CHELTENHAM & TOWEKSBEURY CYCLING CAMPAIGN

The Cheltenham & Tewkesbury Cycling Campaign exists to promote the interests of town/cyclists. It is coordinated by Cheltenham and Tewkesbury Borough Council, led by a steering group of stakeholders.

The campaign maintains regular contact with Gloucestershire County Council and Gloucester University to promote cycling as a sustainable mode of transport. It is building the Cheltenham & Tewkesbury Cycling Map to be a valuable resource for cyclists who want to map their journeys. The map can be used to plan routes and identify areas for improvement.

TOP TIPS WHEN CYCLING

- Plan every movement, based on where you want to go and can’t see the road and don’t swerve.
- Position prominently in the centre of the lane if you can keep up with traffic. If you can’t, go left so that you are not a danger to other road users.
- Don’t be distracted by the road, the bike, the weather, or any other factors that may affect your riding.
- Use hand signals, and keep both hands on the wheel at all times.
- Never use the middle of the road, but especially near a roundabout.
- Keep off pavements and other areas intended for pedestrians.
- Look behind and signal appropriately, so that other road users can anticipate your movements.
- Never ride up the middle of the road, as this is dangerous and can cause accidents.
- Always wear a helmet and other safety gear, especially when cycling with children.
- Be aware of your surroundings and be prepared for unexpected situations.
- Be confident and assertive, and always be ready to deal with heavier traffic and higher speeds.

BIKE SECURITY AND THE ETIQUETTE OF PARKING

In the UK, it is against the law to park a bike on a public road, but it is often necessary to do so. Always lock your bike to a secure post, such as a signpost or lamp post, and make sure it is visible from the road.

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How to route a PC cycle

1. Plan your route using a map or online cycling route planner.
2. Identify any potential hazards, such as sharp turns, gradients, or heavy traffic.
3. Choose a route that is suitable for your skill level and experience.
4. Wear appropriate clothing and equipment, such as a helmet, gloves, and reflectors.
5. Take regular breaks to rest and rehydrate.
6. Be aware of your surroundings and be prepared for unexpected situations.

OTHER CYCLING ORGANISATIONS IN CHELTENHAM

- Cycling UK
- Cheltenham & Tewkesbury Cycling Club
- Gloucestershire Cycling
- Gloucestershire Cycle Co-op

RCM CYCLESTUNES BY JOHN FRANKLIN

- TSO, ISBN 0-713-70214-4
- The definitive guide to safe and enjoyable cycling
- It is closely associated with the National Cycle Training Standards for local cycle training organisations. (See cyclecheltenham.org.uk)