

The Luton and South Beds Way



6 

When you are on the National Cycle Network you will see these signs.

Cycling Code

The National Cycle Network is ideal for cyclists and walkers of all abilities.

All users

- Can you reach the start of your journey by bike or public transport?
- Please keep the route tidy and take your litter home
- Please respect other users
- Do not wander on to adjacent private land other than on public rights of way
- Respect countryside activities, such as farming and forestry
- Please do not pick wild flowers

Cyclists

- Obey the rules of the road - speed limit is 10mph on the towpath
- Always follow the Highway Code

Be courteous

- Give way to pedestrians and wheelchair users – please dismount if necessary where the towpath is narrow or busy with anglers and walkers

- Remember that some people are hard of hearing or visually impaired; don't assume they can hear or see you
- Ring bell twice or politely call out to warn of your approach; acknowledge people who give way to you

Look after yourself

- Take special care at junctions, when cycling downhill and on loose surfaces
- Carry food, repair kit, map and waterproofs
- Keep your bike roadworthy; use lights in poor visibility
- Consider wearing a helmet and conspicuous clothing

You can order a bell for your bike and other accessories from the Sustrans Shop, visit or call:

www.sustransshop.co.uk
0845 113 00 65

	National Cycle Network traffic-free. Suitable for walkers and cyclists		Public house / Cafe
	National Cycle Network on-road		Bike Shop / Post office
	Featured route		Toilets / Bus stop
	Proposed routes for future development		Tourist attractions
	Other routes for cycling and walking		Access point
	Public bridleways		
	Public footpath		

