

# Cycling in Bedford is encouraged but NOT on the pavement



Cycling offers mobility for people of all ages, backgrounds and abilities. It is a quick mode of transport for door to door short journeys and saves money on parking and fuel. At the same time it is great to keep you fit and healthy and goes some way to help reduce traffic congestion, air pollution and climate change.

In Bedford some 5 to 10% of residents already use a bicycle to cycle to work, school, railway station, shops, etc or simply for leisure. They are able to do this using Bedford's extensive cycle network of off-road paths and tracks, quiet roads and on-road cycle lanes along more busier roads. Yes there are still some gaps and some sections not so good as others but it is possible to get to all locations in the town safely. The town has 66 signalled cycle crossings (Toucans), 20 underpasses, 9 parallel cycle crossings (Cycle Zebras) and numerous central reservations as well as 34 Puffin/Pelican and 8 Zebra crossings which cyclists can use to safely walk across.

Please do not give cyclists a bad name by riding on pavements/footways by the side of roads unless they have been classified as dual use for cyclists and pedestrians.

Unfortunately it is not just in Bedford where pavement riding occurs with regular frequency but in the and many other towns and cities.

Many of the town's residential roads are now 20mph zones which make them safer for vulnerable people including cyclists. Please use the roads instead of the adjacent pavement/footway.

A plea to motorists - please consider the possible presence of cyclists and respect the speed limit and when overtaking always leave a minimum clearance of 1.5 metres.

For safe cycling experienced cyclists always ride at least 0.75 metre away from the kerb to avoid drain covers, edge of road potholes and possible debris and when approaching a narrow section take the 'primary position' , that is, the centre of the carriageway to avoid being squeezed or pinched against the kerb. In all manoeuvres please indicate your intention clearly and in good time.