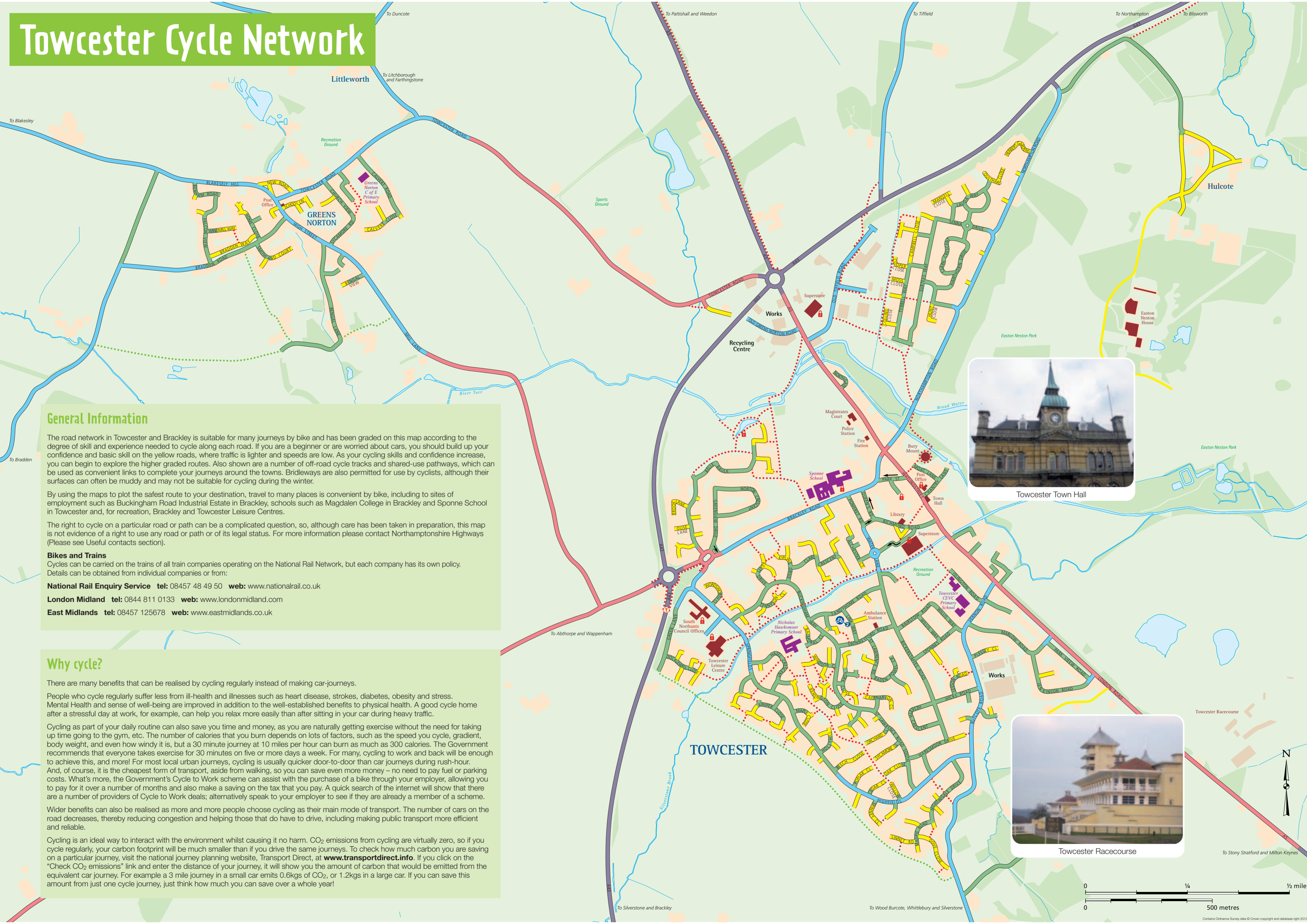


# Towcester Cycle Network



## General Information

The road network in Towcester and Brackley is suitable for many journeys by bike and has been graded on this map according to the degree of skill and experience needed to cycle along each road. If you are a beginner or are worried about cars, you should build up your confidence and basic skill on the yellow roads, where traffic is lighter and speeds are low. As your cycling skills and confidence increase, you can begin to explore the higher graded routes. Also shown are a number of off-road cycle tracks and shared-use pathways, which can be used as convenient links to complete your journeys around the towns. Bridleways are also permitted for use by cyclists, although their surfaces can often be muddy and may not be suitable for cycling during the winter.

By using the maps to plot the safest route to your destination, travel to many places is convenient by bike, including to sites of employment such as Buckingham Road Industrial Estate in Brackley, schools such as Magdalen College in Brackley and Sponne School in Towcester and, for recreation, Brackley and Towcester Leisure Centres.

The right to cycle on a particular road or path can be a complicated question, so, although care has been taken in preparation, this map is not evidence of a right to use any road or path or of its legal status. For more information please contact Northamptonshire Highways (Please see Useful contacts section).

### Bikes and Trains

Cycles can be carried on the trains of all train companies operating on the National Rail Network, but each company has its own policy. Details can be obtained from individual companies or from:

**National Rail Enquiry Service** tel: 08457 48 49 50 **web:** [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

**London Midland** tel: 0844 811 0133 **web:** [www.londonmidland.com](http://www.londonmidland.com)

**East Midlands** tel: 08457 125678 **web:** [www.eastmidlands.co.uk](http://www.eastmidlands.co.uk)

## Why cycle?

There are many benefits that can be realised by cycling regularly instead of making car-journeys.

People who cycle regularly suffer less from ill-health and illnesses such as heart disease, strokes, diabetes, obesity and stress. Mental Health and sense of well-being are improved in addition to the well-established benefits to physical health. A good cycle home after a stressful day at work, for example, can help you relax more easily than after sitting in your car during heavy traffic.

