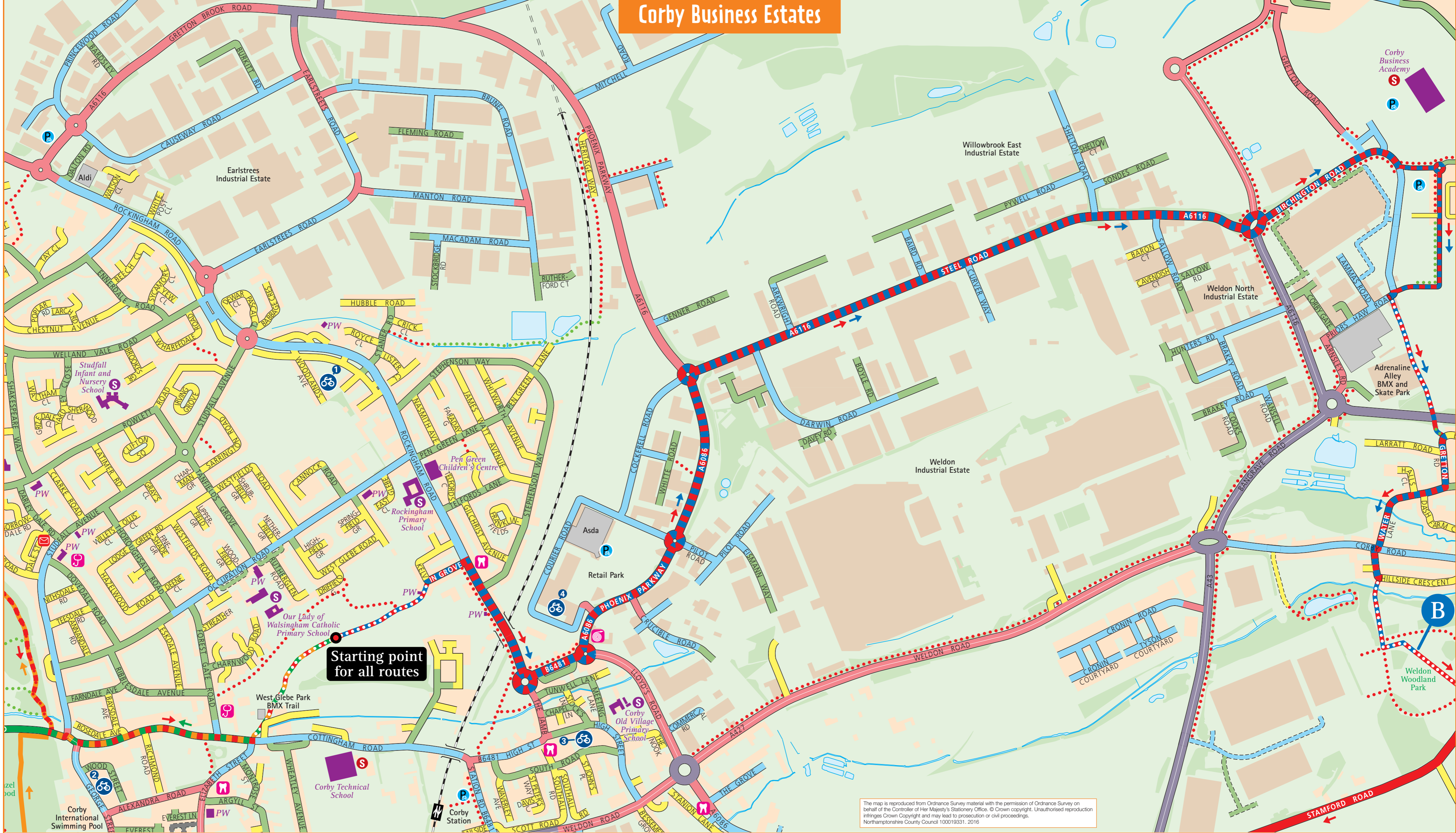


Corby Business Estates



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Getting Started

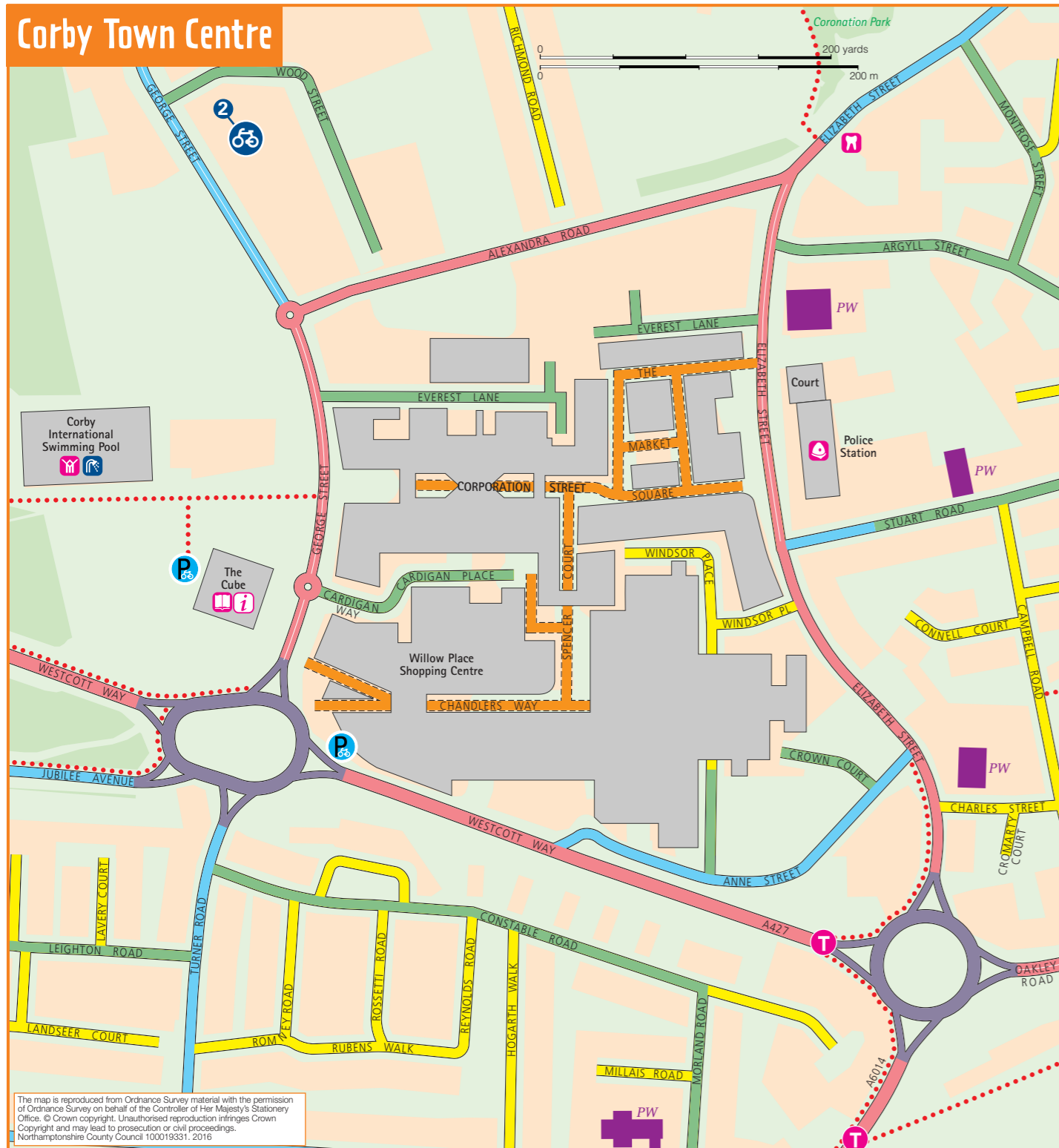
Corby has a good network of cycling routes, so using a combination of roads and the off-road cycle tracks and shared-use pathways shown on this map, it should be possible to plan a suitable journey between any two points around the town. The road network has been graded on this map according to the degree of skill and experience needed to cycle along each road. If you are a beginner or are worried about traffic, you should build up your confidence and basic skill on the yellow or green 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.

