

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.



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 safe one.

- 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.

If you need to carry luggage be careful to load the bike so as not to interfere with your steering and balance.

Be alert and anticipate other road users and pedestrians who may move out in front of you.

If you are unsure or feel threatened, find a safe place to dismount and walk.

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.

Be polite and courteous to other road users including pedestrians and horse riders.

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.



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.

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

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
- 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
- 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

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.
- Provide real alternatives to car use.

For more information please call

01603 638082

Regional Cycle Routes



Sometimes the simplest messages are over LOOKED

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

LOOK



www.norfolk.gov.uk/casualtyreduction

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

First Capital Connect

www.firstcapitalconnect.co.uk

0845 026 4700

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

National Rail Enquiries

www.nationalrail.co.uk

0845 48 49 50

Bus and Coach Services

First
transforming travel

www.firstgroup.com

Timetable enquiries0871 200 22 33

Customer care number0845 602 0121

traveline
public transport info
0870 608 2 608
www.traveline.org.uk

Calls from landlines cost 10p per minute.

Norfolk County Council
at your service

www.norfolk.gov.uk
Contacts • Advice
Cycle parking • Cycle signs
Toucan and pedestrian crossings
National Cycle Network
King's Lynn cycle map



cycle map and guide
King's Lynn

Useful Contacts

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

www.norfolk.gov.uk

Customer service number0844 800 8009

Road safety education01603 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 Centre01553 616200

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

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communication for all
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www.pindar.com/graphics

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