Always abide by the Highway Code.

- Ride as though you're invisible never assume that motorists have seen you. Make eye contact with drivers who are likely to cross your path, particularly at junctions, when passing side
- roads and before manoeuvres. Ride to your own pace and ability, not that of
- Look well ahead for any hazards or obstructions.
 Keep your tyres inflated to maximum pressure Give yourself time to alter your path and speed accordingly. Check over your shoulder regularly too - it's as important to know what's behind you as what's ahead of you. You may wish to • light coloured or flourescent clothing helps you consider fitting a mirror.
- Signal clearly the direction you intend to travel.
- Keep off the footway unless you are permitted. Take care when passing pedestrians and remember that they may be inattentive or anxious around cyclists. Some may be unable to react quickly or see or hear your approach. Let pedestrians know you are there and allow plenty of room. Be ready to slow down and

 • Personal liability often has to be covered stop if necessary. Be considerate and remember
- that pedestrians have right of way even on both sides of segregated cycle tracks.

Give horse-riders plenty of room and do not

pass too quickly, especially from behind. Defensive cycling

 Be aware of cars crossing cycle lanes from the left or right at side roads.

- When approaching junctions, be wary of lorries which might turn left across you. If you find vourself behind a long vehicle at a junction or in a queue, **NEVER** edge forward alongside it on the left hand side. This puts you in a very vulnerable position (especially if the vehicle is planning to turn left) as the driver is unlikely to be aware you are there.
- Be aware that motorists often misjudge the speed of cyclists and may change lane and manoeuvre without signalling, particularly in
- Be aware of vehicles pulling out of side roads changing gears. they may not have seen you.
- When approaching junctions, it can help to occupy the middle of your lane, but remember plan well ahead, check over your shoulder before any manoeuvre and signal your
- intentions clearly. Think ahead to your next turn and position yourself appropriately in good time. Assert your

position on the road. **Cycling at night**

 Check that you have reflectors fitted and that they are clean. Fit and use legal lights. Use of supplementary lights is also a good idea. Wear something bright and reflective at night.

(LCAG) www.leedscyclists.org.uk Making Leeds a better place to cycle

> feedback on completed work. CAG promotes cycling in the

campaigns on local issues such as potholes and obstructions in cycle lanes or dangerous traffic calming. LCAG are part of the UK national network of cycle campaign groups, Cycle Nation and affiliated to CTC.

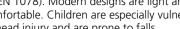
and riding our bikes. Easy Riders every Saturday (less then 15 miles); long rides on Sundays. See our home page at www.leedscyclists.org.uk

should be easier, safer, more pleasant and more fun then join now. Membership: £7

on 0113 262 2328.

bicycle maintenance.

Consider wearing a helmet (conforming to



- Some accidents can be prevented by good
- for road cycling (it makes pedalling easier and punctures less likely). Think about fitting road
- to be seen in daylight or poor light.
- Household policies can often be extended to

5 Pedal in low gear to catch breath before changing up

Lane position Cycle about a metre away from the kerb.

based pay-as-you-drive motoring. www.citycarclub.co.uk

West Yorkshire Travel Plan Network free of charge. The WYTPN is run by the five WY Authorities and Metro. Visit www.wytravelplan.com for more

Useful contacts in Leeds

All Leeds City Council contacts can be found at

To report problems or make an enquiry related

nighways@leeds.gov.uk or call the highways

to potholes, street lighting, street sweeping

To report problems related to traffic signals

and blocked gulley issues please email:

City Council

www.leeds.gov.uk

and where it is.

parks@leeds.gov.uk

Dirtwheels Cycles

140 Woodland Lane.

Fine Fettle Cycles

Meadow Road, LS11 9BX

Halfords Bridge Road,

Recycle Engineering

Leeds, LS15 4JH

Drake's Cycles

66 Boroughgate, Otley, LS21 1AE

148 Harehills Lane, LS8 5BD

Chapel Allerton, LS7 4QG

Edinburgh Bicycle Cooperative

3A The Boyle, Barwick In Elmet,

01943 466869 www.dirtwheels.co.uk

0113 249 0326 www.drakescycles.co.uk

0845 257 0808 www.edinburghbicycle.com

0113 393 5688 www.finefettlecycles.co.uk

1-2 New Station Street, Leeds, LS1 5DE

01293 574 900 www.evanscycles.com

0113 242 8780 www.halfords.com

Melbourne Park, York Road, LS14 6AX

Kirkstall, Leeds, West Yorkshire, LS5 3BJ

2 Norwood Mount, Headingley, LS6 1DU

0113 278 0144 www.halfords.com

0113 274 5229 www.rceuk.co.uk

1 Long Row, Horsforth, LS18 7AA

0113 264 8311 www.halfords.com

The Council's Road Safety Promotion Northern rail have provided Unit provides Bikeability Cycle Training, a 'Dutch Style' cycle storage cycle Levels 1 & 2. The majority of training facility outside Leeds is provided to pupils in Years 5 & 6 City Rail Station. There is but we also run a limited number of secure parking available for 300 cycles (for a

courses in leisure centres around the small charge) and services such as cycle hire, city during school holidays. For more maintenance and sales. For more information information about Bikeability please see www.cyclepoint.org

visit www.dft.gov.uk/bikeability/

Half day family cycle training courses - aimed at encouraging the whole family to cycle and to provide parents with advice and tips on how to

support and develop their child's cycling skills. A Bike Buddy service - aimed at new or

returning cyclists who want to cycle to work. The Bike Buddy offers personalised attention from helpline on 0113 2224407. Please give as many experienced cycle trainers with a good knowledge details as you can about what the problem is,

of the local cycle network. A Bike Buddy can assist with:

• Selecting and riding the most appropriate route. please call **0113 246 0137** or email:

Information on the local cycle network.

traffic.signals@leeds.gov.uk • Advice on riding in different weather conditions.

