

Cycling in Crook



For more information on active travel, please contact: activetravel@durham.gov.uk or visit www.durham.gov.uk/cycling



or scan this code with your phone camera



Produced by Durham County Council in conjunction with Durham Cycling Forum



Why cycle?

Cycling is cheap, fun and easy to do. From a five minute potter to the shops or a ten minute ride to work, through to a fifty mile cycle, there are benefits and routes for all.

Get in shape

- Cycling burns on average 240 calories an hour (at 10mph).
- Regular cyclists enjoy higher levels of overall fitness – a great benefit from a daily ride to work.
- In the long-term cycling has huge benefits for general health, and reducing the risk of heart disease.

Visit www.nhs.uk/healthier-families/ for more information.

Travel smart

- Cycling is a zero carbon mode of transport which improves air quality and has a positive impact on the environment.
- One in four car journeys are less than 2 miles, so rather than just jumping into the car to go to school, the shops or to work, why not cycle? 2 miles will take you about 12 minutes (at 10mph) so it's a fast option too.
- Cycling has predictable and reliable journey times so you can always be on time.

Unwind

- Switching from driving to cycling helps avoid the stressful morning traffic jams. The Stress Management Society recommends cycling as one of the best ways of reducing stress.
- Taking regular and moderate exercise is a great way of reducing stress while the pleasure of cycling is a great tonic for mind and body.
- Cycling can be very sociable too, and a great way to see more of your local community.

For information on weekly guided rides, local events and clubs, visit www.durham.gov.uk/cycling. To find your nearest cycling club contact clubdurham@durham.gov.uk.

Save money

- It is much cheaper to buy and maintain a bike than a car and you will be saving money on fuel too.
- You can save yourself money by switching to cycling. Every journey you replace will bring savings!
- To find out more information about annual commute costs by car and bike go to <https://blog.halfords.com/cyculator.html>.

If you need help and support join Love to Ride! There are resources to help you ride more, you can connect with other riders, plus you could win amazing prizes. Register for free at www.lovetoride.net/durham and start logging your journeys.

Cycling to work

Combine your exercise time with transport by cycling to work.

By incorporating physical activity into your everyday routine you will reap the benefits. Cycling regularly can reduce the potential for illnesses associated with a sedentary lifestyle, including diabetes and cardiovascular disease.

If you live or work in one of the current scheme areas you can apply to our Borrow a Bike Scheme for free bike hire to help you get to work, save money and keep healthy. For more information please visit www.durham.gov.uk/borrowabike.



Cycle training

Bikeability

Bikeability is designed to give quality skills and confidence over three important stages of a cyclist's training:

- **Level 1:** Covers all aspects of training which will enable a cyclist to make a safe off road journey.
- **Level 2:** At the end of this training, a cyclist should be able to make simple journeys on quiet roads.
- **Level 3:** Builds on the basics learned in Level 2 and covers training which should enable the cyclist to have confidence to ride on busier roads in this country.



All Primary Schools in County Durham are offered Bikeability Cycle Training for year 5 pupils. For more info, visit: www.durham.gov.uk/roadsafety

Cycling to school

Cycling to school with your child instead of using your car could save you hundreds of pounds a year in fuel costs alone. It also helps you and your children get active, bringing you all health benefits.

Cycling is one of the best forms of exercise for young people and is one of the top ways pupils say they would like to travel to school. Children who cycle to school can benefit from increased concentration and mental wellbeing. Having a healthier lifestyle, they are less likely to develop future health problems such as diabetes, asthma or heart disease. They also breathe cleaner air as the air inside a car can be three times as polluted as the air outside.



Cycling is a great alternative to driving and helps to reduce the congestion around the school, making the journey to school safer, healthier and more fun for everyone.

