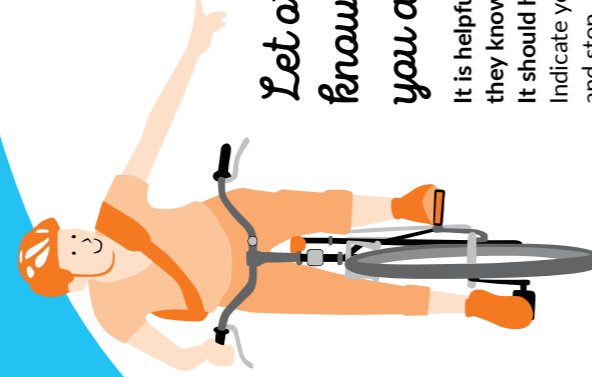
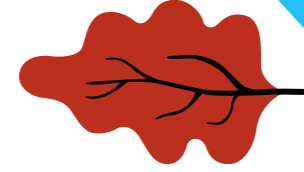
Cambridge is the UK's cycling capital

Cycling is fast, it's cheap, it's good for your health and for the environment. We strongly recommend it. If you're going to cycle in Cambridge there are a few things to bear in mind for happy cycling and harmonious interactions with others.



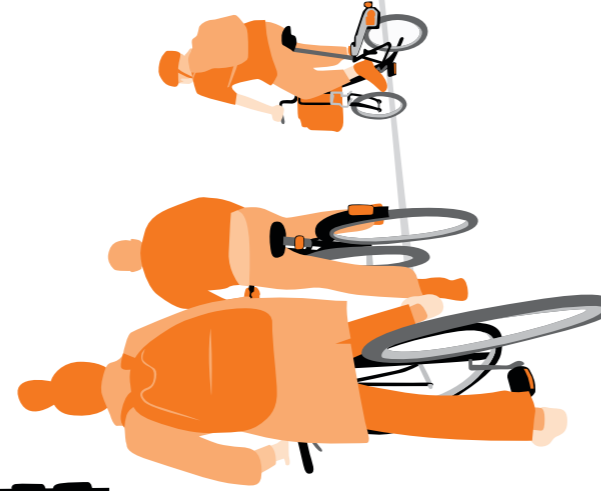
Remember your bike lights

Bike lights are required from sunset to sunrise. You need a red light on the back and a white light on the front. Lights should be angled toward the road so that they do not dazzle or confuse others. Flashing lights are allowed: 2-3 flashes per second is best. A red rear reflector and amber pedal reflectors are also required.



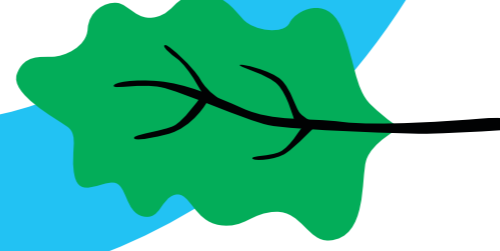
Let others know where you are going

It is helpful to all road users if they know where you are going. It should help keep you safer. Indicate your intentions to turn and stop. Use your arms and hands in a strong and obvious gesture. Make eye contact with other road users whenever possible.



Traffic lights are for cyclists too

You must stop at red lights. Always! Keep an eye out for advance green lights for cyclists.



Where you can and cannot cycle

There are several signs which indicate where you can and cannot cycle.



No Cycling
No cycling is allowed.



No Entry
You may not enter while cycling unless 'except cycles' is also displayed.



No motor vehicles
Cycling is allowed although cars and motorbikes are not.



Route for use by pedal cycles only



Segregated pedal cycle and pedestrian route



Pedal cycle and pedestrian route

Different rules may also apply on different days or at different times. If you are unsure, dismount and walk your cycle.

Note: On private land (such as Grand Arcade and Addenbrookes), rules and signage may be different.

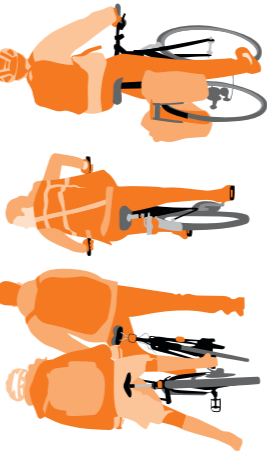
Caring while sharing

You must respect other vulnerable people when sharing space. Always cycle at a careful speed. Use your bell to raise awareness of your presence but remember that not everyone will be able to hear it. Be patient. If an area is crowded, get off your bike and walk it.



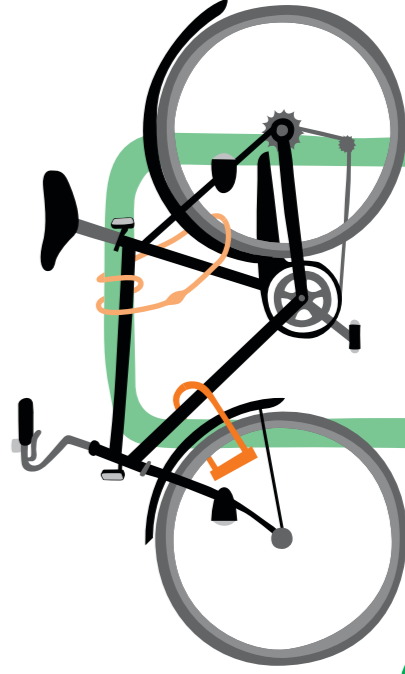
Cycling allowed
Indicates exemptions for pedal cycles from prohibitions such as No Entry, turn left ahead and no left turn.

It is illegal to cycle on footways alongside roads unless one of these shared use signs is displayed.



Keep your bike safe

Do not lock your bike in places where it will cause an obstruction. Whenever possible please use designated stands. Use a good lock and make sure you lock the frame of the bike.

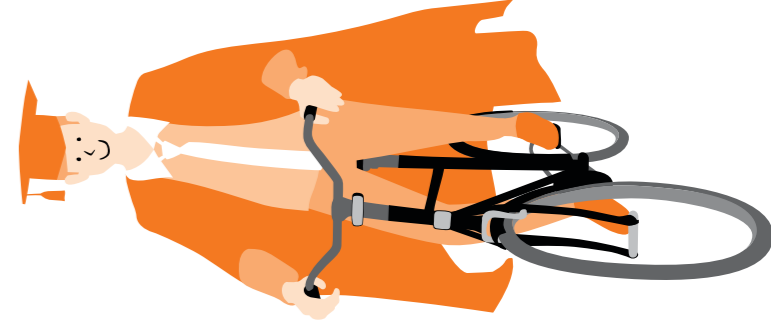


Maintenance

It's important to keep your bike in good working order. Check your brakes are working and your tyres are inflated each time you ride. You should get your bike serviced at least once a year.

It's never too late to learn

If you'd like to feel more confident on your bike, consider getting cycle training. This will cover all the rules of the road, as well as positioning yourself on the road for best visibility and clear intentions.



For more information

Please visit www.camcycle.org.uk/welcometocycling