If you have any comments about cycling or

 Advice on cycle equipment & accessories. want to raise specific cycling issues please email For more information please contact Travelwise@leeds.gov.uk or ring 0113 3951470. 0113 2475198 For issues related to public footpaths and bridleways contact 0113 3957400 or email:

Email: road.safety@leeds.gov.uk www.leeds.gov.uk/roadsafety

Cycle and rail

Cycle Journey Planner In combination bikes and trains can help provide greater connectivity for your journey. Cycles are carried free Plan your bike journey with the cycle route planner from Transport Direct at www.transportdirect.info on most trains but various rules and restrictions apply. Check before you travel with Rail Travel This tool offers a variety of options for your cycle Enquires. See www.nationalrail.co.uk where journey including 'quietest', 'quickest' and 'most you can download the "National Cycling by Train" recreational'. leaflet or call **08457 48 49 50**.

West Yorkshire Travel Plan Most rail stations around Leeds are provided with Network Sheffield stands that are located under CCTV Employers can get help west cameras and many of these are covered. and advice on 'cycling

City Car Club

to work' and other benefits by joining the Ride a bike but still need access to a car? Join City Car Club for locally

Where appropriate bike shops are shown on the map with a symbol and are numbered.

The Bike Doctor Mobile and 36 back of Rose Avenue,

Leeds, LS18 4QE 07833682584 www.bikedoctorleeds.co.uk

The Bike Shop 78-84 Crossgates Road, Crossgates,

0113 232 8483 www.leedsbicycle.com

Bikology
154 Hyde Park Road, Hyde Park Corner, 0113 224 9982 www.bikology.co.uk

Bob Jackson Cycles Station Buildings on Stanningley Road, Bramley, LS13 3EG 0113 2551144 www.bobjacksoncycles.co.uk

Chevin Cycles The Showrooms, Leeds Road, Otley, LS21 1BR 01943 462773 www.chevincycles.com

1 The Crescent, Otley Road, Leeds, LS16 6AJ

Halfords 0113 2610120 and 6 Rodley Lane, Leeds, LS13 1HU 0113 2554747 www.crosstrax.co.uk Cyclesense and LikeaBike

Unit 657a, Street 4, Thorp Arch Trading Estate, LS23 1HU 01937 849368 www.cyclesense.co.uk

Dave Rayner Cycle Sport 154 Harrogate Road, Yeadon, LS19 6AH

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0113 250 8832 www.daveraynercycles.co.uk Triangle **Dave Rayner Cycle Sport** 107 Main St, Garforth, LS25 1AF

0113 259 0477 www.triangleleeds.co.uk 0113 286 2700 www.daveraynercycles.co.uk Woodrup Cycles

345-347 Kirkstall Road, LS4 2HD 0113 2636212 www.woodrupcycles.com Kings of Cycling

365 York Road, LS9 9DN 0113 2491986 www.kingsofcycling.com

Produced by CycleCity Guides for Leeds City Council Transport Strategy, The Leonardo Building, 2 Rossington Street, Leeds, LS2 8HD

Leeds Cycling Action Group

future planning, current projects

city, lobby local, UK and European Sustrans

mile of over half the UK population.

The CTC is Britain's largest cycling

Support our work. If you think that cycling (£4 unwaged). See the news, join the debates, make your voice count: www.facebook.com/

organisation, with over 55,000 members. It provides travel and LCAG campaigns for cyclists in Leeds. Got a bee technical advice, legal aid and in your bonnet? Tell us and we will campaign with insurance to members, and it you. LCAG meet with road planners campaigns to improve facilities

regularly to discuss long term policy, and opportunities for all cyclists.

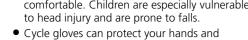
government, run grass-roots action And, of course, we have a lot of fun campaigning

0845 113 00 65 www.sustrans.org.uk

leedscycle or call Allan, Membership Secretary

improve grip.

BS EN 1078). Modern designs are light and comfortable. Children are especially vulnerable



tyres to mountain bikes.

- It is wise to have full insurance cover.
- A specialist policy may be needed for more expensive bikes.

There are a few hills in Leeds but none are too steep to ride up. Remember the golden rule: what

goes up must come down, so working to get up a hill is worth it for the descent on the other side.

Match gear to speed. 3 Start to pedal as hill flattens. 4 Change down gear before pedalling becomes too hard.

Tip: On long hills pick a gear and pedalling rate (cadence) you are comfortable with and stick to it. Ignore your speed – getting up the hill is what • Watch out for doors opening from parked cars.

Can help to maintain speed and cadence without matters. On short hills, standing up on the pedals

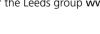


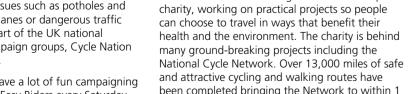
Advanced stop lines enable cyclists to negotiate

 Be aware that most tracks away from the road
 When the traffic signals are red, cyclists move ahead to a 'reservoir' area to position themselves safely ahead of motorists.

health and the environment. The charity is behind

0844 736 8450 www.ctc.org.uk or for the Leeds group www.leedsctc.org.uk











CycleCity Guides www.cyclecityguides.co.uk

The representation of a track or path is no evidence of a public right of way. Users of these routes do so at their own risk.