Local schools

(see map on page 8)

- S1** Stanley Crook Primary
- S2** Peases West Primary
- S3** Hartside Primary Academy
- S4** St Cuthbert's RC VA Primary
- S5** Crook Primary
- S6** Howden-le-Wear Primary



The code of conduct for cyclists in Crook

- 1 Have consideration for pedestrians. Cyclists should be aware that not all people will be able to hear or see them and they should give all pedestrians room to move.
- 2 Cycle on roads with care and consideration for other road users. Ride in single file on narrow or busy roads and when riding round bends.
- 3 On shared use paths cycle with consideration for other users by slowing down, alerting walkers and giving them space when overtaking.
- 4 Park bikes at the designated cycle parking stands where possible. If your destination needs stands put a request in at www.ParkThatBike.info. Do not lock your bike onto other people's private property.
- 5 Do not cycle on pedestrian ramps or steps – carry or push your bike, or use another route.
- 6 Do not cycle on pavements. If you need to use a pavement, you must push your bike. Police can issue fixed penalty notices to people (over the age of 10) who cycle on pavements. You can cycle on shared use paths which tend to be wider (2-3 metres) and will be signed and marked on this map.



- 7 Cyclists must respect the rules of the road, including one-way streets and traffic lights.
- 8 Stay alert to your surroundings. Do not use a mobile phone while cycling.
- 9 **Be safe be seen** – use bike lights at night and wear high visibility and reflective clothing. At night it is a legal requirement to have a white light on the front and a red light and red reflector at the back of your bike.

Tips

Cycling tips

- Watch for opening car doors of parked cars.
- Stay back from large vehicles. Watch for vehicles turning left across your path.
- Give walkers time to gather in children and get dogs under control.
- Carry a pump and puncture repair kit and good quality lock.
- Make sure your bike has a bell.
- Catch the driver's eye when crossing junctions to ensure they have seen you.
- When cycling on the road look ahead for hazards such as potholes and parked vehicles.



Tips for Drivers

- Expect to see cyclists when you're driving. Numbers are increasing and it might even be someone you know!
- Overtaking: Cyclists can travel quickly – assess if you need to overtake. Be prepared to wait behind for a safe opportunity to overtake. Only overtake when you have enough room i.e. the same space you would give to overtaking a car.
- Cyclists require extra space when exerting more effort on hills and when travelling at speed going downhill.
- Cyclists may be travelling faster than you expect check carefully at side roads.
- Once parked, check over your shoulder (driver and passengers) before opening your car door for any passing cyclists.
- Cyclists are exposed to the elements so allow more room in wet and windy conditions, in bright sunlight and at night.
- Expect cyclists to be at least 1 metre away from the kerb. They are avoiding surface defects, debris, drains, puddles and maintaining a positive position on the road so you can see them.
- At junctions or in slow moving traffic expect cyclists to filter past on both sides of your vehicle and be extra vigilant when setting off, especially before turning.
- Drivers must respect the rules of the road, including indicating, speed limits and traffic lights.

Buying a bike



When buying a bike, it is important that it is the right one for you. You need to consider size, budget and the types of cycling you will be doing. The best way to ensure you get the right one is to buy from a specialist cycle shop and get expert advice.

By investing in, looking after and regularly using a good bike, you will save money on other types of travel. Check with your employer to see if they are running a salary sacrifice bike purchase scheme which offers tax benefits.

For further information on starting or returning to cycling, from buying a bike to route planning, email us at activetravel@durham.gov.uk for a **free copy of Bike Easy** – top tips and expert advice for the new cyclist by Peter Andrews.

Look after your bike



Basic maintenance checklist

- **Daily** – lights and reflectors are still working and clean and bright, brakes are efficient and gears are working correctly.
- **Weekly** – tyres are correctly inflated and the chain is properly adjusted and lubricated.
- **Monthly** – clean your bike with a bike specific cleaning product.
- **Six Monthly** – check all fixtures are secure (i.e. handlebars, saddle, wheels, pannier rack, lights etc), if there is movement clean off any dirt, oil the moving parts and tighten these up.



