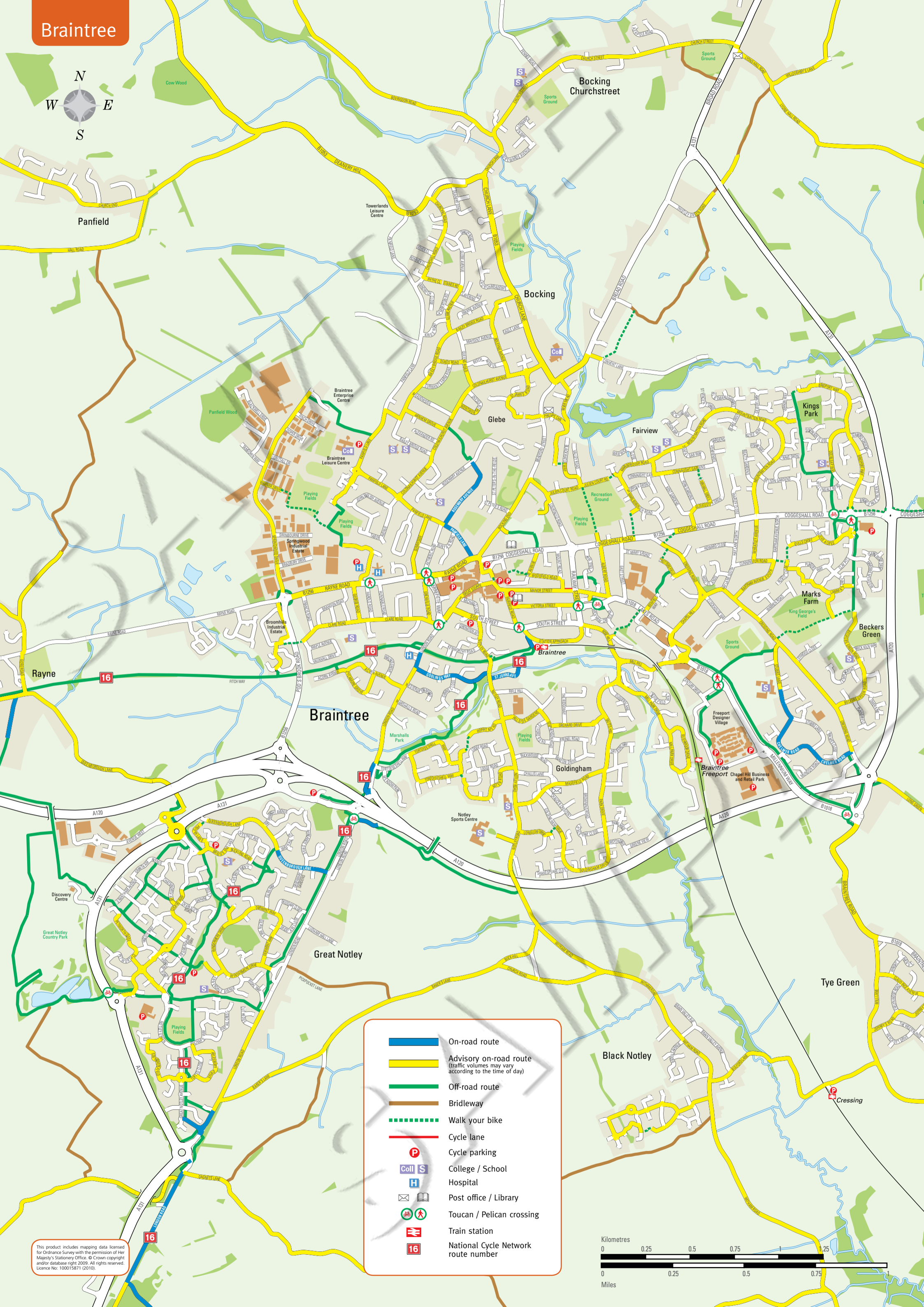
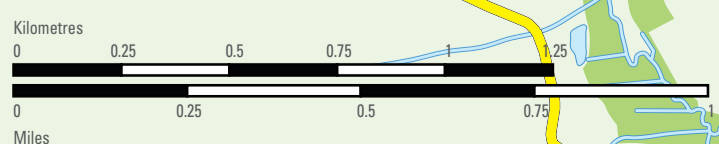


