## Cycling and the Law

**A cyclist must exercise due care and attention at all times, and obey the Highway Code, including traffic signs and traffic signals.**

- ✓ You CAN cycle in the dark and in wet foggy conditions, but you must use a white front light and a red rear light and keep at least three metres between you and the vehicle ahead. It is recommended that you wear reflective clothing.
- ✓ You CAN cycle on bridleways and byways (unsurfaced tracks) but on these you must give way to walkers and horse riders.
- ✓ The Canal & River Trust welcomes considerate cyclists to its towpaths and a permit is not needed.
- ✓ You CAN cycle on cycle tracks and in bus lanes if the lane signs include a cycle symbol.
- ✓ You CAN cycle on designated cycle paths which can be found on Forestry Commission land, in urban areas and disused railways.
- ✗ You CANNOT legally cycle on a pavement or a footpath unless there is a right to do so.
- ✗ You CANNOT legally cycle on open land without the permission of the landowner.





## Cycle Security

**To help reduce the risk of having your bicycle stolen, keep it securely locked.**

- Lock the frame and at least one wheel to something solid and take any removable parts with you.
- Invest in a good quality lock, look for the sold secure logo. Spending 10% of the value of bike on a lock is recommended.
- Park your bike where it is visible to passing pedestrians.
- Do not leave your bike where it would become an obstacle or hazard to pedestrians.
- Add a security marking such as Bike Register to the frame. Also record the details of your bike such as make and model and take a picture of it. This will assist the police in tracing the owner.
- You can insure your cycle as part of your household policy.

## Cycle Parking

**Cycle parking stands are provided throughout Luton Borough at:**

- Shopping Centres
- Railway Stations
- Public Buildings



Cycle parking signs





## Code for Cyclists

- Be polite and courteous to other road users, pedestrians and horse riders, including giving clear arm signals to indicate direction of travel.
- Ensure your bicycle is mechanically sound and fit a bell. Regular maintenance will save expensive repair bills. Check your brakes, tyres and chain before every ride (see "your bike" section).
- It is recommended that you consider wearing a cycle helmet. Choose a helmet with a British Standard, or equivalent, and make sure it fits correctly before use.
- Wear bright or fluorescent clothing during the day and reflective clothing at night.
- On shared cycle tracks where pedestrians and cyclists mix, make pedestrians aware of your presence, give them plenty of room and be prepared to stop and dismount if necessary.
- Use your bell or call out a greeting whenever approaching other cyclists or walkers from behind - remember, many people are hard of hearing or visually impaired; don't assume that they can automatically hear you approaching.
- On segregated cycle tracks where there is a white line or kerb dividing pedestrians and cyclists, please keep to your side of the dividing line and keep to the left of the cycle track when cyclists are approaching from ahead.
- Look out for hazards such as sudden descents, bends, pot-holes, mud, loose gravel and glass.
- Don't stop on bends or narrow bridges and be especially cautious at junctions, blind bends and entrances.
- Don't carry bags on your handlebars. This can interfere with your steering and balance.
- Be alert and anticipate other road users and pedestrians who may move out in front of you.
- If you are unsure or feel threatened, find a safe place to dismount and walk.
- Never attempt to cycle if impaired through alcohol or drugs (both recreational drugs, prescribed medication and over the counter medicines).

