













0 Miles 0.5 1 1.5

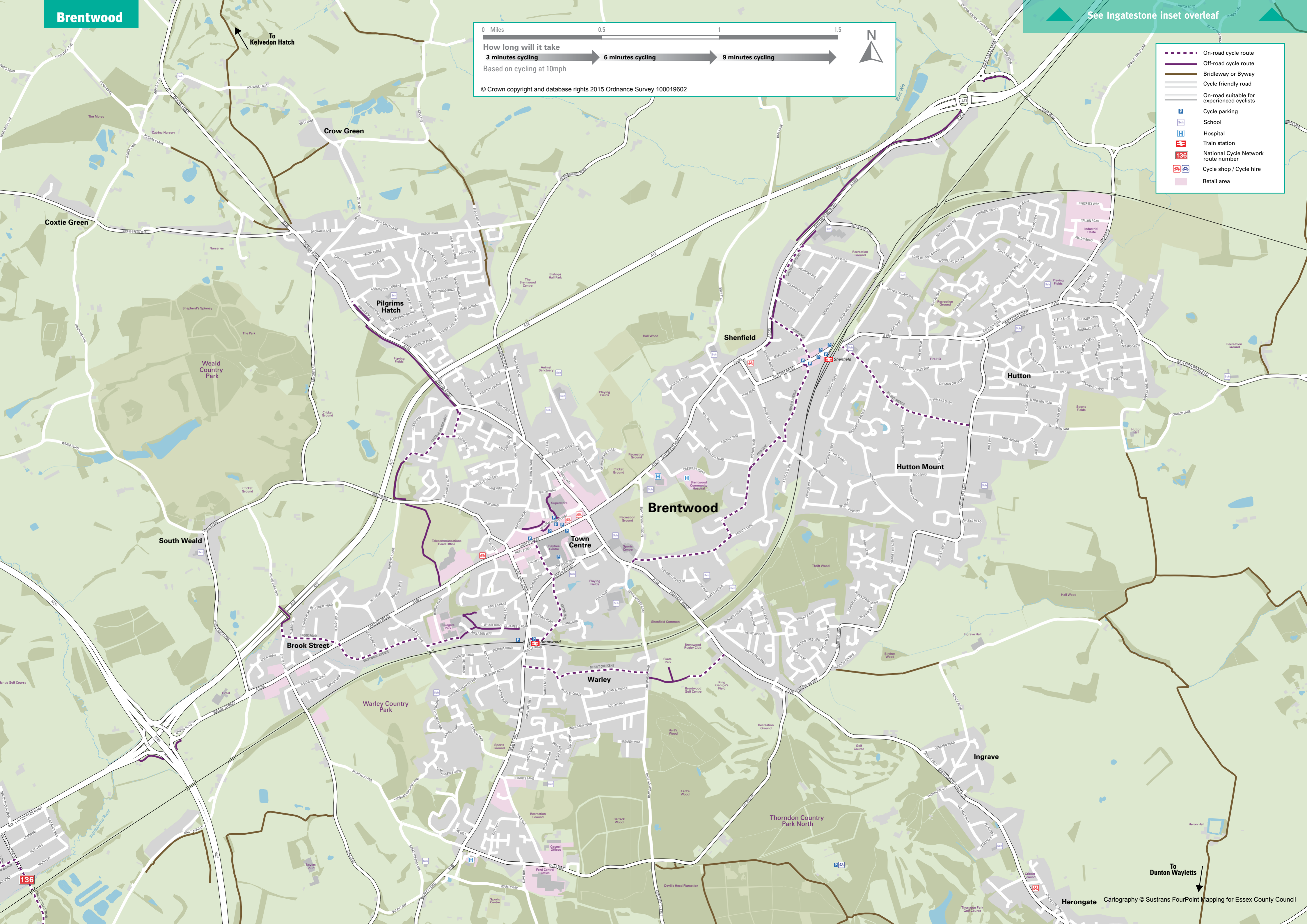
How long will it take

3 minutes cycling → **6 minutes cycling** → **9 minutes cycling**

Based on cycling at 10mph

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-  On-road cycle route
-  Off-road cycle route
-  Bridleway or Byway
-  Cycle friendly road
-  On-road suitable for experienced cyclists
-  Cycle parking
-  School
-  Hospital
-  Train station
-  National Cycle Network route number
-  Cycle shop / Cycle hire
-  Retail area





Brentwood Cycling map

This information is issued by Essex County Council, Sustainable Travel Team.