Braintree



	On-road route
	Advisory on-road route (traffic volumes may vary according to the time of day)
	Off-road route
	Bridleway
	Walk your bike
	Cycle lane
	Cycle parking
	College / School
	Hospital
	Post office / Library
	Toucan / Pelican crossing
	Train station
	National Cycle Network route number

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Cycling map



Braintree

EssexWorks

EssexWorks

For a better quality of life

This leaflet is issued by Essex County Council Highways Management. You can contact us in the following ways:

By telephone: 0845 603 7631

By post: Essex County Council, Highways and Transportation, County Hall, Chelmsford, Essex CM1 1QH

By email: cycling@essex.gov.uk

Visit our website: www.essex.gov.uk

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

Published June 2010



This map was produced by CycleCity Guides for Essex County Council. Whilst every effort has been made to ensure the accuracy of these maps, Essex County Council, their partners and CycleCity Guides cannot be held responsible for any errors or omissions. www.cyclecityguides.co.uk

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Cyclists' Training

Cyclist Training is widely available throughout the county to cyclists of all ages and abilities.

Whilst it is offered to all primary schools in Essex for year 6 pupils either as part of the Essex Cyclist Training Scheme or the new National Standards 'Bikeability' Training, older children and adults can also take part as individuals.

Both schemes will provide training in real on-road situations with a hazard awareness approach.

If you are interested in finding out more about the training that is available please contact roadsafety@essex.gov.uk or telephone Essex County Council Road Safety Team on **01245 437131**.



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 track you are using and the amount of other users – if you want to speed along please use the road.
- Lights are still required at night – other users need to see you and you need to see where you're going

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 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
- HGV and cyclists need to both take special care – don't filter up the inside of large vehicles; they may not see you

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 a driver those few extra seconds of 'reaction time'.

When cycling at night you must have a white front light, red back light and reflector – all in good working order. Apart from the safety risks, it is a legal 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.

Where can you cycle?

The majority of the road network is available to cyclists and can be cycled on legally.

Off-road cycleways have been provided in most of the larger towns to provide a safer route for leisure, commuter, novice or young cyclists. You can cycle on these if it displays the blue and white cycling symbol. Usually these signs are accompanied with white lining symbols for cyclists and tactile paving across the cycleway.

If a blue sign is not displayed or a round red and white cycle sign is displayed, you should not cycle on these but instead use the road. Cycling on footways is illegal and if caught you are liable for a fixed penalty (currently £30).

Bridleways and byways are available for use by cyclists however cyclists must give way to horse riders and pedestrians.

Public Footpaths are generally not available to cyclists – if in doubt use the road or walk your bike.

Further Information

For more information on places to visit and things to do please contact: Visit Essex - Essex Tourism

By telephone: 0845 600 7373

By post:

Essex County Council, Essex Tourism, County Hall, Chelmsford CM1 1LX

By email: tourism@essex.gov.uk

Visit our website: www.visitessex.com

Country Parks

By telephone: 0845 603 7624

By post:

Essex County Council, Country Parks, County Hall, Chelmsford CM1 1QH

Bike Hire

Available at the

Discovery Centre, Great Notley Country Park, Great Notley, Braintree Essex, CM77 7FS

By telephone: 01376 347134

Sustainable School Travel

Gillian Mills

Sustainable School Travel Advisor (covering Braintree)

By telephone: 01245 437783

By email: saferjourneys@essex.gov.uk

Sustainable Business Travel

Harvey Panrucker

Sustainable Business Travel Manager

Working with businesses to promote and develop sustainable travel choice within Essex.

By telephone: 01245 437515

By email: travelplanteam@essex.gov.uk

