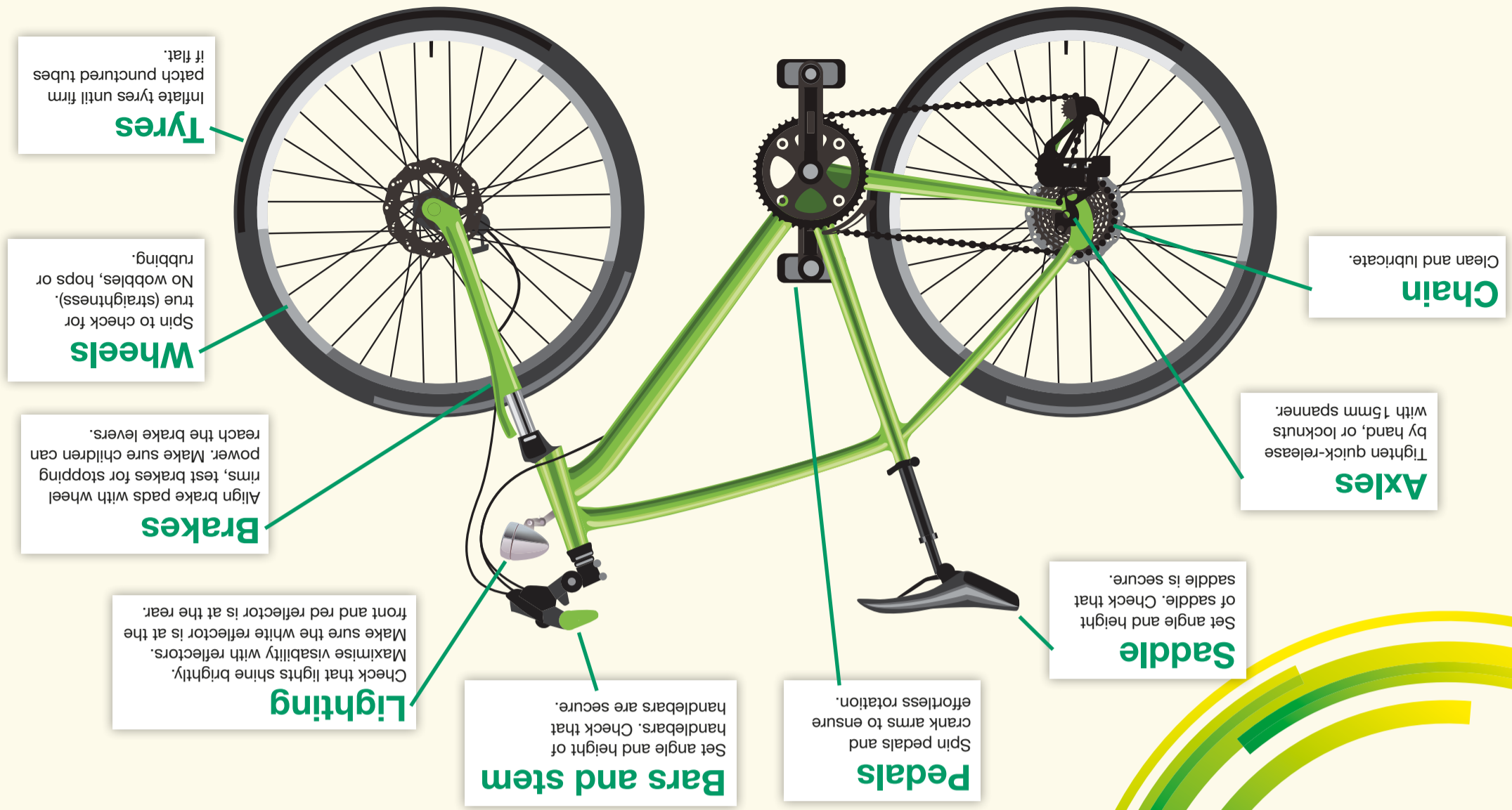


Pre-ride Bicycle checklist

We recommend you always check your bike is in good working order before each time you ride it. Follow these steps to check all the main parts of the bike. We also recommend wearing a helmet at all times.



Important information

Please read this important information before setting out to ride any of these routes:

- All routes have been planned to use the dedicated cycle lanes in Stevenage.
- Whilst every effort has been made to keep road crossings to a minimum there are still some. Please take care.
- Most surfaces on these routes are tarmac, however, there are some small stretches on pavements and gravel paths. Please take care and watch out for pedestrians at all times.
- All routes are suitable for children aged 8 and over.
- There are various amenities, points of interest and toilets marked for your convenience

Cycling Safe for families

When out cycling as a family please follow these basics to help you and your child stay safe:

- Make sure your child's bike fits and that all your bikes are roadworthy
- If you're on the road with children, take up a position behind them. If there are two adults in your group, it's a good idea to have one at the back and one in front of the children
- Helmets are always recommended for young children. Ultimately, wearing a helmet is a question of individual choice and parents need to make that choice for their children
- Set a good example, follow the Highway Code and teach children road safety and awareness

- Cycle training is available through www.hertfordshire.gov.uk (search for Cycle Training) and cycleinstructor.co.uk



Stevenage Cycling Festival is coming this Summer with lots going on for all ages and abilities.



Stevenage Cycle Hub

Stevenage Cycle Hub is based in Fairlands Valley Park. Launching in the summer of 2018 the Cycle Hub will be able to offer a wide range of services such as:

- Led rides for a variety of ages and abilities
- Inclusive cycling for people with impairments and disabilities
- Learn to ride programmes for adults, children and young people and balance bike training for toddlers
- Bike maintenance
- Selling of refurbished and reconditioned bikes

Contact Us

For more information get in touch on:
Web: www.sportstevenage.co.uk
Email: leisure@stevenage.gov.uk
Tel: 01438 242242 (Customer Service Centre)



A cycling guide for adults, children (accompanied), disabled cyclists, beginners and families.



Cycling routes



for beginners and families



Route Information

All routes have been planned as loops so the start and finish points are the same. Distance and timings are approximate and will vary on your fitness and ability level. Map is not to scale.

Red route

Route 1: Hampson Park to Symonds Green Loop
Distance: 6.1 miles (10km)
Time: 1hr - 1hr 30mins

Blue route

Route 1: Fairlands Valley Park to Shephalbury Park Loop
Distance: 5.5 miles (9km)
Time: 1hr - 1hr 30mins

Green route

Route 1: St Nicks Park to Fairlands Valley Park
Distance: 4.4 miles (7km)
Time: 1hr

Orange route

Route 1: Hampson Park to Great Ashby District Park
Distance: 5.1 miles (8km)
Time: 1hr - 1hr 30mins

Purple route

Route 1: Stevenage Circular Route
Distance: 11.5 miles (18.5km)
Time: 1hr 30mins - 2hrs

Key

- Stevensage Cycle Hub
- Start and finish of route
- Care required
- Please Give Way to pedestrians
- Route is on road