## Road Positioning

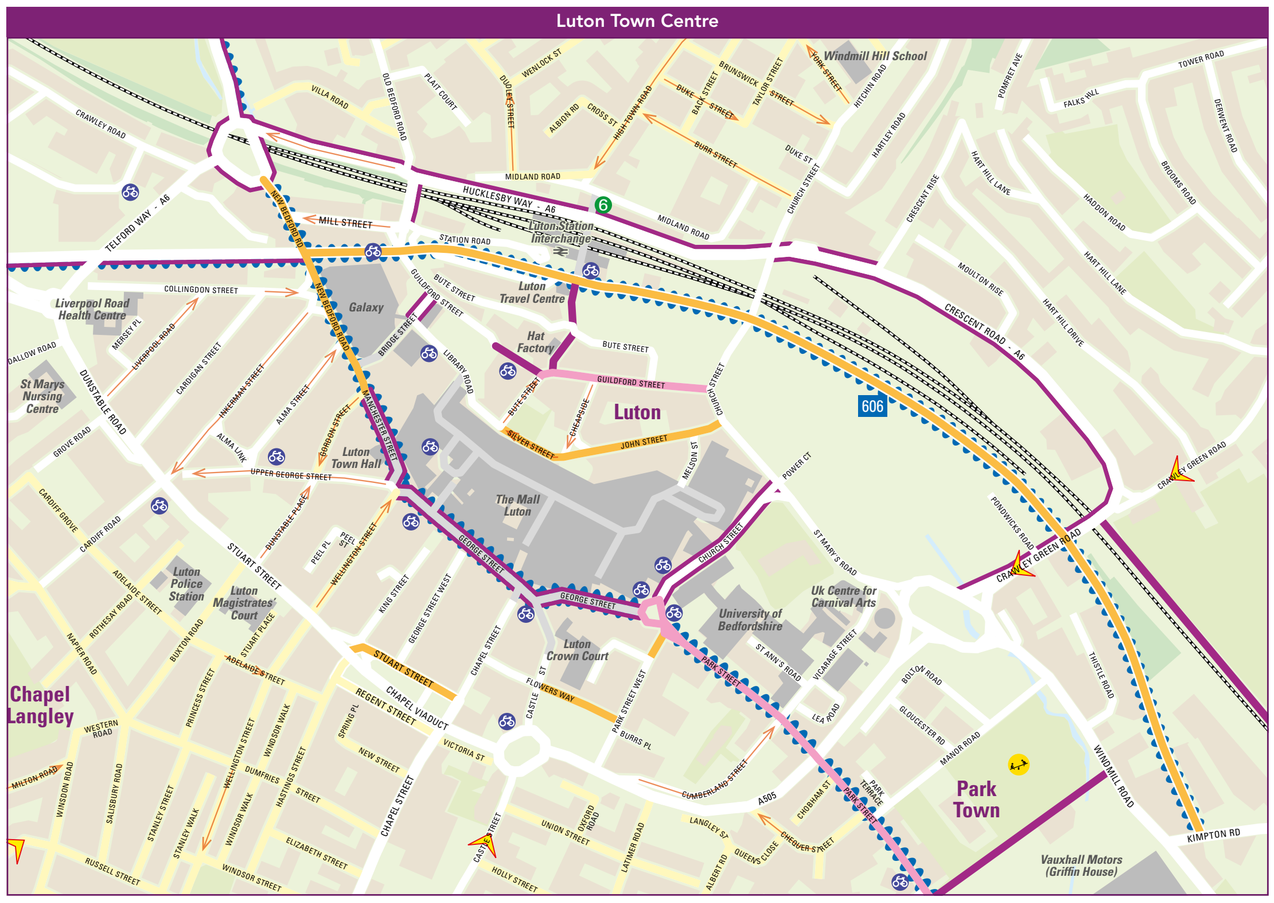
**When riding on the roads, there are two basic road positions you should adopt, depending on the situation.**

- Ride in the centre of your lane, to make yourself as clearly visible as possible, in the following situations on quiet roads or streets – if a faster vehicle comes up behind you, move to the left to enable them to overtake, if you can do so safely in slower-moving traffic - when the traffic around you starts to flow more freely, move over to the left if you can do so safely so that faster vehicles behind you can overtake at the approach to junctions or road narrowing's where it would be unsafe for drivers to overtake you.
- When riding on busy roads, with vehicles moving faster than you, allow them to overtake where it is safe to do so whilst keeping at least 0.5 metres away, and further where it is safer, from the kerb edge. Remember that traffic on most dual carriageways moves quickly. Take extra care crossing slip roads.

## Useful Websites

| | |
|---|---|
| Bike Register | **www.bikeregister.com** |
| The Highway Code | **www.gov.uk/guidance/the-highway-code** |
| Sold Secure | **www.soldsecure.com** |

## Luton Town Centre




## Key

- Rail line and station
- Pedestrianised areas
- Shared use pedestrian and cycle path (off road/beside road)
- On Road Cycle Lane
- National Cycle Network (off road/beside road/on road/bus lane)
- Bus Lane that cyclists may use
- 20mph speed limit
- 20mph speed limit (part time)
- One way street
- Hill (facing downhill) climb of over 100ft over half a mile or less
- Cycle Parking
- 1 2 3 4 5 6 7 Cycle Shops (see separate list)
- Playground/Recreation Ground


Digital Cartography by Pindar Creative
**www.pindarcreative.co.uk**



This map is reproduced from Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Luton Borough Council 100023935. 2026.




## Your Bike

**Check your bike and make sure it is safe.**
**If there is anything you cannot repair take it to a bicycle shop.**



- **Saddle** – Is it tightly fixed and the correct height?
- **Handlebars** – Can you easily reach them and is anything loose?
- **Brakes** – Do they both work properly (stop the bike steadily but quickly) is anything worn out (cables, blocks)?
- **Wheels** – Do they run straight and smooth, not buckled or rubbing against anything, are all the spokes present and tight?
- **Tyres** – Are they pumped up hard, do they have a good tread without cuts or bulges?
- **Chain** – Does it run smoothly?
- **Gears** – Can you get all the gears easily, without the chain jumping off?
- **Lights** – If you plan to cycle at night, do you have front (white) and rear (red) lights and a rear red reflector, are they clean and do they work properly? Wheel and pedal reflectors and a front white reflector are also good to have.

