

# Good Cycling Code

- Read the Highway Code; always follow it.
- Act considerately; particularly on shared use paths.
- Be aware of pedestrians; ring your bell or politely call out to alert them. Remember that they may not hear you or be able to move quickly.
- Give way to horse riders and wheelchair users, and always be courteous.
- Make sure your bicycle is roadworthy and that the brakes work.
- Take extra care at road junctions, on steep hills, on loose surfaces and in damp conditions.
- At night, or in poor visibility, use your lights and wear bright reflective clothing.
- Wearing a cycle helmet can help to protect you.

## Map card symbols

	route start direction	tourist information		shop	
● <b>1m</b>	miles from start point	car park		pub	
	take extra care here	café		pub	
	route highlight	cycle hire		mountain biking	
	cyclepath on route	toilets		accommodation	
	other cyclepath	castle		country house	
	steep hill	museum		craft centre	
	dual carriageway	country park		picnic site	
	A road, B road	viewpoint		garden	
	minor road, track	vineyard		aquarium	
	lake, river	church		ancient monument	
	built up area				
	buildings, mast				
	woodland, summit				
	0 - 100 metres			named visitor attraction	
	100 - 200 metres			additional route note	
	over 200 metres				