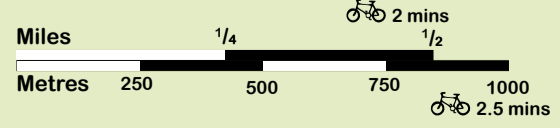


Key

- On-road cycle route
- Off-road cycle route
- Bridleway
- National Cycle Route Network (NCN1)
- Cycle parking
- Shopping area
- Cycle friendly road
- On-road suitable only for experienced cyclists

Road signs

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





Cycle Harlow Map



If you have any queries about this map, or would like further copies, please contact us:

info@cycleharlow.net



Local organisations

Cycle Harlow
www.cycleharlow.co.uk
Groove BMX
www.groovebmx.co.uk
Sportessex
www.sportessex.com

National organisations

Cycling Touring Club (CTC)
www.ctc.org.uk
British Cycling
www.new.britishcycling.org.uk
Sustrans
www.sustrans.org.uk
Bikeability
www.bikeability.org.uk
General cycling information
www.bikeforall.net
British Waterways
www.waterscape.com

On the road

Unsure how to approach a junction? Want to feel more confident riding in traffic? Harlow has an extensive off-road cycle network, but if you want to ride on the road, get Bikeability training from Essex County Council by calling 01245 437131.

Want to cycle more?

Try joining a club. Cycle Harlow is a new club for all ages, abilities and disciplines. For more details visit www.cycleharlow.co.uk.

Unsure about cycling alone?

There are led rides every Saturday at 1.30pm from the mobility hut on Post Office Road, organised and led by Cycle Harlow.

Try cycling with friends, family or a buddy for trips to work, the shops or just for fun. Start with short trips and gradually build up the time and distance. You'll soon notice the difference in both your fitness levels and general health.

How long will it take me?

This chart shows you approximate distances and times to key locations in Harlow to help you plan your journey. Remember, the exact time will depend on your route and how quickly you pedal.

Numbers indicate: Miles Minutes Cycling	Town Centre	Princess Alexandra Hospital	Harlow Town Station	Harlow Mill Station	Pinnacles Industrial Estate	Templefields Industrial Estate	Staple Tye Shops	Church Langley	Bush Fair
Town Centre		0.39 4	1.3 8	2.9 20	1.2 8	1.6 11	1.3 9	2.6 17	0.96 6
Princess Alexandra Hospital	0.39 4		1.2 8	2.9 19	0.9 6	1.7 11	1.6 11	3.3 22	1.6 11
Harlow Town Station	1.3 8	1.2 8		2.0 14	1.6 11	1.0 7	3.0 20	3.8 25	2.1 14
Harlow Mill Station	2.9 20	2.9 19	2.0 14		3.4 23	1.1 8	4.6 31	2.4 16	3.5 23
Pinnacles Industrial Estate	1.2 8	0.9 6	1.6 11	3.4 23		2.8 19	2.0 13	4.4 30	2.7 18
Templefields Industrial Estate	1.6 11	1.7 11	1.0 7	1.1 8	2.8 19		3.6 24	3.3 22	2.7 18
Staple Tye Shops	1.3 9	1.6 11	3.0 20	4.6 31	2.0 13	3.6 24		3.5 24	1.1 8
Church Langley	2.6 17	3.3 22	3.8 25	2.4 16	4.4 30	3.3 22	3.5 24		2.3 15
Bush Fair	0.96 6	1.6 11	2.1 14	3.5 23	2.7 18	2.7 18	1.1 8	2.3 15	

Useful Contacts

Places to visit

Pets' Corner in the Town Park
01279 422790

The Museum of Harlow
01279 454959

Parndon Wood Nature Reserve
01279 430005

The Canal Boat Project
01279 424444

Sumners Leisure Centre
01279 430436

Harlow Leisurezone
01279 621500

Harlow Indoor Tennis Centre
01279 442537

Essex Outdoors
01279 620270

Gibberd Garden
01279 442112

The Towpaths

of the River Stort are easily accessible from the north of the Town. When using these, and other, cycle facilities, please bear in mind the Code of Conduct:

Ring with Two Tings: Use a bell, when approaching pedestrians give Two Tings to let them know you are there.

Pass people slowly: Slow down when approaching pedestrians and only pass when it is safe to do so. Try to pass on the water side of the path.

Ride at a sensible speed for the towpath conditions: The towpath is never suitable for cycling fast as there are many other users, low bridges and narrow sections. If you are in a hurry, do not use the towpath, please use the road.

Pedestrians have priority.

Considerate cycling permitted.

