



Why cycle?

It's good for your health:

Cycling is an easy and excellent way to incorporate physical activity into your daily routine. This can bring you and your family closer to recommended daily physical activity targets. Cycling can also help manage weight and promote positive mental wellbeing.

It's good for your wallet:

With the increasing cost of motoring, think how much you'll save if you make some journeys by bike. Short car journeys under 5km are ideal for switching to cycling and with approximately 30 miles of cycle tracks, most areas in Harlow can be reached in less than 30 minutes when cycling.

It's good for the environment:

Cycling is almost carbon neutral, so there's less need to worry about the impact your journeys are having on the environment.

It's good for the town:

Cycling helps to reduce congestion; one car space could provide parking for 5-10 bikes. Cyclists also tend to visit local shops more frequently than motorists, which helps to support the local economy.

Why not cycle to...

Harlow Town Park

One of the largest urban parks in the country, Harlow Town Park covers over 160 acres of beautiful green space. Designed by Dame Sylvia Crowe, the park is a Grade II listed site. The park is home to Pets' Corner, 5 unique gardens, the bandstand, adventure playground and inclusive play area, outdoor gym, paddling pool, skate park, marshes and meadows and Spurriers House Café.

Harlow Museum and Walled Gardens

The museum presents the history of the town from the Iron Age to the present day and has two acres of historical gardens. The museum is also home to the John Collins cycle collection which highlights the evolution of cycles from the earliest days of cycle design to modern models. Cycling has always been part of Harlow's DNA - cycle tracks were included in the very first designs of the New Town.



Harlow Town Centre

Harlow Town Centre is the ideal location for shopping, eating, drinking and relaxing. There are a variety of independent and high street shops, restaurants and cafés. Harlow Town Centre is also home to arts venues including Harlow Playhouse, The Gibberd Gallery and Harlow Library.

The Gibberd Garden

This inspirational and fascinating Grade II listed garden was created between 1957 and 1984 by Sir Frederick Gibberd, Master Planner of Harlow New Town and leading post-war architect, it is acknowledged as one of the most important 20th century gardens in the country.

Parndon Wood Nature Reserve

Parndon Wood Nature Reserve is an area of ancient woodland and home to a huge range of birds, small mammals, deer, flora and fungi.

River Stort

The River Stort is a tributary of the River Lee, which it joins at Hoddesdon. Following along the river, you can pass Parndon Mill, which is a gallery and home to a range of artists. Adventurous cyclists can ride all the way to the Queen Elizabeth Olympic Park in London which features the Lee Valley VeloPark where you can visit the iconic velodrome, race on the road circuit, or ride the mountain bike trails or BMX track.

Harlow Leisurezone

Harlow Leisurezone was used as training facility for elite athletes prior to the London 2012 Olympics. The facility features a 25 metre, 8 lane swimming pool with seating for 300 spectators and a learner pool. The sports arena is built to national club standard for badminton, basketball and trampolining. Facilities include a state of the art gym, three fitness studios, squash courts, health spa, daycare nursery, therapy suite, baby sensory area and cafés.

Essex Outdoors Harlow

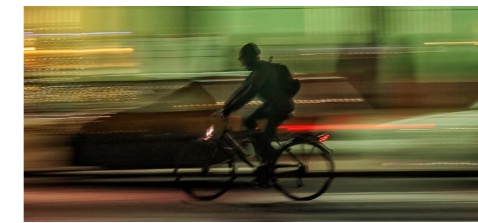
The site is an oasis of urban adventure. Facilities include a specialist climbing and paddle-sport centre, The Lock which is one of the biggest climbing walls in the South East, high ropes, and climbing walls. The site also provides access to miles of tranquil waterways where you can learn to canoe, kayak, stand up paddleboard, and try coastering.

Share the space

Whether you cycle on the road or on designated cycle paths you will have to share the space.