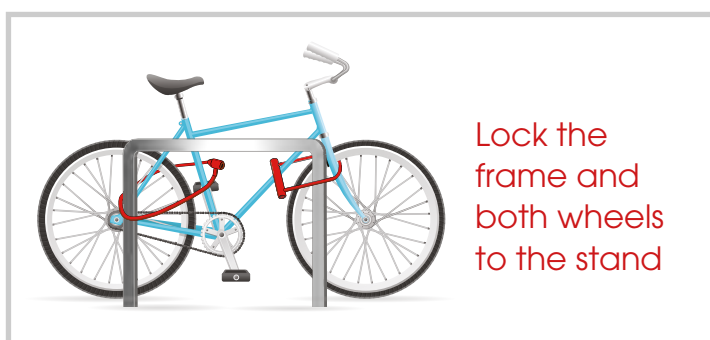
Locking your bike

Make your bike as secure as possible by following the tips below:



- Always use a lock and make sure it is tightly fastened and not hanging loose.
- Use designated cycle parking stands. These are much more visible and you are less likely to have your bike stolen from these sites. If your organisation or local shop, church, community centre needs some cycle parking please visit www.ParkThatBike.info to request **free cycle parking stands**.

- Do not lock your bike where it will cause an obstruction.
- Remember to secure your bike at home too – most thefts are from the home. Use a security marking kit and register your bike. Look out for “Operation Spoke” bike security marking events with Durham Constabulary.
- Use a D-lock and a second lock if possible.



Lock the frame and both wheels to the stand

Shared Paths



A shared path is used by walkers and cyclists and is identified by the blue shared use signs.

There are shared use routes across the county which are often used by people commuting to work or school, here are some tips to help you use and enjoy the routes.

Guide for Cyclists

- Show consideration to pedestrians on shared use paths.
- Slow down when approaching walkers and alert them with your bell or by giving a friendly call.
- Take care around young children, older people and dogs as their movements can be unpredictable.
- Give time for walkers to gather in children and get dogs under control.
- Travel at a speed that allows you to stop easily.
- Overtake slowly (stop pedalling if possible) and with plenty of space.
- Keep left and stay alert.

Guide for Walkers

- Keep left and stay alert, especially on inclines and round bends.
- Keep dogs on a short lead and under control.
- Try not to wander across the path.
- Leave space for cyclists and runners to overtake.

Common signs

Cyclists must obey all road signs, including 'Stop', 'Give Way' and speed-limit signs. The following signs are particularly relevant for cyclists.



Route for use by pedal cycles and buses only



With-flow bus, taxi and cycle lane



Contra-flow cycle lane



No entry for any vehicles except for pushed cycles



Pedal cycling route crossing or joining road



With-flow cycle lane



Signposted on road cycling route



With-flow cycle lane ahead



No cycling



No entry for all vehicles, including cycles



Segregated cycling and pedestrian route



Route for cycles only



Shared route for cyclists and pedestrians



No motor vehicles (cycles permitted)



One-way traffic

Types of Infrastructure

There are around 21 kms (13 miles) of cycle-friendly routes in and around Crook. These photos show some of the infrastructure you will find.

Bridleways and byways

Brown routes are bridleways and byways and are free from car traffic (though there may be farm vehicles and 4x4s on byways). These are shared paths and cyclists must give way to walkers and horse riders. Surfaces will vary from earth/grass on unimproved paths across fields to tarmac. Mountain and hybrid bikes are best on these routes.



Traffic-free paths

Green routes are free from car traffic. These routes can be railway paths, multi-user routes, segregated paths and shared use paths alongside the road. They are shared use by walkers and cyclists (and horse riders on railway paths and multi-user routes). Cyclists should show consideration to pedestrians and horse riders. Surfaces will vary but will predominantly be surfaced (ash/tarmac). Mountain and hybrid bikes are most suitable on these paths, though certain surfaced sections may be usable on road bikes.

