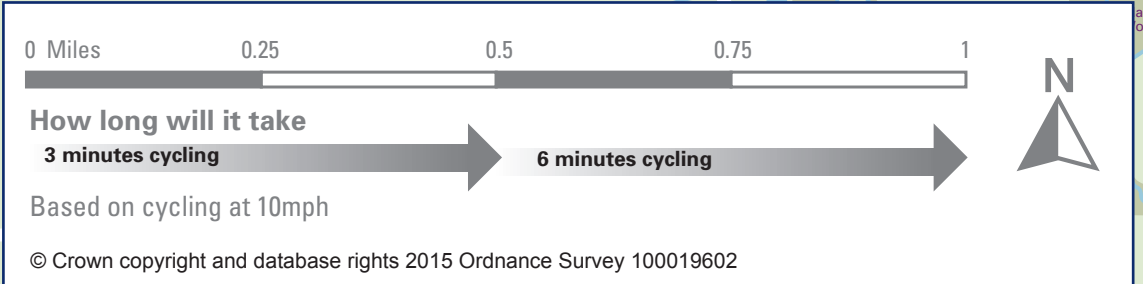
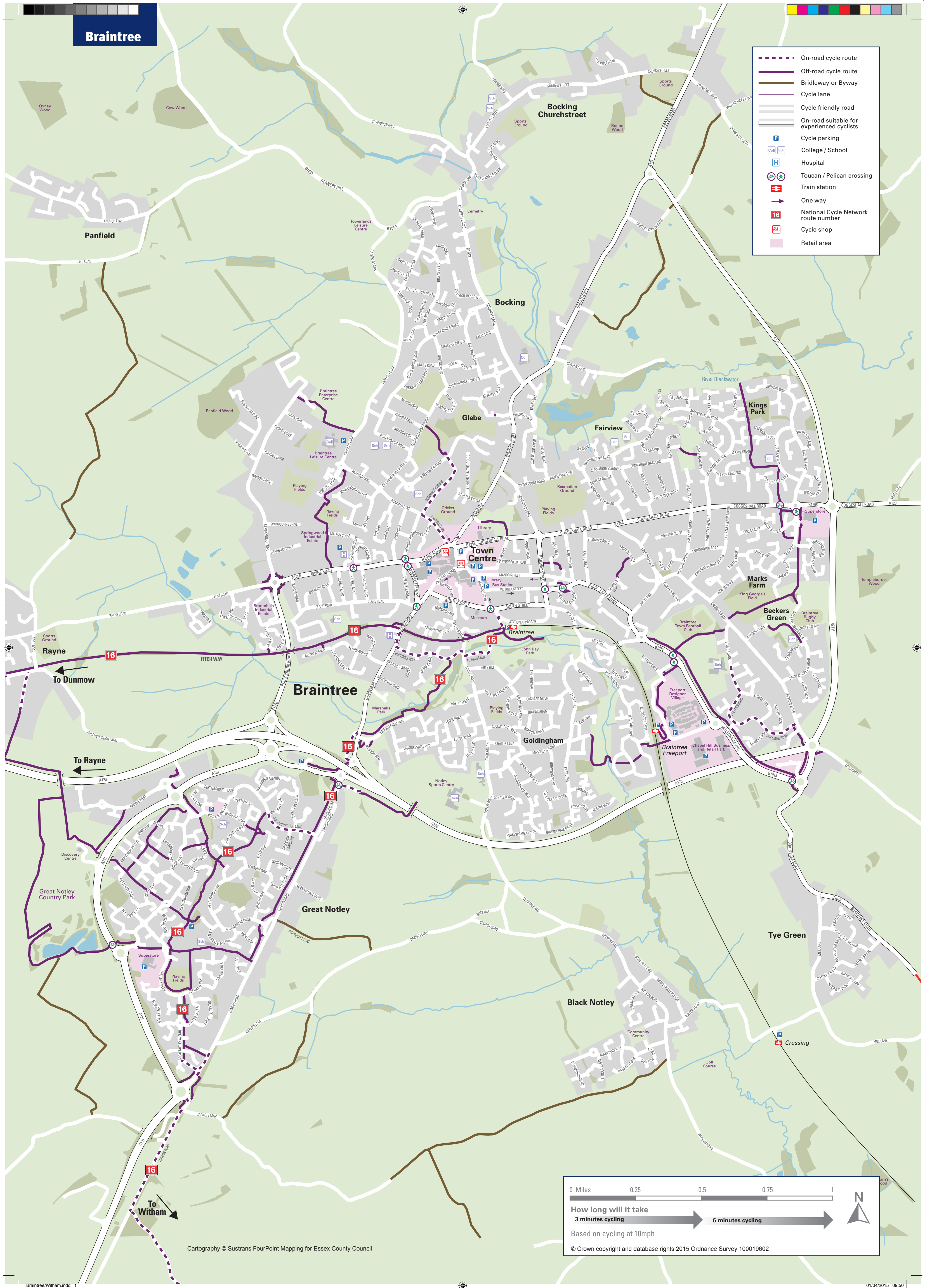