### Bike Data

Record the following information about your bike. If it is stolen this will help the police get it back.

| | |
|---|---|
| 01 Make | |
| 02 Model | |
| 03 Frame Colour | |
| 04 Frame Type | |
| 05 Frame Number | |
| 06 Position of Number | |
| 07 Gears: Type & Make | |
| 08 Brakes: Type & Make | |
| 09 Wheel Size | |
| 10 Any Special Details | |

## Luton Bike Shops

| | | |
|---|---|---|
| 1 | Bloomfields Cycles<br>21 Bloomfield Avenue, Luton LU2 0PT | 07980 495487 |
| 2 | Cycle King www.cycleking.co.uk<br>56-66 Dunstable Road, Luton LU1 1EH | 01582 723333 |
| 3 | Evans Cycles www.evanscycles.com<br>Unit 56-74 The Mall, Melson Street, Luton LU1 2SZ | 03439 093797 |
| 4 | Halfords Super www.halfords.com<br>Luton Retail Park, Kimpton Road, Luton LU2 0SX | 01582 422525 |
| 5 | My Bike Shop<br>3 Midland Road, Luton LU2 0HS | 01582 722644<br>0777 591 6467 |

## Dunstable Bike Shops

| | | |
|---|---|---|
| 6 | Evans Cycles www.evanscycles.com<br>Unit 7 White Lion Retail Park, Boscombe Rd, Dunstable LU5 4WL | 03439 092695 |
| 7 | Halfords Super www.halfords.com<br>8A White Lion Retail Park, Dunstable LU5 4WL | 01582 609841 |
| 8 | Pedalworks www.pedalworks.co.uk<br>5-7 West Street, Dunstable LU6 1SL | 01582 478070 |
| 9 | The Cycle Hub www.thecyclinghub.uk<br>Unit 3 The Farmstead, Hucket Street, Houghton Regis LU5 5GX | 01582 310013 |

Details correct at the time of going to print, E&OE. Luton Borough Council neither encourage or discourage residents from using the shops listed and cannot be held responsible for services offered.

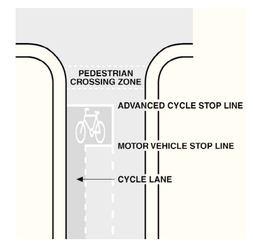
## Do you know these signs?

- cycle route for use by cyclists and pedestrians together
- cycle route for use by cyclists and pedestrians on separate sides of path
- cycle route for use by cyclists only
- route for use by cyclists only (road marking)
- cycle route ahead
- CYCLISTS DISMOUNT – cyclists should walk at this point
- recommended route for cyclists to use (usually on road with no specific provisions for cyclists)
- George Street – direction signs showing recommended route for cyclists
- cycle lane on the road ahead
- cycle lane on the road for use by cyclists in the same direction as the other traffic
- CYCLE LANE LOOK RIGHT – warning sign for pedestrians that there is a cycle lane ahead or that there is a cycleway crossing the road ahead
- cycle lane on the road for use by cyclists in the opposite direction to the other traffic (usually on one-way roads)
- Route for buses and pedal cycles only
- no cycling
- traffic signals for cyclists where cycleways cross the road (where a shared use crossing is provided)
- all motor vehicles prohibited - cycling permitted.

