Cycle Security

Always lock your bike. Good quality locks such as D-shaped locks offer more security than a padlock and chain. Whenever possible lock your bike by the frame and wheels to something solid like a cycle stand and leave it somewhere visible. Do not leave your bike where it would become an obstacle or hazard to pedestrians.



- Mark the frame with your postcode this will assist the police in tracing the owner. Find out if your local police station or cycle dealer offers this service.
- You can insure your cycle as an extension to your household policy.



Do you know these signs?



cycle route for use by cyclists and pedestrians together



cycle route for use by cyclists and pedestrians on separate sides of path

cycle route for use by cyclists only



route reserved for use by cyclists only (road marking)



cycle route ahead



recommended route for cyclists to use

(usually on road with no provisions for

cyclists should walk at this point



direction signs showing recommended route for cyclists



cycle lane on the road ahead



cycle lane on the road for use by cyclists in the same direction as the other traffic



cycle lane on the road for use by cyclists in the opposite direction to the other traffic (usually on one-way roads)



advisory contraflow sign



warning sign for pedestrians that there is a cycle lane ahead or that there is a cycleway crossing the road ahead



no cycling

no motor vehicles

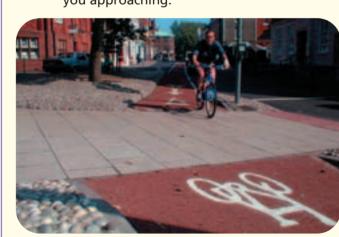
Cycle Safety

We recommend that uppermost in your mind should be SAFETY. Cycling safety is basically common sense, but here are some tips to help make your journey a

- **5** Ensure your bicycle is mechanically sound and fit a bell.
- Wear a protective helmet and bright clothing. Use your lights at night or in poor weather.
- On narrow, busy roads ride in single file and on other roads never more than two abreast.



- Always follow the Rules of the Highway Code. Look out for hazards such as sudden descents, bends, pot-holes, mud and loose gravel on the road. Be especially cautious at junctions, bends, narrow bridges and entrances where you may not be visible to other traffic.
- 55 If you need to carry luggage be careful to load the bike so as not to interfere with your steering and balance.
- **5** Be alert and anticipate other road users and pedestrians who may move out in front of you.
- 55 If you are unsure or feel threatened, find a safe place to dismount and walk.
- **5** On cycle tracks, if another cyclist is coming towards you, cycle or walk to the left as you would if you were on the road.
- **5** Be polite and courteous to other road users including pedestrians and horse riders.
- **5** On shared cycle tracks where pedestrians and cyclists mix, make pedestrians aware of your presence, give them plenty of room and be prepared to stop and dismount if necessary. Use your bell whenever approaching other cyclists or pedestrians from behind - remember, many people are hard of hearing or visually impaired; don't assume that they can automatically hear you approaching.



5 On segregated cycle tracks where there is a white line or kerb dividing pedestrians and cyclists, please keep to your side of the dividing line and keep to the left of the cycle track when cyclists are approaching from ahead.



Regional Cycle Routes

www.norfolk.gov.uk/casualtyreduction

Travel Plan Team

The Travel Plan Team is available to support all schools and workplaces in developing and implementing a Travel Plan.



What is a Travel Plan?

Travel Plans are working documents which aim, amongst other things, to;

- * Reduce car use and congestion.
- * Encourage walking, cycling, car sharing, bus use and other forms of sustainable travel.
- Promote physical activity as part of a healthy lifestyle.
- Improve Community relations.

On road cycle route

Traffic-free section

Town with a Rail Station

Dereham

Sometimes the simplest messages are over LOOKED

Here's a simple message we hope you won't over LOOK

LOOK

Planned cycle track

Fakenhai

ownham Market

Provide real alternatives to car use.

For more information please call ☎ 01603 638082

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National Cycle Network

Selected regional routes

Regional route number

Route number

Road safety in Norfo

Cycling for Transport

It's sustainable, it's sociable, it's practical, it's exciting, it's exercise...

Travel Plans for Workplaces and Schools that include the promotion of cycling will cut congestion, improve punctuality, reduce the need for parking spaces, and add to the green credentials of any establishment. People who cycle regularly will get fitter, improve their health and productivity and also save money.

Rediscover cycling - it can change your life...

If you are interested in developing a travel plan contact the team on 01603 638082 at Norfolk County Council and we will work with your organisation to develop a plan that encourages people to get on their bikes. We offer practical support through a whole range of cycling activities from campaigns during Bike Week and Bike Loans to purchase new bikes, to Information packs on finding both the best route to work and a bike buddy to cycle with.

"I thought of that while riding my bike"

- ALBERT EINSTEIN, ON THE THEORY OF RELATIVITY

The National Cycle Network

Sustrans is the sustainable transport charity responsible for developing the National Cycle Network. Running through urban centres and reaching all parts of the UK, over 230 million journeys are made each year on 10,000 miles of cycle network.



Sustrans

35 King Street, Bristol BS1 4DZ

Tel: 0117 926 8893 Fax: 0117 929 4173 www.sustrans.org.uk

Public Transport

There is also cycle parking at King's Lynn Rail Station and near King's Lynn Bus Station. Both can be seen on the map.

Trains



www.firstcapitalconnect.co.uk

2 0845 026 4700

Open 7 days a week, from 0700 to 2200, except Christmas Day.



www.nationalrail.co.uk

☎ 0845 48 49 50

Bus and Coach Services



www.firstgroup.com

..0871 200 22 33 Timetable enquiries0845 602 0121 ☎ Customer care number



Calls from landlines cost 10p per minute.

at your service Morfolk County Council

www.norfolk.gov.uk

Contacts • Advice Cycle parking • Cycle signs Toucan and pedestrian crossings National Cycle Metwork King's Lynn cycle map



cycle map and guide Ming's Lynn

Useful Contacts

Norfolk County Council Planning & Transportation Martineau Lane Norwich. NR1 2SG

www.norfolk.gov.uk

.0844 800 8009 ☎ Road safety education.. ..01603 223355 Travel Plan Team01603 638082

> Countryside access web http://countrysideaccess.norfolk.gov.uk

Borough Council of King's Lynn and West Norfolk **Planning Department Kings Court**

> **Chapel Street** King's Lynn. PE30 1EX www.west-norfolk.gov.uk

☎ Customer Contact Centre

Norfolk County Council at your service

Norfolk County Council is the local authority for Norfolk. We provide a wide range of services for people who live, work, do business or visit here. They include education, social services, highway maintenance, waste disposal, libraries, museums, fire and rescue, economic development and trading standards. For further details visit:

www.norfolk.gov.uk



If you need this document in large print, audio, Braille, alternative TRAN format or in a different language please contact 0844 800 8009 and we will do our best to help.

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55 Do not cycle on pavements unless signs or markings allow you to.