Wellingborough Cycle Network

Key

- Cycle track, path or bridleway with barriers, stones or other obstruction
- Carriageway or part of carriageway
- Gridref or other path with soft surface
- May be suitable for e-cycling, especially in wet weather


direct

Wellingborough Cycle Network

General Information

Wellingborough has a good network of cycling routes, including a large number of off-road cycle tracks and shared-use pathways, which can be used for many journeys around the town. The road network is also 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 light and speeds are low. As your cycling skills and confidence increase you can begin to explore the higher graded routes. Bycicles are also permitted for use by cyclists although their surfaces can often be muddy and may not be suitable for cycling during the winter.

With the wide cycle network in Wellingborough, travel to many places is convenient by bike, including to sites of employment such as Park Farm, Finedon Road and Victoria Park Industrial Estates. For recreation, Irchester Country Park can be reached from Wellingborough Town Centre by cycle routes that are nearly all traffic free. The park itself allows cycling on its surfaced paths.

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 or speak to your employer to see if

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 VAT that you pay. Visit www.cyclescheme.co.uk or speak to your employer to see if they are already a member of the scheme.

Wider benefits can also be realise 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. CO2 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 Transport Direct www.transportdirect.info, the national journey planning website. If you click on the 'Check CO2 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 4.5kg of CO2 or 2.24g 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!