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.

Visit www.cyclenorhants.co.uk for advice and information about getting into cycling, including different types of cycling, cycle training and tips on looking after your bike.



- ### Cycle Shops in Corby
- If you need advice about maintaining your bicycle, or choosing a new one, contact your local bike shop. Visit www.cyclenorhants.co.uk for information and links to information on choosing, setting up and maintaining a bike.
- Richardsons**
113 Rockingham Road, Corby NN17 1JW
tel: 01536 403707
web: www.richardsonsonline.co.uk
 - Motorsavers**
70 George Street, Corby NN17 1QE
tel: 01536 202729
web: www.a1motorstores.co.uk
 - Wilco**
10/12 The Jamb, Corby NN17 1AY
tel: 01536 202288
web: www.wilcoirect.co.uk/category/cycling
 - Halfords**
Unit 2B, The Peel Centre, Corby NN17 5DT
tel: 01536 446970
web: www.halfords.com



Why cycle?

There are many reasons why people choose to cycle and many reasons why you should consider it. Cycling, for whatever purpose, has proven health benefits, helping to ensure both your physical and mental wellbeing. There is also a wealth of other benefits, not just for individuals, but also to the wider community.

Health benefits

- People who cycle regularly suffer less from ill-health and the risk of serious illness such as heart disease, strokes, cancer, diabetes, obesity and stress is reduced.
- Mental health and sense of well-being are improved through regular exercise.

Time and cost benefits

- Cycling is the cheapest form of transport aside from walking – and parking is FREE!
- It is often the quickest option for many journeys, particularly through towns during rush-hour.
- Cycling as part of your daily routine means you can get regular exercise without the additional cost and time needed in going to the gym.

Environmental benefits

- If more people replaced car journeys with cycling, the number of cars on the road would decrease, helping to reduce congestion and CO₂ emissions and improve air quality.

Other reasons to cycle

- Cycling is a great way to simply get fresh air and visit parts of town and countryside you wouldn't necessarily see by car.

Purchasing a bike

Brand new

The general rule of thumb when buying brand-new is the more you pay, the better the bike. That said, a good-quality new adult bike can cost from as little as £200-£250. Anything less than this and the bike is likely to have poor quality parts with the potential for safety to be compromised. Ultimately, a cheaper bike could lessen your enjoyment and put you off cycling all together.

We, therefore, recommend buying a brand-new bike from a reputable specialist. There are many independent cycle shops and cycling specific chain stores in Northamptonshire that can offer expert advice on choosing the right bike for you.

They will also be able to help make sure the bike is set up correctly so you can maximise your enjoyment of cycling. If you suffer from any discomfort from riding your bike, it usually means something on the bike needs adjusting and it could put you off cycling altogether.

Visit our website www.cyclenorhants.co.uk for more details of where to find your nearest cycle shop.

Second hand

It is also possible to buy a good-quality second hand bike for the fraction of the cost of a new one. Look out too for them on sale online or at auctions. Recyclepark in Corby hold regular auctions often with huge stocks of bikes for sale.

Cycle routes and places to visit

With the wide cycle network in Corby, travelling to many places is convenient by bike, including to sites of employment such as Earlstrees, Weldon and Oakley Hay Industrial Estates and, for recreation, Hazel Wood and Thoroughale Wood are easily accessible by cycle routes from many areas of the town. The woods themselves have paths that are suitable for cycling.

Corby is surrounded by beautiful countryside and there are many nearby attractions that can be visited conveniently by bike. Just outside the town East Carlton Park and the stunning Rockingham Castle are all shown on the map and are a short cycle ride away from the centre of Corby.

A little further afield, Fernyn Woods Country Park and the National Trust property Lyveden New Bield are both easily reached by bike on safe, mainly off-road routes.

To the north-east of Corby, Fineshade Wood and Wakerly Wood respectively boast quiet family cycle routes and exciting mountain bike trails.

