



# **Cycling tips**

R2

A1

B2

B3, B4

A2, B2

A4 B2

A2, B2

A1, A2

B1. B2

B2, C2

B1, B2

B2

C2

A2

B2

R2

B3, B4

B3, C2

R2

B3 B3, B4

**B**3

A2

Α1

A1, A2

A1, A2

B2, C2

A1, A2, B1

A1, A2, B1 B2, C2

This means bright clothing in the daytime and bright lights as well at night. A light coloured cycle helmet is visible a long way off.

### Ride positively and decisively

Use your personality - you are in charge of a vehicle and have every right to be there. You need a 2-ton ego to make up for your lack of size. Take pride when you ride.

### Make bold, clear signals

Always make big, exaggerated, hand signals; in good time and after checking your rear.

### Anticipate problems and situations before they arise

Try to read the road ahead and use your height to get a better view.

### Shout a warning where necessary

Or use a bell or horn. If the driver or pedestrian sees you anyway you've lost nothing.

### Make eve contact with drivers when moving slowly

A driver will generally avoid eye contact if he does not intend to give way to you.

### Expect aggression and ignorant behaviour

This is no longer unusual nor unexpected and should not upset you.

## Ride away from the kerb where you can be

When moving the same speed as other vehicles, but pull over again to allow cars to overtake when you cannot keep up.

### Whenever possible, keep to quiet roads and cyclepaths

There's no point in trying to compete with heavy traffic on roads that are not designed for cycles.

### Maintain high cycling standards

This means stay legal, be considerate towards others (especially those most vulnerable) and load no more than your bike can safely carry.

## **About Spokes**

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### www.spokeseastkent.org.uk

Spokes is an active campaign group set up to encourage cycling and publicise its benefits. We are based in the East Kent area of the UK but have an interest in better conditions for cyclists everywhere.



Cycling

Tenterden

We publish a free quarterly newsletter in which we air our views and the views of others on cycling issues and ensure its widest possible distribution. You can read the latest edition and back issues online via www.spokeseastkent.org.uk.

We also organise a full programme of rides and cycling events in and around Kent to be enjoyed by ordinary people.

### Cycle shops

RM Cycles 7, Ashford Road, Tenterden, TN30 6AB

Church Road Collison Place Colonel Stephens Way Coombe Lane R2 Cranbrook Road A2 B2 Craythorne Cruttenden Clos B2 Curteis Road Danemore Drury Road R2 East Cross B2 Eastgate Road B2 East Hill B2 East Weald Drive B2 Eastwell Barn Mews Eastwell Meadows R2 Elmfield B2 Elmfield Place B2 B4 Glenwood Close Golden Square Goldsmith Court B3 B3, B4 Grange Crescent Grange Road A3, A4, B3, Green Hedges Haffenden Road B2. B3 Hales Close B2 Hales Court Harbourne Lane В4 **Heather Drive** Henley Fields

Henley Meadows

Homewood Road

Ingleden Park Ro

Knockwood Road

Malt House Lane Marshalls Land Martins Close

Jacksons Lane Jarvis Place

High Weald Landscape

Homewood School & Sixth

Highbury Lane

High Street

**Hurst Close** 

Kiln Field

Mill Lane Millpond Lane

Lawn Close

Leslie Cresce Limes Close Longfield

Admirals Walk

Ashford Road

Beacon Walk

Bennetts Mew

Caxton Close

Chalk Avenue

Cherry Orchard

Chestnut Close

Chennell Park Road

**Briar Court** Bridewell Lane

Barnfield

Appledore Road

Austens Orchard

Beacon Oak Road

B2 B3

B2

A1, A2

B1, B2

A2, A3

B3, C3

B3

B2

B3

Α2

B3

B1

B2

A2, B2

B1, C1

B2, B3

B3, C3

B3, C2, C3

B2, C1, C2

B2, B3, B4

Oaks Road

Orchard Road

Parkside Court Penderel Mews

Pittlesden Place

Pope House Lane

Reader's Bridge Road

Recreation Ground Road

Plummer Lane

Priory Way

RM Cycles

Rogersmead

Rothley Close

Sayers Lane

Shrubcote

Silver Hill

Shoreham Lane

Six Fields Path

Southgate Road

Stace Close

Station Road

St. Benets Court

St. Benets Way

Summer Close

Tenterden Rec

Turners Avenue

Wayside

Vinev's Gardens

Wayside Avenue

Wealden Avenue

West Cross Gardens

West View Hospital

William Judge Close

Weavers Yard

Westwell Court

Woodbury Lane

Wrights Close

Woodchurch Road

West Cross

The Lindens The Pavement
Tilden Gill Road

St. Mildreds Close

Tenterden Cemetery

Tenterden Junior schoo

Tenterden Leisure Centre

Small Hythe Road

Springfield Avenue

Rolvenden Road

Orchard View

Ox Lane

Pittlesden

Old Tannery Close