- On-road cycle route
- Off-road cycle route
- Bridleway or Byway
- Cycle lane
- Cycle friendly road
- On-road suitable for experienced cyclists
- Cycle parking
- College / School
- Hospital
- Toucan / Pelican crossing
- Train station
- One way
- National Cycle Network route number
- Cycle shop
- Retail area





Braintree & Witham Cycling map

This information is issued by Essex County Council, Sustainable Travel Team.

You can contact us in the following ways:

By email:
contact@essex.gov.uk

Visit our website:
essex.gov.uk/cycling

By telephone:
0845 603 7631

By post:
Essex County Council
Economic Growth and Development
County Hall
Chelmsford
Essex CM1 1QH

The information contained in this document can be translated, and / or made available in alternative formats, on request.

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Share the space

Whether you cycle on the road or on designated cycle paths you will have to share the space.

On shared off-road facilities please remember:

- Pedestrians are more vulnerable than a cyclist
- Keep an appropriate speed for the type of route you are using and the number of other users
- Lights are required at night, even on cycle paths – other users need to see you and you need to see where you are going.

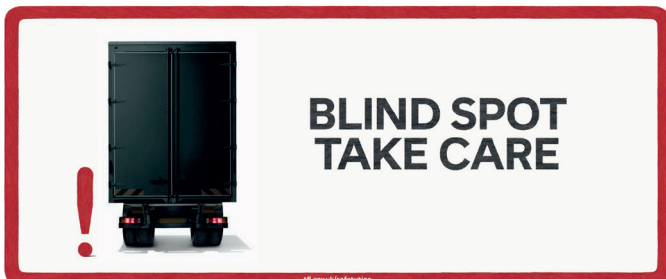
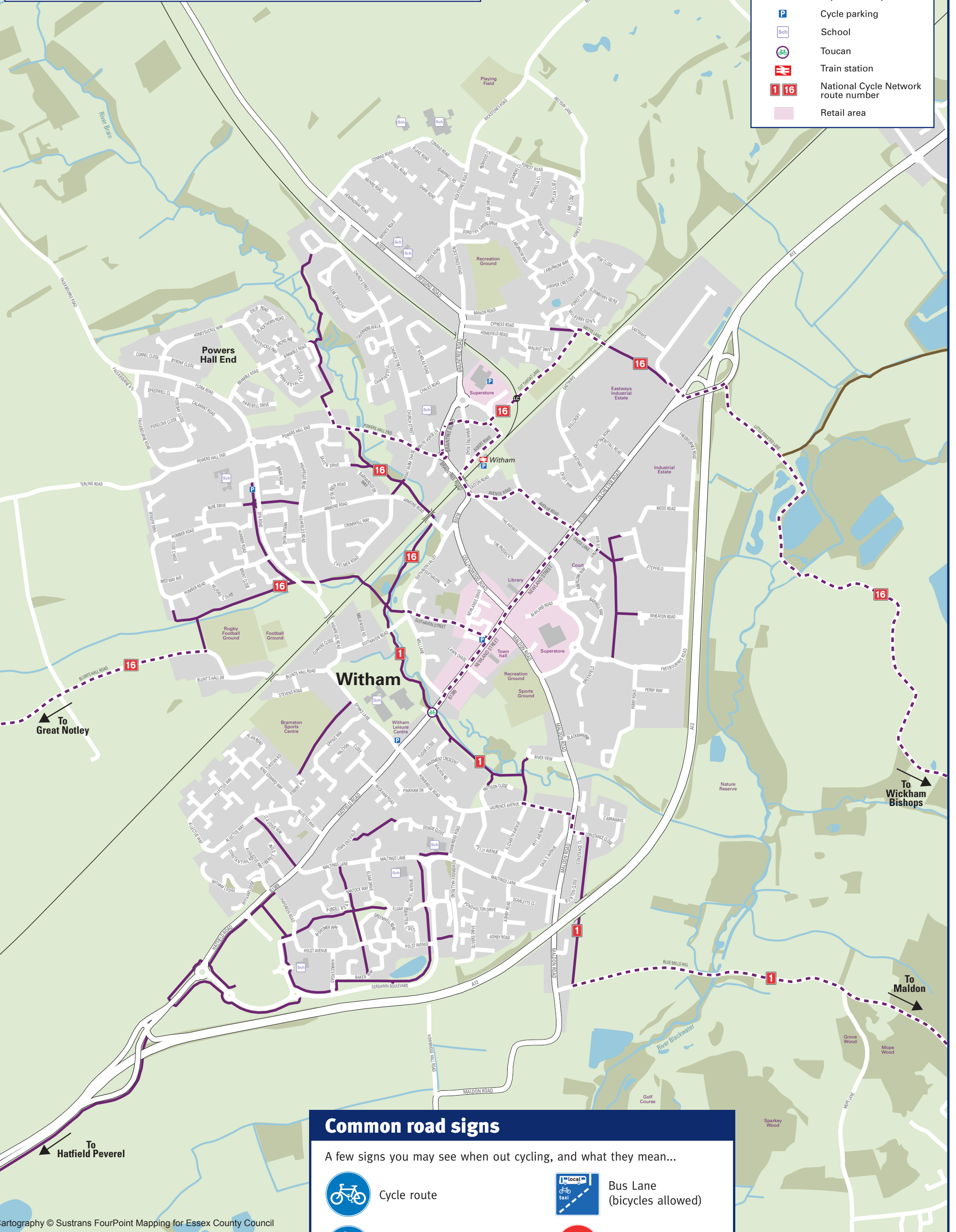
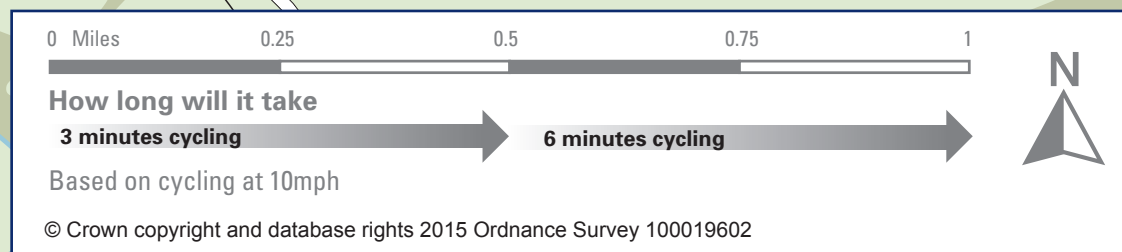


