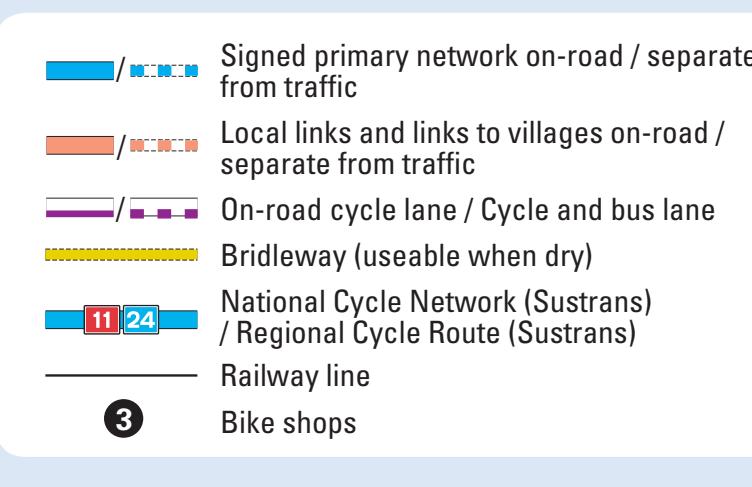
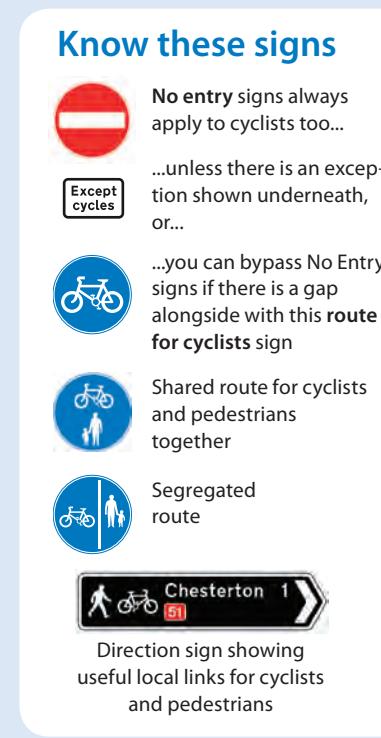
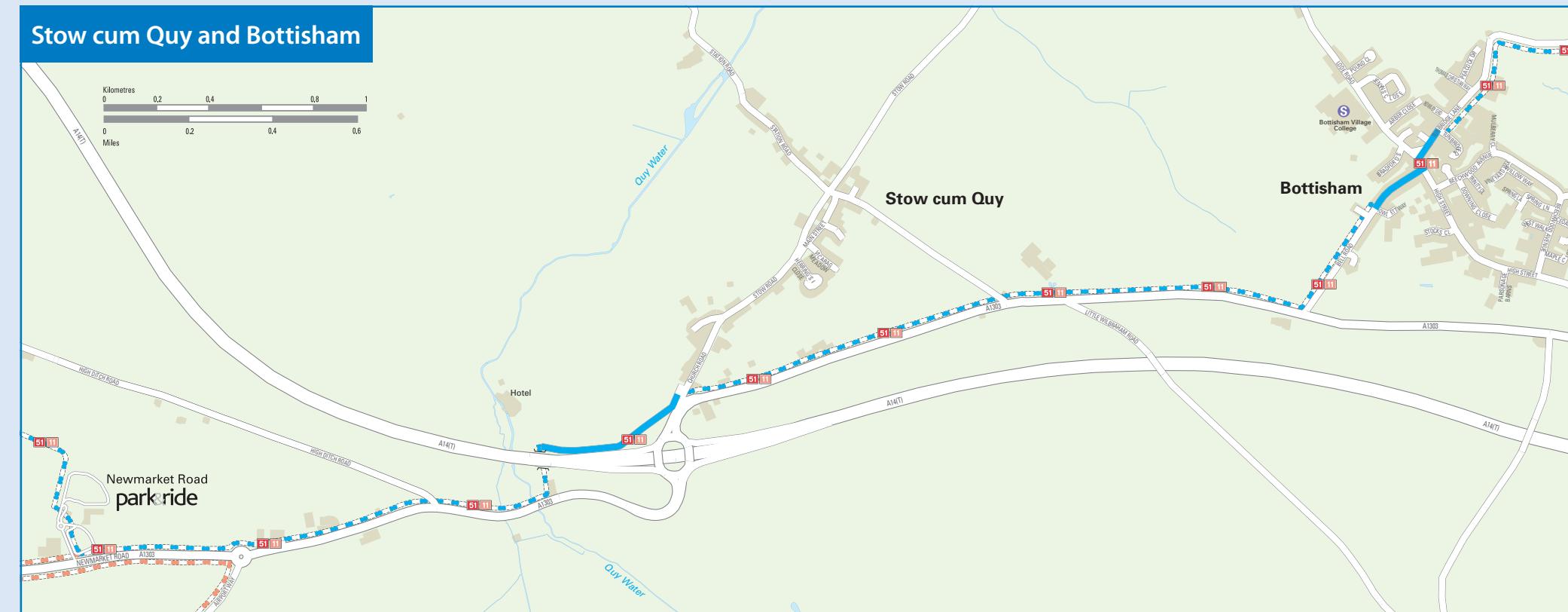
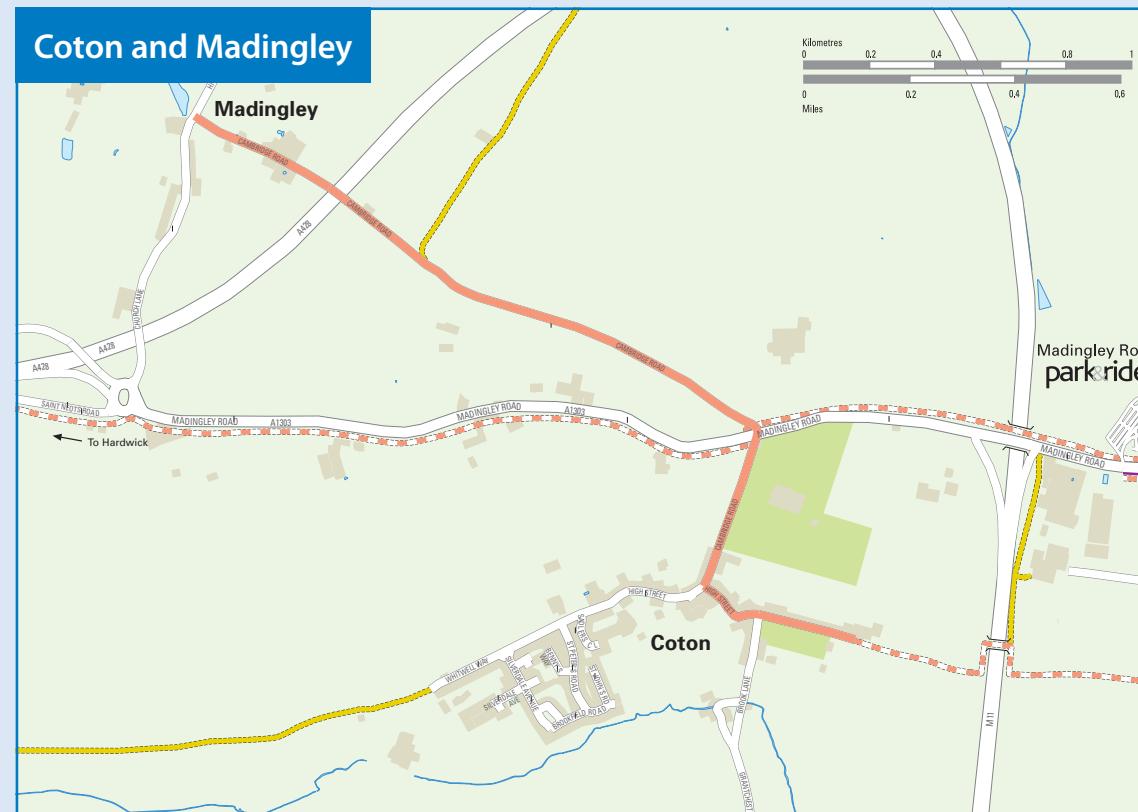
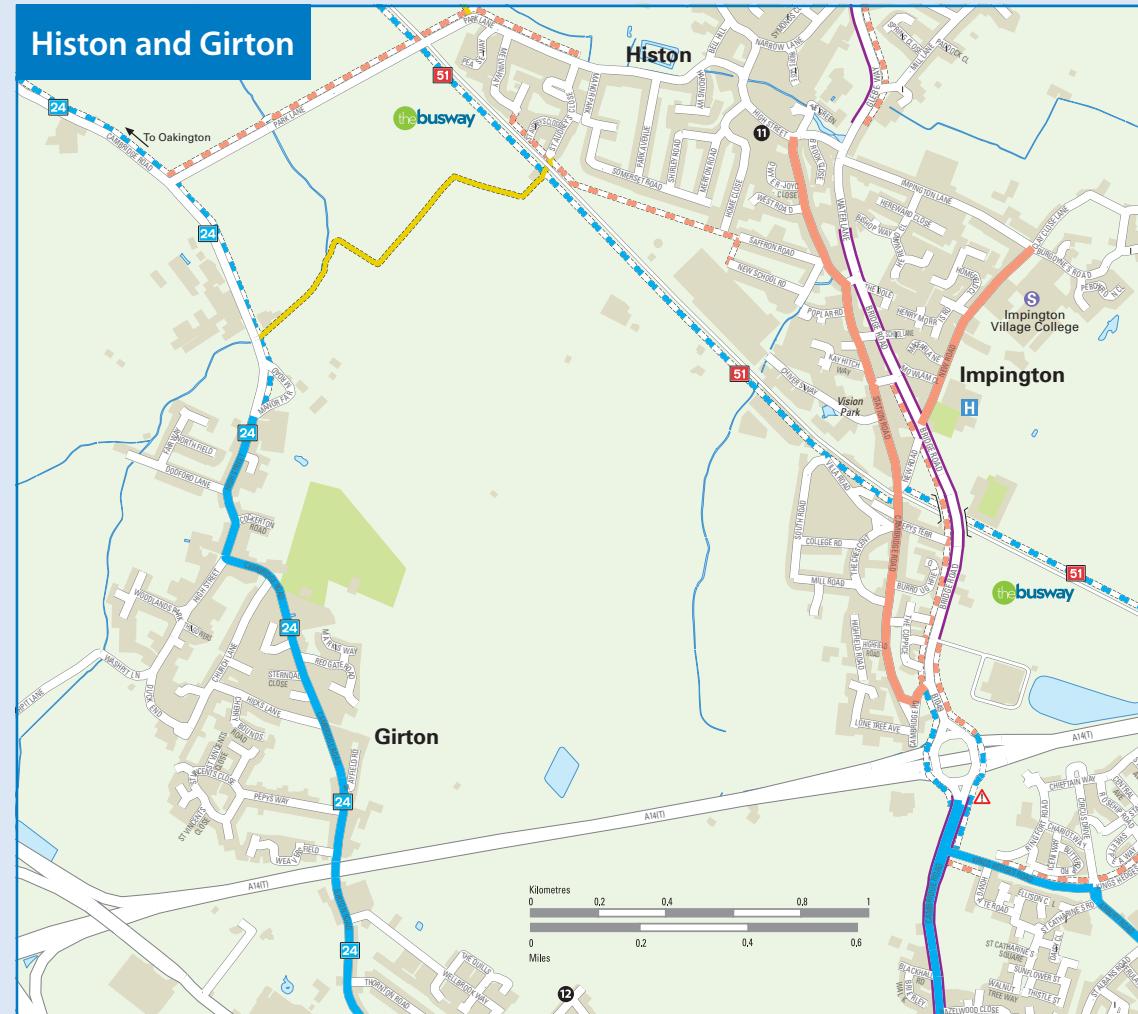
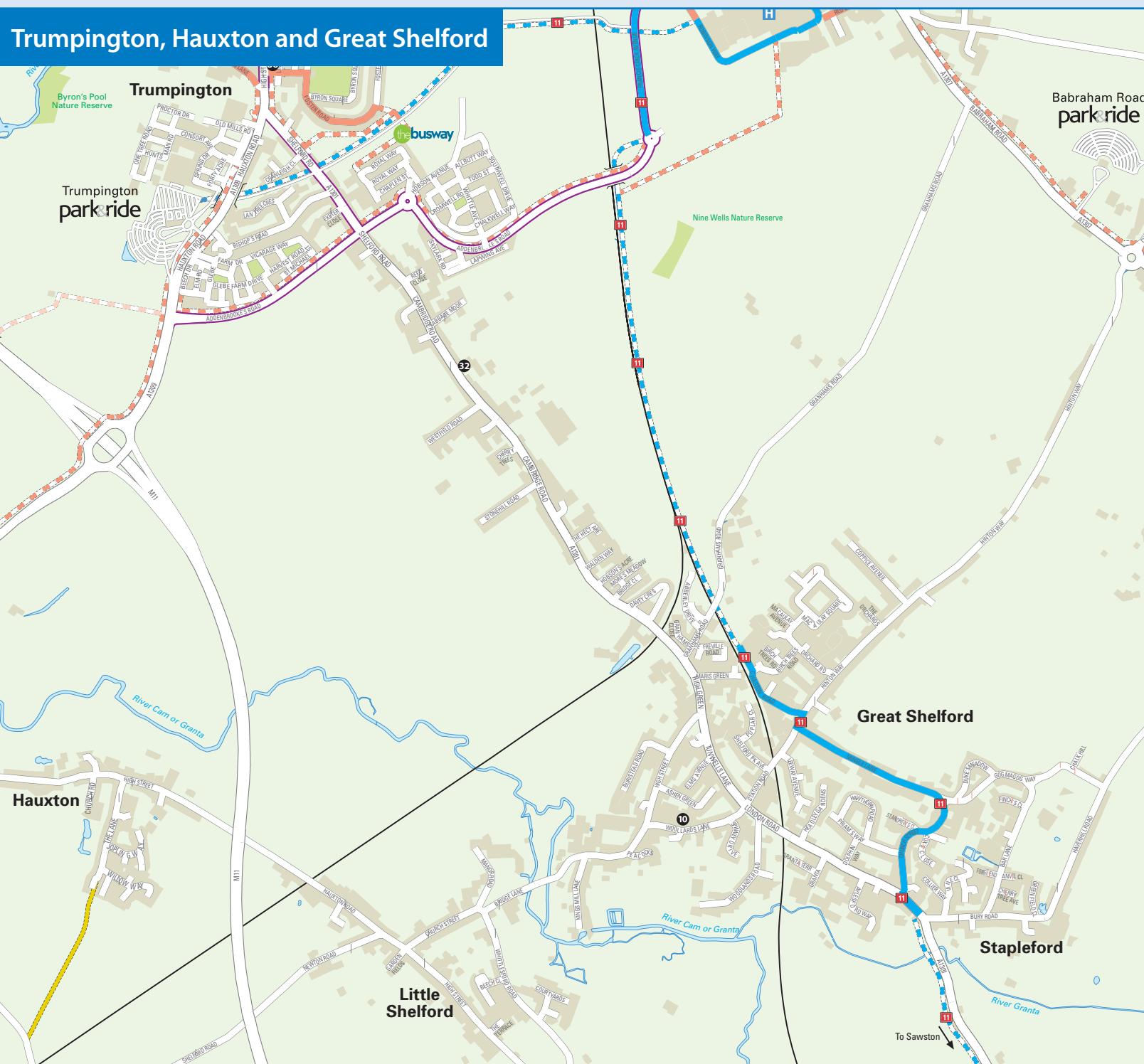
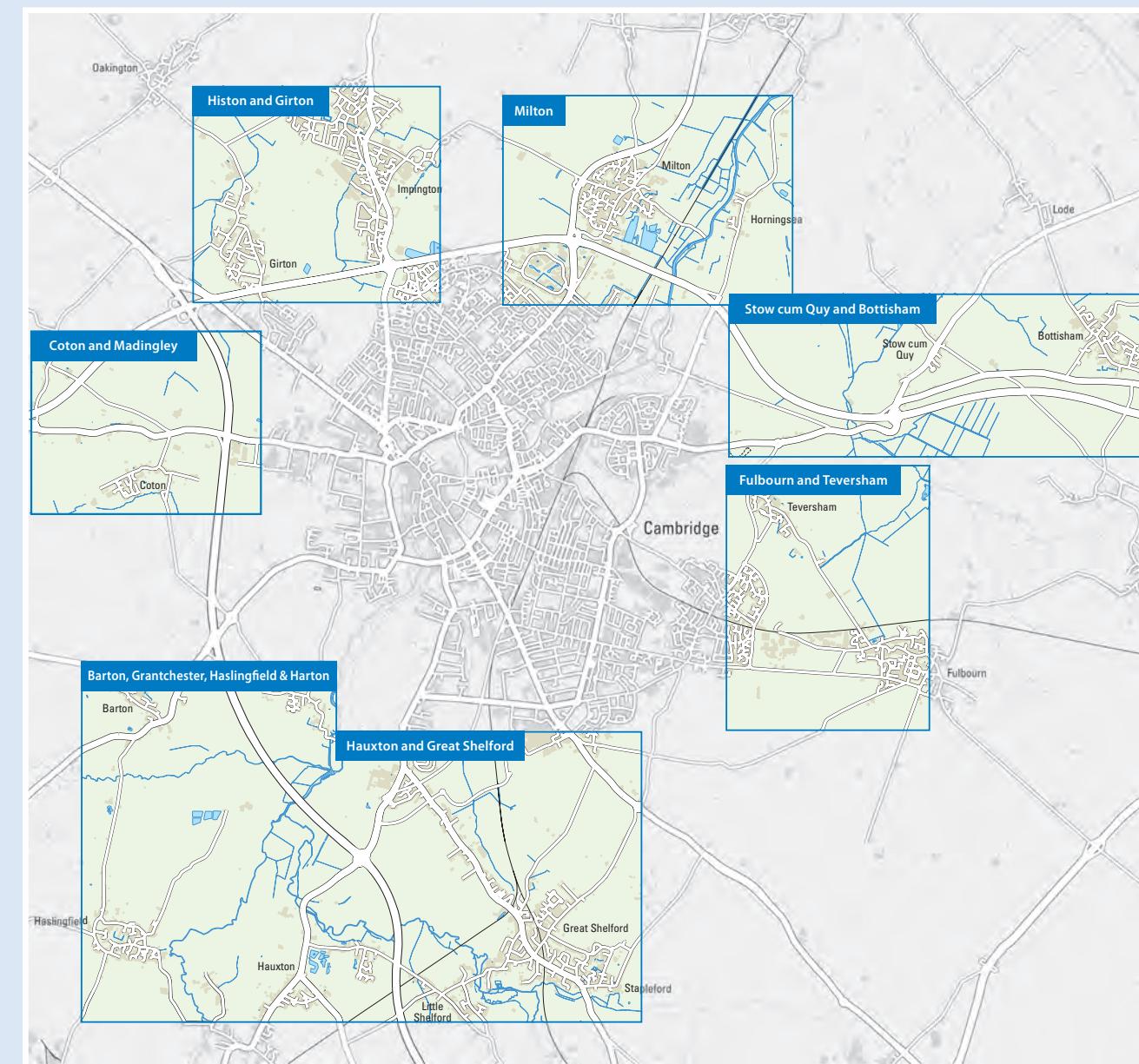


to nearby villages



National Cycle Network routes 1, 11, 12, 51, 53, 63 all go through Cambridgeshire.  
For maps or more information about these routes contact SUSTRANS on 0845 113 0065 or go to [www.nationalcyclenetwork.org.uk](http://www.nationalcyclenetwork.org.uk)

**Why cycle?**

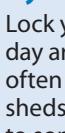
- To save time – it's often the quickest way to get around the city and parking is free and easy.
- It's free.
- It keeps you fit whilst you get from A to B – regular cyclists are as fit as a person 10 years younger and have a reduced risk of heart disease or stroke.
- To enjoy the many green open spaces around the city

**Cycling tips**

- Ride assertively – cycle well out from the kerb so that you are visible to motorists. This will discourage them from overtaking too closely.

**Do's and don'ts**

- Be considerate to pedestrians – they should be given priority on shared paths, so slow down and use your bell.
- Don't cycle on the pavement unless there are blue signs indicating that they are designated cycle routes.
- Use lights at night – reflective clothing is also a good idea.
- Follow the city centre one-way system.
- Obey red lights.

**Cycle training**

Bikeability

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confidence

boost.

All trainers are

experienced

at delivering

National

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cycle

training,

tailored to suit

individual needs.

Training is free for children

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