Cycling as part of your daily routine can also save you time and money, as you are naturally getting exercise without the need for taking up time going to the gym, etc. The number of calories that you burn depends on lots of factors, such as the speed you cycle, gradient, body weight, and even how windy it is, but a 30 minute journey at 10 miles per hour can burn as much as 300 calories. The Government recommends that everyone takes exercise for 30 minutes on five or more days a week. For many, cycling to work and back will be enough to achieve this, and more! For most local urban journeys, cycling is usually quicker door-to-door than car journeys during rush-hour.

And, of course, it is the cheapest form of transport, aside from walking, so you can save even more money – no need to pay fuel or parking costs. What's more, the Government's Cycle to Work scheme can assist with the purchase of a bike through your employer, allowing you to pay for it over a number of months and also make a saving on the tax that you pay. A quick search of the internet will show that there are a number of providers of Cycle to Work deals; alternatively speak to your employer to see if they are already a member of a scheme.

Wider benefits can also be realised as more and more people choose cycling as their main mode of transport. The number of cars on the road decreases, thereby reducing congestion and helping those that do have to drive, including making public transport more efficient and reliable.

Cycling is an ideal way to interact with the environment whilst causing it no harm. CO<sub>2</sub> emissions from cycling are virtually zero, so if you cycle regularly, your carbon footprint will be much smaller than if you drive the same journeys. To check how much carbon you are saving on a particular journey, visit the national journey planning website, Transport Direct, at [www.transportdirect.info](http://www.transportdirect.info). If you click on the "Check CO<sub>2</sub> emissions" link and enter the distance of your journey, it will show you the amount of carbon that would be emitted from the equivalent car journey. For example a 3 mile journey in a small car emits 0.6kgs of CO<sub>2</sub>, or 1.2kgs in a large car. If you can save this amount from just one cycle journey, just think how much you can save over a whole year!



Towcester Town Hall



Towcester Racecourse