### Advanced stop lines are designed to improve safety and convenience for cyclists.

***CYCLISTS:*** proceed to second stop line and wait for green signal and for the road to be clear

***MOTORISTS:*** wait at first stop line until the way is clear

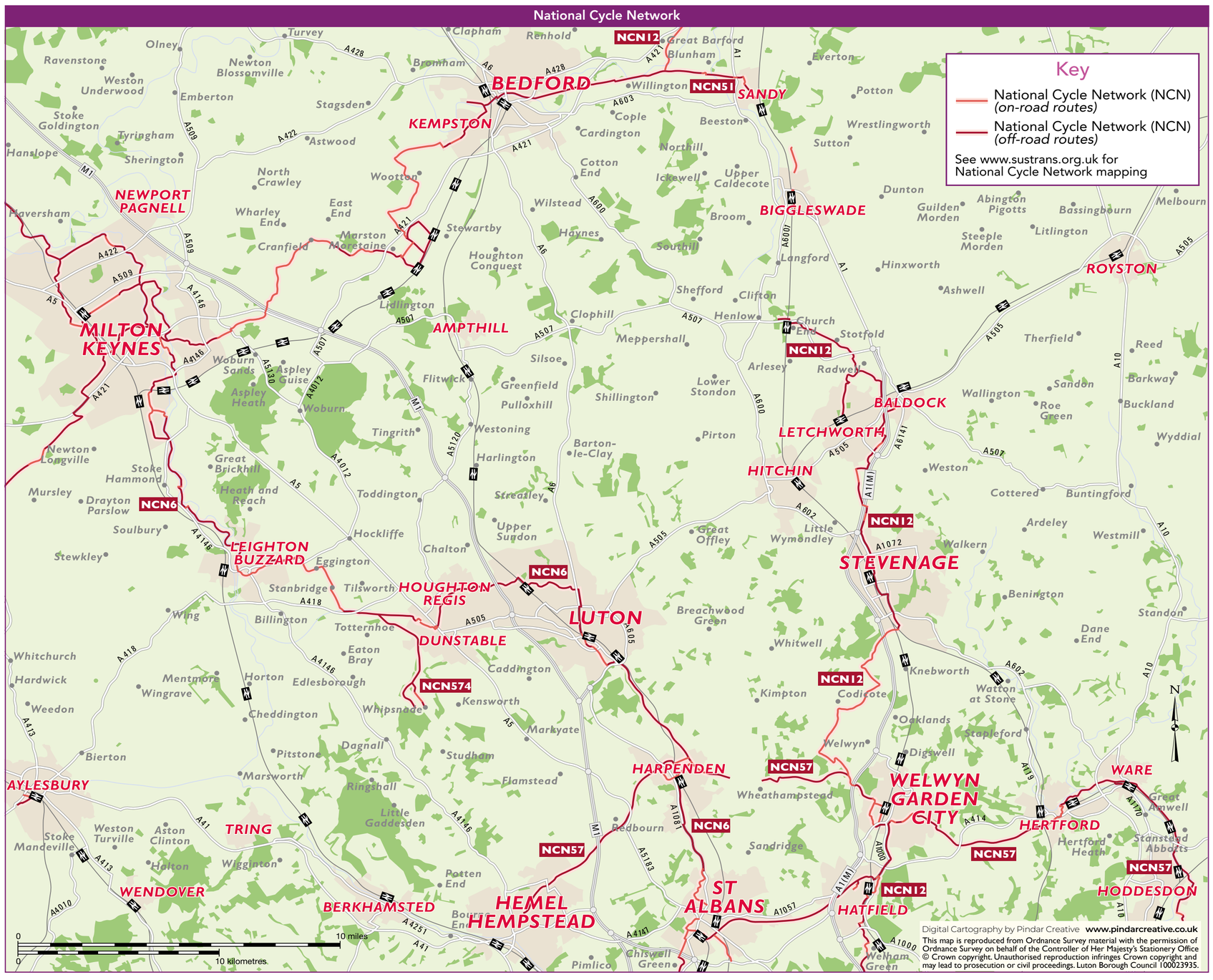



**In the advanced position cyclists can be seen, reducing the chance of a conflict as vehicles turn left.**

***CYCLISTS:*** must stay behind the front stop line and must only proceed when the lights are green.

***MOTORISTS:*** must stay behind the first stop line and not obstruct the forward area.

## National Cycle Network





Digital Cartography by Pindar Creative **www.pindarcreative.co.uk**



This map is reproduced from Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Luton Borough Council 100023935.


## Cycle Training - Bikeability

**Bikeability National Standard cycle training is available:**

- For most age groups and all experience levels.
- For schools.
- By qualified and Nationally Accredited cycle trainers who are police checked.
- Training tailored to suit anyone's needs -
  - – experienced cyclists, looking to improve your techniques in rush hour traffic
  - – complete beginner (adult or child) wishing to learn to ride a bike
  - – individual and group training
  - – times, dates and locations of training to suit you

**To take part in the training all you need is a roadworthy bike.**

For Bikeability cycle training in Luton contact: safercycling@luton.gov.uk

For Bikeability cycle training in Dunstable contact: Central Bedfordshire Council on 0300 300 8000 or travelchoices@centralbedfordshire.gov.uk (schools) or www.bikeability.org.uk





be active
Inspiring Bedfordshire to move more

## Local Cycling Clubs

| | |
|---|---|
| iCycle | **www.icycle.cc** |
| Luton and Dunstable Cycle Forum | **luton.dunstable.cycleforum@gmail.com** |
| Forty Plus Cycling Club Bedfordshire Section | **www.fortypluscc.co.uk** |
| Icknield Road Club | **www.icknield-roadclub.org.uk** |
| Cycle Club Luton | **www.ccluton.wordpress.com** |
| Cycling UK Bedfordshire | **www.cyclinguk.org/local-groups/bedfordshire** |
| Chicksands Bike Park | **www.chicksandsbikepark.co.uk** |
| Bedfordshire Road Cycling Club | **www.bedsroad.org** |


Produced and printed by Pindar Creative www.pindarcreative.co.uk


LOVE CYCLING

www.luton.gov.uk
sustainabletransport@luton.gov.uk









Luton

# Cycle Map



LOVE CYCLING