On shared off-road facilities please remember:

- Pedestrians are more vulnerable than a cyclist
- Keep an appropriate speed for the type of route you are using and the number of other users
- Use lights at night, even on cycle paths. Other users need to see you and you need to see where you are going



On the road:

- We all have an equal right to the road space - on two wheels or four
- Be decisive and hold your line
- Cycling and cyclists benefit everybody by easing congestion and maximising road capacity
- Jumping red traffic lights and riding on pavements is illegal, dangerous and reinforces negative attitudes about cycling
- Advance stop lines and cycle lanes are for cyclists' safety
- As a driver, look out for cyclists and give them lots of room
- Cyclists should take extra care around large vehicles. Do not undertake on the inside; they may not see you.

How long will it take me?

This chart shows approximate distances and times to key locations in Harlow to help you plan your journey. Remember, the exact time will depend on your route and how quickly you pedal.

Numbers indicate:									
Miles	Town Centre	Princess Alexandra Hospital	Harlow Town Station	Harlow Mill Station	Pinnacles Industrial Estate	Templefields Industrial Estate	Staple Tye Shops	Church Langley	Bush Fair
Minutes cycling									
Town Centre		0.39 4	1.3 8	2.9 20	1.2 8	1.6 11	1.3 9	2.6 17	0.96 6
Princess Alexandra Hospital	0.39 4		1.2 8	2.9 19	0.9 6	1.7 11	1.6 11	3.3 22	1.6 11
Harlow Town Station	1.3 8	1.2 8		2.0 14	1.6 11	1.0 7	3.0 20	3.8 25	2.1 14
Harlow Mill Station	2.9 20	2.9 19	2.0 14		3.4 23	1.1 8	4.6 31	2.4 16	3.5 23
Pinnacles Industrial Estate	1.2 8	0.9 6	1.6 11	3.4 23		2.8 19	2.0 13	4.4 30	2.7 18
Templefields Industrial Estate	1.6 11	1.7 11	1.0 7	1.1 8	2.8 19		3.6 24	3.3 22	2.7 18
Staple Tye Shops	1.3 9	1.6 11	3.0 20	4.6 31	2.0 13	3.6 24		3.5 24	1.1 8
Church Langley	2.6 17	3.3 22	3.8 25	2.4 16	4.4 30	3.3 22	3.5 24		2.3 15
Bush Fair	0.96 6	1.6 11	2.1 14	3.5 23	2.7 18	2.7 18	1.1 8	2.3 15	

