



**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.



## On the ride

- Wear something bright, have lights and always be conscious that you might not have been seen, dull and rainy days can make it difficult for other road users to see you.
- Keep your fuel and water levels topped up to keep you alert. As energy levels drop fatigue sets in and you will find it harder to concentrate, especially towards the end of a ride.
- A long downhill is not the time to switch off. Stay focussed, ride within your limits, stay on your side of the road and take extra care around bends, there could be gravel, sheep, or other road users.
- Riding in a group is a great way to share stories and pass on tips to other less experienced riders, so don't leave anyone behind and ride to the pace of the slowest person. Point out hazards in the road ahead, such as potholes and drain covers.
- Split large groups up into small groups. This allows faster road users the space to overtake and reduces the risk of collisions.
- Although riding 2 abreast can be more social, Highway Code rule 66 states that you should ride single file on narrow and bendy roads, and also on busy roads. So when it gets twisty, single out to make it easier for traffic to pass slowly and safely.
- Be aware of other road users, especially in rural areas. The main routes are also used for a lot of agricultural businesses, so it may be necessary to stop in a safe place and allow traffic to pass, especially tractors & trailers and large milk tankers and aggregate lorries.



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