You can contact us in the following ways:

By email:
contact@essex.gov.uk

Visit our website:
essex.gov.uk/cycling

By telephone:
0845 603 7631

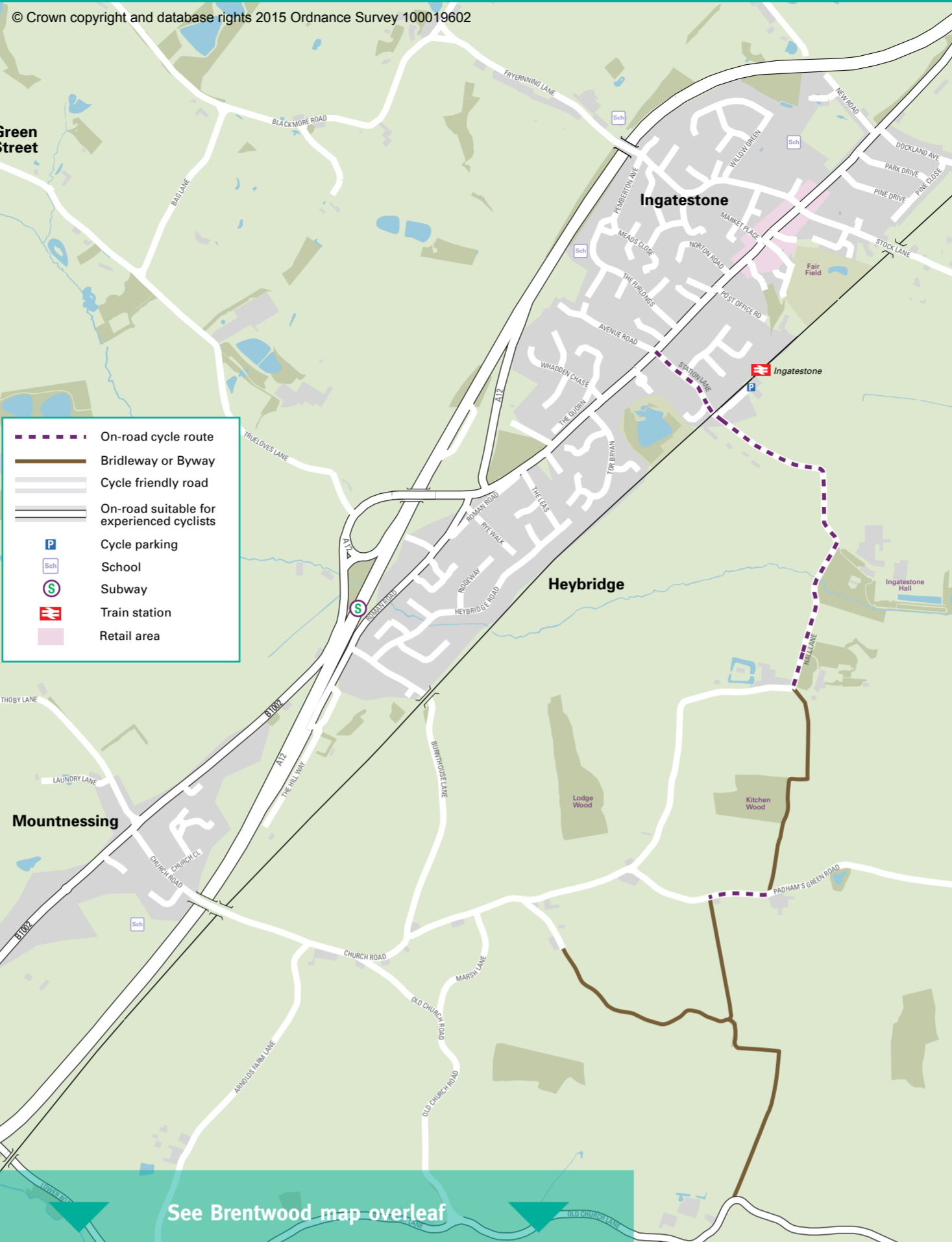
By post:
Essex County Council
Economic Growth and Development
County Hall
Chelmsford
Essex CM1 1QH

The information contained in this document can be translated, and / or made available in alternative formats, on request.

Published March 2015



Ingatstone



Share the space

Whether you cycle on the road or on designated cycle paths you will have to share the space.

On shared off-road facilities please remember:

- Pedestrians are more vulnerable than a cyclist
- Keep an appropriate speed for the type of route you are using and the number of other users
- Lights are required at night, even on cycle paths – other users need to see you and you need to see where you are going.



On the road:

- We all have an equal right to the road space whether on two wheels or four
- Be decisive and hold your line
- Cycling and cyclists benefit everybody by reducing congestion and maximising road capacity
- Jumping red traffic lights and riding on pavements is not only illegal it is also dangerous and reinforces negative attitudes about cycling
- Advance stop lines and cycle lanes are for cyclists' safety
- As a driver, look out for cyclists and give them lots of room
- Cyclists should take extra care around large vehicles – do not undertake on the inside; they may not see you.



Image courtesy of Transport for London

Common road signs

A few signs you may see when out cycling, and what they mean...

- Cycle route
- Shared route for pedestrians / cyclists
- Segregated route for pedestrians / cyclists
- Bus Lane (bicycles allowed)
- No entry (including bicycles)
- No cycling

Always cycle safely and respect other road and path users.

Be Safe, Be Seen

Ensure you are visible to others. Wear fluorescent items in the daytime and reflective at night. The extra visibility given by these materials can give other road users a few extra seconds of 'reaction time'.