For those into BMXing and showing off their skills on the ramps, Adrenaline Alley is a Europe-wide renowned indoor skate and BMX park. See www.adrenalinealley.co.uk for full details of what is on offer. In addition a new learn to ride Pump Track is available at West Glebe Park.

For further details of cycle routes in and around Corby, visit www.cyclenorhants.co.uk

Journey Planner

For further journey planning help, or for routes further afield, the Cycle Streets route planner can help you get to your destination by bike, giving options of choosing the quietest or fastest route, or a balance of the two, your of your level of cycling confidence.

www.cyclestreets.net

A Cycle Streets app is also available for journey planning on the move. Simply search for Cycle Streets in your app store.

Northamptonshire Highways

Go to www.northamptonshire.gov.uk for more information on the app. You will also find further information on the app. You will also find further information on the app. You will also find further information on the app.

Simply scan either of the QR codes to choose one of the routes of the route you have chosen.

Go to www.cyclenorhants.co.uk for a PDF map of all the routes.

We would like to thank the National Heritage Lottery Fund, the Friends of Parks and Woodlands, Dr Peter Hill, Rockingham Forests Wheelers, KHL Big Local for their time, funding and patience in helping this project come to life.

Enjoy!

Heritage Lottery Fund

Corby Heritage Trail

- ### Cycling 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
 - Cyclists should walk at this point
 - Recommended route for cyclists to use (usually on road with no provisions for cyclists)
 - Direction signs showing recommended route for cyclists
 - Cycle lane on the road ahead
 - Shared cycle and bus lane on 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 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

Cycling Safety

Staying safe on the road

- When cycling on the road, ride in a strong and confident position well clear of the kerb – it will help you to see and be seen.
- Be assertive and prepared to ride in the middle of the lane, also known as primary position, if you need to. This encourages vehicles to stay behind you when it may be unsafe for them to pass.
- Signal your intentions clearly and well in advance of making your move.
- Try to make eye-contact with drivers at junctions to be sure they have seen you.
- Be considerate of other road users – respect them as you would like to be respected in return.
- Above all, follow the Highway Code – don't jump red lights and don't cycle on the pavement unless it is a designated cycle-way.

Using shared-use routes

When using shared-use cycle/footways, it is important that you are considerate to all users and remember you may have to cycle slower than you would on the road.

Remember to:

- Ring your bell
- Pass slowly
- Say thanks

Lights and visibility

Fit good quality lights to your bike, in case you need to cycle at night or in overcast conditions or mist.

Running a bike

Bicycle maintenance

Like any machine, a bicycle will work better and last longer if you care for it properly. Get in the habit of checking your bike regularly; simple checks and minor maintenance can help you stay safe whilst riding and help to avoid costly repairs. Having a perfectly running bike will help you enjoy cycling more. There is nothing worse than having skipping gears, annoying knocking noises or a slow puncture.

Key areas to check to ensure your bike is running safely:

- Wheels and tyres – secure, not buckled and tyres inflated
- Brakes – good operation
- Handlebars – secure and straight
- Pedals and cranks – secure
- Drive train (chain and gears) – clean, lubricated and running smoothly
- Saddle and seat-post – secure and at correct height

Do-it-yourself

Learning to maintain a bike yourself is an invaluable skill to have. You will be amazed at how easy it is to pick up and, as your confidence increases, you will find yourself being able to fix more and more.

Visit the 'Running a Bike' page of our website www.cyclenorhants.co.uk for tips and links to basic maintenance techniques.