On-road cycle routes

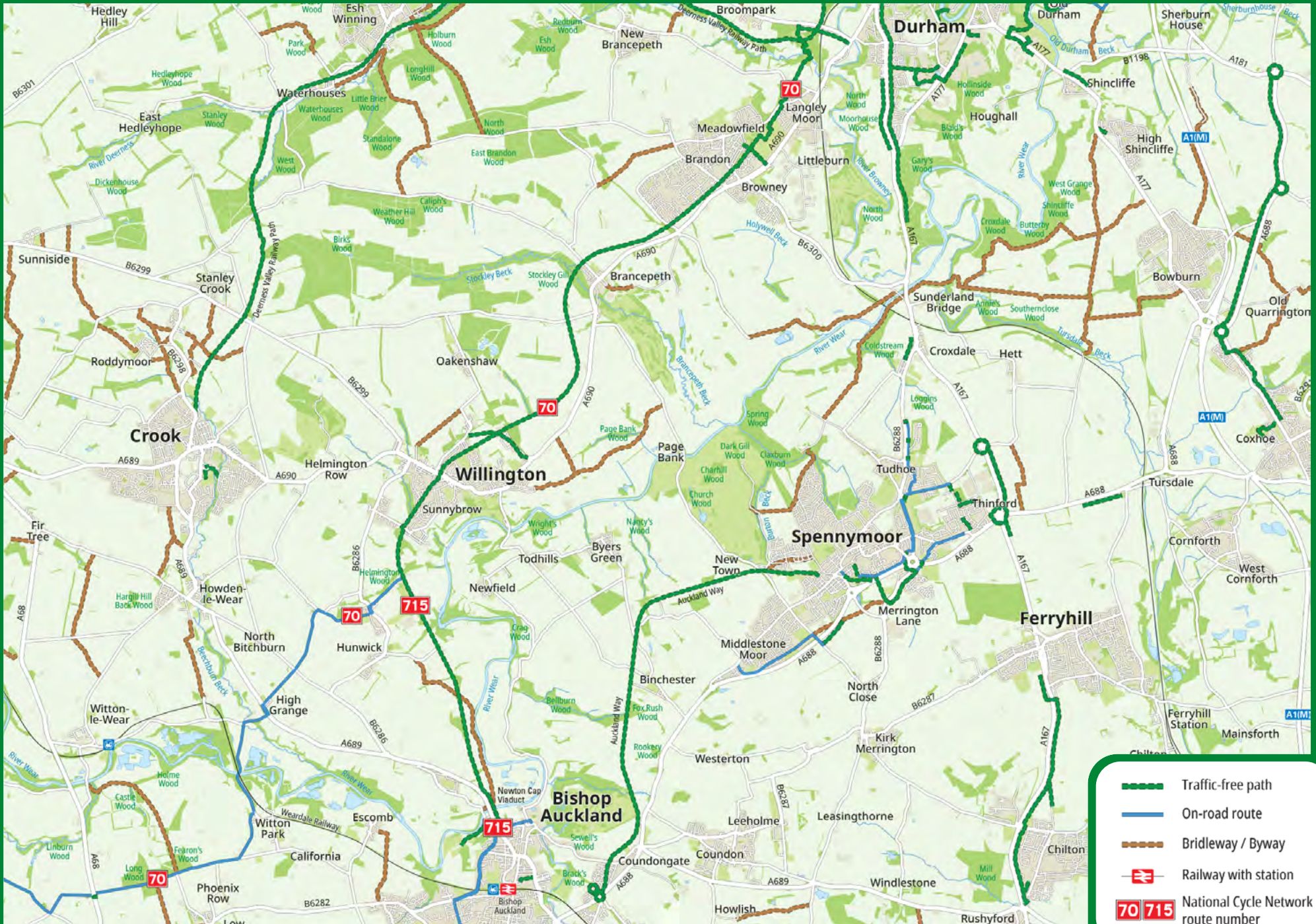
Blue routes indicate promoted cycle routes such as the National Cycling Network. As these are on-road cyclists should be aware of motor traffic. All bikes are suitable for these routes.



Roads





Cyclists can use roads marked in **white** on the map, except A1(M), but should be aware of vehicular traffic. All bikes are suitable for these routes.

Overview map



- Traffic-free path
- On-road route
- Bridleway / Byway
- Railway with station
- National Cycle Network route number

Local map

-  Traffic-free path
-  Bridleway / Byway
-  Cycle parking
-  School (named and numbered in Cycling to school section on page 2)

Sunnyside ↑

Waterhouses ↑

