



**95 ALIVE**

The York & North Yorkshire  
Road Safety Partnership

## Riding the routes - Advice for Cyclists

North Yorkshire is a fantastic place to ride, but not without risks. Long descents, sharp bends and farm traffic mean a working bike, a sharp mind and some common sense are needed.

### Before you set off, **CHECK:**



Your bike is ready and will last the journey, as problems you have before setting out will only get worse: Pay attention to the brakes, you will need them.



Layer clothing: make sure it is water and windproof - tops of hills can be exposed even in summer and if you break down or need to stop for any length of time you can become cold very quickly.



You have enough food and water to last the journey and have planned in stops and emergency return routes.



Respect the challenge and know your limits.



If you are riding alone, ensure someone knows where you are and when to expect you back and let them know if you change your route.



Don't ride with headphones, so you can hear traffic before you see it.