Harlow Cycling Map



Harlow Council
Working together for Harlow

www.harlow.gov.uk

FIND YOUR ACTIVE

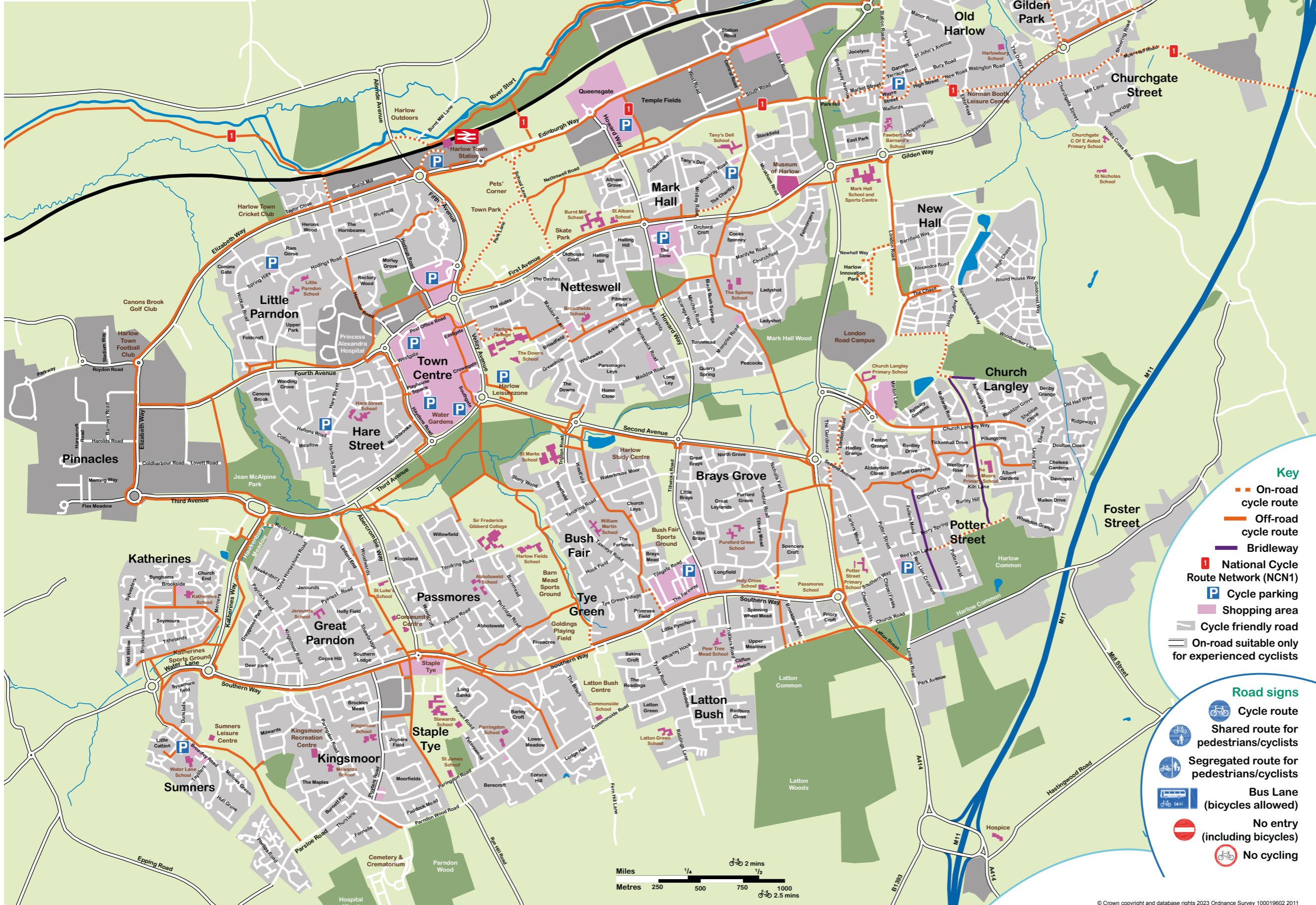
HARLOW

www.activeessex.org

HARLOW

www.discoverharlow.co.uk





Key

- On-road cycle route
- Off-road cycle route
- Brideway
- National Cycle Route Network (NCN1)
- Cycle parking
- Shopping area
- Cycle friendly road
- On-road suitable only for experienced cyclists

Road signs

- Cycle route
- Shared route for pedestrians/cyclists
- Segregated route for pedestrians/cyclists
- Bus Lane (bicycles allowed)
- No entry (including bicycles)
- No cycling

Be safe, be seen
Make sure you can be seen by wearing fluorescent items in the daytime and reflective at night.

When cycling at night you must have a white front light, red back light and red reflector – all in good working order. It is an offence to cycle at night without lights and reflectors.

You can also use spoke and pedal reflectors on most types of bikes.

Road position can make a huge difference to your visibility whilst cycling. Ride at least one metre from the kerb and consider taking the primary position (the centre of the lane) at junctions and pinch points, especially in low light conditions.

Cyclists' training
Essex County Council, through the Bikeability Scheme, offers cyclist training to a wide range of ages and abilities.

Bikeability is cycling proficiency for the 21st Century, designed to give the next generation the skills and confidence to ride their bikes on today's roads.

Training is also available for adults and can be focused around your needs.

If you are interested in finding out more please contact saferessexroads@essexhighways.org or for information about Bikeability visit <https://saferessexroads.org/road-users/cycling/>