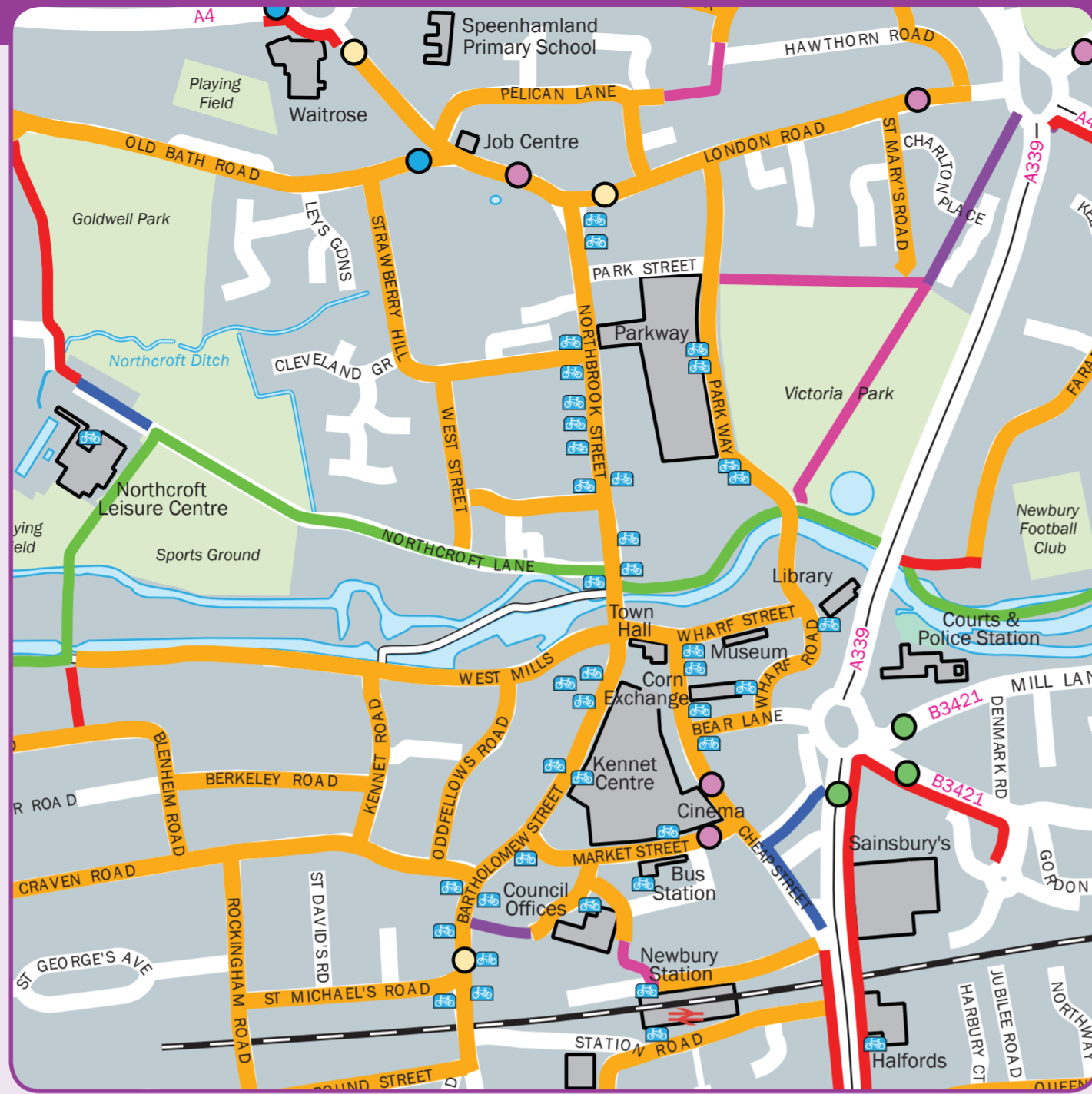




# CYCLING in Newbury & Thatcham

A map & guide to cycling facilities



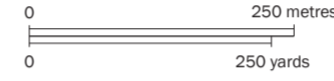
## Map Key

### Cycling in Newbury and Thatcham

- Links (dismounted)
- Links (suitable for cycling)
- National Cycle Route 4
- Signed Cycle Path - off carriageway (cycleway or shared footway/cycleway)
- On-road Signed cycleway
- Quiet Route (mainly on road; some tracks included where surfacing may vary)
- Cycle parking locations