Corby Heritage Trail

Corby Heritage Trail Cycle Map

Your guide to cycle routes in Corby

Love Exploring

CorbyLeisure.co.uk

Specialist bike shops

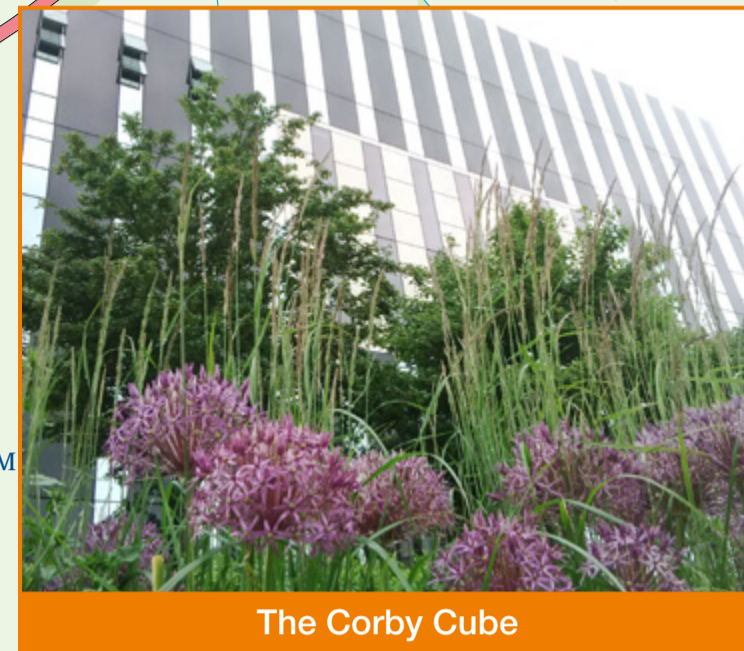
If you are unsure then your local bike shop will be able to undertake repairs and servicing. Alternatively look out for occasional Dr Bike sessions at events across the county where you will be able to get your bike checked over for free.

Cleaning

One of the most important aspects of maintaining a bike is keeping it clean. Dirt and grit soon build up on a bike's moving parts. Add to that water penetrating into the chain and gears, and components can soon wear at an alarming rate leading to potentially costly repairs.

Make sure to clean and lubricate your bike's chain and gears regularly to keep them running smoothly. Particularly important after riding in wet weather is to dry your bike off as much as possible and spray your chain and drive-train components with a water displacement spray (e.g. GT85).





The Corby Cube

Finish point for green route

EAST CARLTON

Route name	Distance	Colour	Area
Corby Steel Heritage Trail	30.9 km	Red	Full route
Ironstone Trail	10.7 km	Orange	Town centre parks
Weldon Stone	6.5 km	Blue	West Glebe to Weldon
Locomotive Trail	6.6 km	Green	West Glebe to East Carlton



Cycling fun with friends

Corby Cycle Network

- Key**
- Corby Steel Heritage Trail (circular)
 - Locomotive Trail
 - Weldon Stone Trail
 - Ironstone Trail (circular)
 - Roads that are normally hazardous for cyclists, but experienced adult highway users may find them useful especially in quiet periods.
 - Busy principal roads with high speeds, HVGs, and complex junctions. Suitable for highly skilled commuting cyclists.
 - Busy roads mostly lower speeds, some complicated traffic movements. A medium to high level of skill required for trouble-free cycling.
 - Through routes with moderate traffic and usually low speeds, but often turning and parking movements. Well trained school children should cope.
 - Quiet roads with low traffic speed and volume. Suitable for all cyclists behaving responsibly if they have some training.
 - Pedestrianised street.
 - Track or private road where cycling may not be allowed without permission.
 - Cycle track, path or bridleway with tarmac or stone all weather surface.
 - Bridleway or other path with soft surface. May be unsuitable for cycling, especially on a road bike, in wet weather.
 - Footpath, unsuitable for cycling.
 - One-way street.

Please note: The existence of any cycle tracks on this map does not automatically mean that cycling is permitted on that route.

- | Residential | Employment | Retail | Open areas |
|----------------|-----------------|-----------------------|--|
| Bike Shop | Cycle parking | Dentist | Tourist Info |
| Fire Station | GP Surgery | Hospital | Place of Worship |
| Leisure Centre | Library | Local Natural Reserve | Police Station |
| Other Building | Toucan Crossing | Other Building | Post Office |
| | | | Primary School |
| | | | Public showering and changing facilities |
| | | | Rail Line and Station |
| | | | Recycling Centre |
| | | | Scheduled Ancient Monument |
| | | | Secondary School |

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Cycling in Corby