Image courtesy of Transport for London

On the road:

- We all have an equal right to the road space whether on two wheels or four
- Be decisive and hold your line
- Cycling and cyclists benefit everybody by reducing congestion and maximising road capacity
- Jumping red traffic lights and riding on pavements is not only illegal it is also dangerous and reinforces negative attitudes about cycling
- Advance stop lines and cycle lanes are for cyclists' safety
- As a driver, look out for cyclists and give them lots of room
- Cyclists should take extra care around large vehicles – do not undertake on the inside; they may not see you.

Witham



Cartography © Sustrans FourPoint Mapping for Essex County Council

Why not cycle to...

The Flitch Way

A country park passing through fifteen miles of countryside along the former Bishop's Stortford to Braintree railway, in the heart of rural Essex. The Flitch Way is ideal for a traffic-free day out and perfect for cycling. Its name comes from a medieval ceremony, which originated in Little Dunmow and which still takes place every four years. The ceremony involved married couples trying to prove that they hadn't argued for a year and a day – if successful they were awarded with a Flitch (or side) of bacon.



Common road signs

A few signs you may see when out cycling, and what they mean...

- | | |
|---|-------------------------------|
| Cycle route | Bus Lane (bicycles allowed) |
| Shared route for pedestrians / cyclists | No entry (including bicycles) |
| Segregated route for pedestrians / cyclists | No cycling |

Always cycle safely and respect other road and path users.

Cyclists' training

Cyclist Training is available throughout the county to a wide range of ages and abilities.

Essex County Council provides training through the Bikeability Scheme, which is offered to all primary and secondary schools. Bikeability is cycling proficiency for the 21st Century, designed to give the next generation the skills and confidence to ride their bikes on today's roads.

Training is also available for adults and can be focused around your needs; we can help you find a provider in your local area.

If you are interested in finding out more about the training that is available please contact RoadSafety@essexhighways.org

Or for more information about Bikeability www.dft.gov.uk/bikeability

Be Safe, Be Seen

Ensure you are visible to others. Wear fluorescent items in the daytime and reflective at night. The extra visibility given by these materials can give other road users a few extra seconds of 'reaction time'.

When cycling at night you must have a white front light, red back light and red reflector – all in good working order. Aside from the safety risks, it is an offence to cycle at night without lights and reflectors.

Keep all lights and reflectors clean and clear of obstruction. You can also use spoke and pedal reflectors with most types of wheels and pedals.

Road position can also make a huge difference to your visibility whilst cycling, ride at least one metre from the kerb and consider taking the primary position (in the centre of the lane) at junctions and pinch points, especially in low light conditions.