- Pedestrian crossings**
- Pelican
  - Puffin
  - Toucan
  - Zebra

Scale 1: 6 875



## Route Planning

Want to plan a cycling journey? West Berkshire cycle routes along with many other local authorities' are now available on [www.transportdirect.info](http://www.transportdirect.info) and click on **Find a Cycle Route**

## Benefits of Cycling

Cycling regularly helps to improve health and fitness as well as being good for the environment.

During the morning rush hour, cycling to work is often quicker than other forms of transport and can reduce stress levels by avoiding traffic queues!

Cycling is also good for the environment as it does not generate pollution!



## Kennet & Avon Canal

Cycling is permitted along the length of the Kennet and Avon Canal. The National Cycle Network Route 4 follows much of the towpath and is clearly signed on other suitable routes where the towpath is narrow or uneven. Enjoy cycling along this pleasant route and remember that the canal is popular with walkers and boaters too, many of whom are travelling at speeds slower than you.

More information about the canal can be found at <http://canalrivertrust.org.uk> along with a detailed map which can be downloaded or at [www.katrust.org.uk](http://www.katrust.org.uk)

More information regarding the National Cycle Network is available from Sustrans [www.sustrans.org.uk](http://www.sustrans.org.uk)

## Interesting facts

On a bike you can travel 3 times faster than walking.

1 in 3 adults in the UK owns a bike, but only 1 in 10 rides regularly.

## Useful Contacts

### West Berkshire Spokes

is a voluntary organisation that represents cyclists across West Berkshire through membership and affiliation to other local cycling and related organisations. Although rides are organised the primary function is as a campaigning organisation for better facilities (e.g. cycleways, secure "parking" and lockers) for all cyclists but in particular the utility cyclist. Spokes were formed in December 2002 as a means of providing a communication channel between local cyclists and West Berkshire Council. Spokes members assisted with the update of this map and also provide the manpower for the Council to perform the regular cycle counts

[www.westberkshirespokes.org](http://www.westberkshirespokes.org)



### Newbury Road Club

Promoting cycling and serving cyclists in the Newbury area

[www.newburyrc.co.uk](http://www.newburyrc.co.uk)



### West Berkshire Council

[www.westberks.gov.uk](http://www.westberks.gov.uk)

If you have any suggestions regarding the provision of cycle facilities or require further information please contact the Council's Transport Policy Team on **01635 519505** or email [lt@westberks.gov.uk](mailto:lt@westberks.gov.uk)

This map (and other walking and cycling maps) can be found on the Council's website [www.westberks.gov.uk/activetravel](http://www.westberks.gov.uk/activetravel)

For maintenance issues please call the Council's Streetcare Team on **01635 519080** or email [customerservices@westberks.gov.uk](mailto:customerservices@westberks.gov.uk)

### Banjo Cycles

40 Bartholomew Street, Newbury 01635 43186  
[www.banjocycles.com](http://www.banjocycles.com)

### Specialized Concept Store

3A Norman House, Hambridge Road, Newbury 01635 33736

### Supernova cycles

4 Oxford Street, Newbury 01635 46600  
[www.supernovacycles.co.uk](http://www.supernovacycles.co.uk)

### Halfords

Unit 2, Greenham Road, Newbury 01635 569078

### Mike Muttram

(Mobile Cycle Repairs) 07909 520 851  
[www.muttram.co.uk](http://www.muttram.co.uk)

### Bike Lux Cycles

Bikelux, Motorlux Mazda, Ampere Road, London Road Industrial Estate 01635 818930



## Safety First

### Lock it and Leave it

To protect your bike from Theft:

- Lock it to something solid
- Use bike parks (where available)
- Invest in a good quality lock
- Have your frame postcoded (Speak to your local police station to find out more)

If using the train make use of the secure cycle lockers at Newbury and Thatcham Station (speak to the station staff to find out more)

Follow the **Highway Code** and show consideration to other road users, especially pedestrians

**Warn people** of your approach using a bell

**Cycle training** is available from West Berkshire Council's Road Safety Team. Contact [roadsafety@westberks.gov.uk](mailto:roadsafety@westberks.gov.uk) for more information.