Buying a bike

It's really important that you buy the right bike for you. That means choosing a bike that is not only the right size, but one that is designed to meet your cycling needs. For example, if you are planning to use your bike to travel to school or work, you will have different needs than if you are planning to cycle off-road or for sport. If you're unsure which type of bike to buy, talk to the sales assistants in your local bike shop and ask them which bike they would recommend. They will also be able to advise you on the size of bike you need, particularly when buying for a child.

Make sure any bike you buy is fitted with lights, reflectors, a bell and a good lock so that you can park your bike securely. It is recommended that you wear a helmet and high visibility clothing whenever you cycle.

Getting Started

- Don't know where or how to start?
- Not been on a bike for years?
- Don't know where to get a bike or how to choose one?

Getting started

The Cycle Harlow Club run Bike Basics workshops for returning or new cyclists, aimed at giving you the confidence to get going. They cover the basics of maintenance, how to ride safely and include a short led off-road ride. As part of the workshop you'll be given information about other schemes and clubs to help you cycle. The workshops are run in small groups by professionals, who are there to ensure that you have the right support and encouragement to either take up or return to cycling. Contact Cycle Harlow on info@cycleharlow.net for more information.

Why not cycle to...



Harlow Town Park

Harlow Town Park covers 164 acres and is a great place to visit in any season. There are attractive scenic landscapes, river walks and views, a paddling pool (open in the summer season), skateboard park, Pets' Corner, Harlow Showground, café and an adventure playground. The outdoor bandstand provides public entertainment including jazz, pop and

rock concerts. Harlow Town Park also hosts fun annual events including the fireworks display. The Park is an ideal place for adults and children to take leisurely strolls, see wildlife and relax and enjoy the beautiful surroundings.

Museum of Harlow

The museum tells the story of the area now known as Harlow, from ancient times to the present day. Situated in the picturesque former Mark Hall stable block and kitchen gardens, the museum offers a unique opportunity for visitors to discover the rich history of the town they see around them.



Visitors to the museum can make use of the local history library. They also have a full programme of Saturday events, pre-school sessions, themed school holiday events and younger visitors can also try free quizzes and trails.

Harlow Leisurezone

Facilities include: swimming pool, indoor tennis courts, gym, fitness class studios, spinning studio, sports hall, squash courts and health spa.

The Gibberd Garden

The garden is recognised as an important contribution to 20th century garden design and it is listed on the English Heritage Register of Parks and Gardens of Special Historic Interest in England.

The Water Gardens

The Water Gardens are perfect for family shopping; with shops, restaurants and secure cycle parking, set in landscaped gardens with tranquil ponds and water fountains. The Water Gardens are open air with spacious and wide walkways, where you can wander freely, browse and shop - all at your leisure.

River Stort

The towpaths provide a pleasant off-road leisure route just to the North of the Town. More adventurous cyclists can follow the towpath to Roydon Mill or the Olympic site at Stratford.

Mark Hall Sports Centre

Facilities include: sports hall, athletic track, all weather pitches, tennis courts and fitness suite.

The Cycle Harlow

project is a partnership between Essex County Council, Harlow Council, Primary Care Trust, the Cycle Harlow club and other national and local organisations.

Why Cycle?

It's good for you:

It's recommended that adults take part in 30 minutes of physical activity every day to keep fit and healthy.

Cycling can be easily incorporated into your daily routine. Instead of using the car for short journeys, take the bike. During peak traffic times it's often quicker than driving. Journeys under 5 miles are ideal for cycling and in Harlow most places are less than 6 miles away!

It's good for your family:

Cycling with the family is fun and also brings you closer together, whilst also helping children towards their recommended daily activity of 1 hour a day. Children can incorporate cycling into their daily lives by cycling to school, to the shops or out with friends. In your free time take the children for a ride to the park, Pets' Corner or the town centre.

It's good for your wallet:

Did you know, the average cost of maintaining a car each year is £273 and that's before petrol costs, compared to just £75 for a bike? If you're looking to tighten your belt, cycling can be an affordable option. With an average household in the UK spending one in every six pounds on travel, think how much you'll save if you make some journeys by bike.

It's good for the environment:

Cycling is a fast and efficient way of travelling. Quicker than walking, it is almost carbon neutral, so you don't need to worry about the impact your journeys are having on the environment. According to Sustrans, 2kg of carbon is saved for every short journey that is made using a bike instead of a car.

It's good for the town:

Bikes take up less space than cars to park, and one car space could provide parking for 5-10 bikes. Whilst a cyclist cannot carry as much shopping as a motorist, they make more visits to local shops than car drivers, spending more money in total per week, which places them second in levels of spend only to pedestrians. This means that the hourly revenue generated by cyclists is up to six times as much compared to vehicles.

(Cycling the Way Ahead in Towns & Cities (DG13 EC) by Claude Bouche, www.europa.eu.int. Office for Official Publications of the European Communities, 1999)