When cycling at night you must have a white front light, red back light and red reflector – all in good working order. Aside from the safety risks, it is an offence to cycle at night without lights and reflectors.

Keep all lights and reflectors clean and clear of obstruction. You can also use spoke and pedal reflectors with most types of wheels and pedals.

Road position can also make a huge difference to your visibility whilst cycling, ride at least one metre from the kerb and consider taking the primary position (in the centre of the lane) at junctions and pinch points, especially in low light conditions.



Cyclists' training



Cyclist Training is available throughout the county to a wide range of ages and abilities.

Essex County Council provides training through the Bikeability Scheme, which is offered to all primary and secondary schools. Bikeability is cycling proficiency for the 21st Century, designed to give the next generation the skills and confidence to ride their bikes on today's roads.

Training is also available for adults and can be focused around your needs; we can help you find a provider in your local area.

If you are interested in finding out more about the training that is available please contact RoadSafety@essexhighways.org

Or for more information about Bikeability www.dft.gov.uk/bikeability

Why cycle?

It's good for your health:

Cycling can be easily incorporated into your daily routine and brings you and your family closer to recommended daily activity targets.

It's good for your wallet:

With the cost of motoring rising ever higher, think how much you'll save if you make some journeys by bike.

It's good for the environment:

Cycling is almost carbon neutral, so there's no need to worry about the impact your journeys are having on the environment.

It's good for the town:

Cycling helps to reduce congestion, one car space could provide parking for 5-10 bikes. Cyclists also tend to visit local shops more frequently than motorists, which helps to support the local economy.

Why not cycle to...

Brentwood is surrounded by Essex Countryside which can be easily accessed by bike; along quiet lanes, Byways and Bridleways.



Thorndon Country Park

This beautiful country park contains a diverse range of habitats and is managed for both visitors and for its precious wildlife. The park is fantastic for cyclists with designated routes for you to follow that take you through the Essex countryside. Cycle hire is available all year round from Thorndon North but by appointment only from November to Easter. For more information visit www.trailnet.org.uk

Kelvedon Hatch Secret Nuclear Bunker

This three storey bunker was active until as recently as 1992. The would-be home of the Government in the event of a nuclear war, capable of holding up to 600 civilian and military personnel and over 120 tonnes of equipment. For more information visit www.secretnuclearbunker.com

Weald Country Park

A 700 year old, 500 acre Country Park. Its beautiful lakes, tree-lined avenues, and woodlands are the result of landscaping carried out in the 18th Century. Facilities include fishing, visitor centre refreshments, cycling, horse riding, family events and trails, fallow deer, open parkland and woodland.



Ingatstone Hall

A 16th Century manor house built by Sir William Petre, Secretary of State to four Tudor monarchs, and still occupied by his descendants. The house substantially retains its original form and appearance (including 2 priests hiding places) and contains furniture, pictures and memorabilia accumulated over the centuries.

Cycling times between major destinations

Numbers indicate: Miles Minutes (based on 10mph)	Brentwood Town Centre	Brentwood Rail Station	Shenfield Rail Station	Brook Street	Hutton Mount	Ingatstone	Ingrave	Mountnessing	Pilgrims Hatch	Thorndon Country Park (North)	Warley
Brentwood Town Centre		0.9 5	3.1 19	2.5 15	5.7 34	8 48	3.5 21	5.5 33	2.9 17	3.9 23	1.5 9
Brentwood Rail Station	0.9 5		3.6 22	1.9 11	6.2 37	8.8 53	3.5 21	6.3 38	3.8 23	3 18	0.7 4
Shenfield Rail Station	3.1 19	3.6 22		5.5 33	2.6 16	6.2 37	4.6 28	3.7 22	6 36	5.1 31	4.3 26
Brook Street	2.5 15	1.9 11	5.5 33		8.2 49	10.5 63	6.1 37	8 48	4 24	3.8 23	2.6 16
Hutton Mount	5.7 34	6.2 37	2.6 16	8.2 49		6.6 40	3.6 22	3.7 22	8.6 52	5.7 34	6.3 38
Ingatstone	8 48	8.8 53	6.2 37	10.5 63	6.6 40		10.2 61	2.5 15	10.9 65	11.8 71	9.5 57
Ingrave	3.5 21	3.5 21	4.6 28	6.1 37	3.6 22	10.2 61		7.3 44	6.4 38	3.1 19	3.5 21
Mountnessing	5.5 33	6.3 38	3.7 22	8 48	3.7 22	2.5 15	7.3 44		8.4 50	8.8 53	7 42
Pilgrims Hatch	2.9 17	3.8 23	6 36	4 24	8.6 52	10.9 65	6.4 38	8.4 50		6.8 41	4.4 26
Thorndon Country Park (North)	3.9 23	3 18	5.1 31	3.8 23	5.7 34	11.8 71	3.1 19	8.8 53	6.8 41		2.3 14
Warley	1.5 9	0.7 4	4.3 26	2.6 16	6.3 38	9.5 57	3.5 21	7 42	4.4 26	2.3 14	