



# Enjoy Safe Cycling

Wherever you cycle it makes sense to stay safe, especially where the routes connect to towns or pass through urban centres. The following suggestions and road signs may be helpful.



## Safety and good practice

**You Should Wear:** A cycle helmet, light-coloured or fluorescent clothing that will not snag on the chain and reflective accessories that are clearly visible in the dark.

**At Night:** By Law, your cycle must have front and rear lights lit. It must also be fitted with a red rear reflector and amber pedal reflectors (if made after 01/10/85). White front reflectors and spoke reflectors will also help you to be seen.

**Shared Paths:** Cyclists must give way to walkers and horse riders. Please take care, warn others of your approach and reduce speed. Vehicles may also be encountered on some off-road routes for farm access, 4x4 leisure or for route maintenance.














**Road Routes:** Derbyshire County Council will continue to improve the comfort and safety of road routes, but special care should be taken when cycling where other vehicular traffic is present.

**Where Legal:** Cyclists are allowed to use off-road paths that are designated Byways and Public Bridleways, as well as where landowners permit, such as countryside trails.

**Safe Routes to School:** Links to schools are being developed to encourage safe walking and cycling to schools. Use the contacts section to see if a cycle route has been developed to your school.

**Cycle Training:** Wondering how to get started or how to pick up a bike again? To access cycle training, contact the Road Safety Team at Derbyshire County Council.



	No Cycling		With Flow Bus Lane ahead		Cycle route ahead		Shared pedal cycle and pedestrian route
	Recommended route for pedal cycles		Route for pedal cycles forming part of the National Cycle Network		Route to be used by pedal cycles only		Buses and Cycles only
	With Flow Cycle Lane		Recommended route for pedal cyclists to place shown		Segregated pedal cycle and pedestrian route		Only
	With Flow Bus Lane which pedal cycles may also use						

## Cycling Organisations

### British Cycling (BC)

National Cycling Centre, Manchester, M11 4DQ  
t: 0870 871 2000 [www.britishcycling.org.uk](http://www.britishcycling.org.uk)  
British Cycling is the internationally recognised governing body for cycle sport in the UK.



### CTC National Cyclists' Organisation

CTC, Parklands, Railton Road, Guildford, Surrey, GU2 9JX  
t: 0870 873 0060 [www.ctc.org.uk](http://www.ctc.org.uk)  
CTC is the UK's national campaigning body, which aims to make cycling enjoyable, safe and welcoming for all.



### Sustrans

The National Cycle Centre, 2 Cathedral Square, College Green, Bristol, BS1 5DD  
t: 0117 926 8893 [www.sustrans.org.uk](http://www.sustrans.org.uk)  
Sustrans is the UK sustainable transport charity, encouraging people to walk, cycle and use public transport in order to reduce motor traffic and its adverse effects on the environment. Sustrans are co-ordinating the development of the National Cycle Network.



### IMBA UK - International Mountain Bike Association in the UK

IMBA-UK, Woodview, Coddington, Ledbury, HR8 1JH  
t: 01531 633500 [www.imba-uk.com](http://www.imba-uk.com)  
IMBA UK promotes the development of trail facilities in the UK.



## Main Tourist Information Centres in Derbyshire

Whether planning a holiday or a day trip the Tourist Information Centres can help. For information on visitor attractions, accommodation, travel links and local interest features, contact one of the centres below.

### Ashbourne

13 Market Place  
Ashbourne DE6 1EU  
t: 01335 343666

### Chesterfield

Ryknel Square  
Chesterfield S40 1SB  
t: 01246 345777

### Matlock

Crown Square  
Matlock DE4 3AT  
t: 01629 583388

### Bakewell

Old Market Hall  
Bridge Street  
Bakewell DE4 1DS  
t: 01629 813227

### Derby

Assembly Rooms  
Market Place  
Derby DE1 3AH  
t: 01332 255802

### Matlock Bath

The Pavilion  
Matlock Bath DE4 3NR  
t: 01629 55082

### Buxton

The Crescent  
Buxton SK17 6BQ  
t: 01298 25106

### Glossop

The Gatehouse  
Victoria Street  
Glossop SK13 8HT  
t: 01457 855920

### Ripley

Town Hall, Market Place  
Ripley DE5 3BT  
t: 01773 841488

## Cycling Groups In Derbyshire

### Chesterfield Cycle Campaign

t: 01246 520820  
[www.chesterfieldcc.org.uk](http://www.chesterfieldcc.org.uk)

### Matlock Cycling Group

t: 01629 822259  
e: [harry@kavanhouse.freemove.co.uk](mailto:harry@kavanhouse.freemove.co.uk)

### Derby Cycling Group

t: 01332 345942  
[www.derbycitycyclinggroup.org.uk](http://www.derbycitycyclinggroup.org.uk)

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Ashbourne: 01335 343156  
Parsley Hay: 01298 84493  
Derwent: 01433 651261  
Middleton Top: 01629 823204




www.peakdistrict.gov.uk/cycle