**Be Organised** – check your brakes, tyres, chains, lights and make sure your bike is safe to ride

**Be Prepared** – carry a puncture repair kit, waterproofs and first aid kit

**Be protected** – wearing a helmet could mean a less severe head injury if you were to have an accident

**Be Seen** – wear bright and/or reflective clothing and use lights outside the hours of daylight.

**BE SAFE!**

## Cyclists Highway Code

### Clothing:

**you should wear:**

- A cycle helmet which conforms to current regulations, is the correct size and securely fastened
- Appropriate clothes for cycling. Avoid clothes which may get tangled in the chain, or in a wheel or may obscure your lights
- Reflective clothing and/or accessories (belt, arm/ankle bands) in the dark

When riding at night you **MUST** have front and rear lights, a red rear reflector and amber pedal reflectors (if manufactured after 1/10/85). White front reflectors and spoke reflectors will also help you to be seen.

### Cycle Facilities:

**Cycle Lanes** are on road and provide a designated area of the road for cyclist. They are marked with a white line (which may be broken). You do not have to use them, but they can make your journey safer. Cycle lanes often have advance stop lanes at traffic lights to give cyclist a head start when the lights change. You must not cross the stop line when the traffic lights are red.



**Cycle Paths** are off road cycle lanes usually on the pavement. The cycle path can be segregated (marked with a solid white line and cycle symbol) or shared (cycle symbol) with pedestrians. On shared use paths you need to take extra care, and on segregated paths you must cycle on the cycling side of the path.

Unless a pavement says it is suitable for cycling you must not cycle on it.

Cyclists may use off road bridleways, by-ways and restricted by-ways.

**National Cycle Route 4**, Part of the Sustrans National Cycle Network, this is a mainly off road, partly traffic free, route linking Reading to

Newbury and through to Bath and Bristol.

**Toucan crossings** allow cyclists and pedestrians to cross the road at the same time. They have a 'green bike' as well as a 'green man'

You must obey traffic signs and traffic light signals as if you were driving.

### You should:

- Not ride more than two abreast
- Ride in single file on narrow or busy roads
- Not ride close behind another vehicle
- Not carry anything which will affect your balance or may get tangled up with your wheels or chain
- Be considerate of other road users, particularly blind or partially sighted pedestrians. Let them know you are there when necessary, for example, by ringing your bell.

### You MUST not:

- Carry a passenger unless your cycle has been built or adapted to carry one
- Hold on to a moving vehicle of trailer
- Ride in a dangerous, careless or inconsiderate manner
- Ride when under the influence of drink or drugs

When parking your bike you must leave it so that it will not endanger or obstruct other road users or pedestrians. Use cycle parking facilities where these are provided.

**Road Junctions:** Watch out for vehicles turning in front of you, particularly if turning left. Do not ride on the inside of a vehicle. Do not attempt to turn at the same time as another vehicle, wait for them to complete their turn before you turn. When turning right check that it is safe and then signal and move to the centre of the road. Wait until there is a safe gap in the oncoming traffic before completing the turn. It may be safer to wait on the left until there is a safe gap, or to dismount and push your bike across the road.

**Dual Carriageways:** Remember that traffic on most dual carriageway moves quickly. When crossing wait for a safe gap and cross each carriageway in turn. Take extra care when crossing slip roads.

## Cycle Signs



Route to be used by pedal cycles only



A shared path for cyclists and pedestrians



No cycling



A route for use by cyclists and pedestrian on separate sides of the path



Cycle route ahead



Advisory route for cyclists to use



Direction sign showing recommended route for cyclists.

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  - Signed Cycle Path - off carriageway (cycleway or shared footway/cycleway)
  - On-road Signed cycleway
  - Quiet Route (mainly on road; some tracks included where surfacing may vary)
  - Town centre inset shown overleaf
- 
- Pedestrian crossings**
- Pelican
  - Toucan
  - Puffin
  - Zebra

Scale 1: 15 000

