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# Cycling map - with Bikeability levels

This map can help you plan a cycling journey to college based on your cycling skills and confidence levels.

## Bikeability

The roads on this map are colour coded to show how suitable they are for cyclists of different Bikeability levels. **Green** roads are quieter and **amber** roads are busier. For more information visit [www.harrow.gov.uk/schooltravelmaps](http://www.harrow.gov.uk/schooltravelmaps)

Bikeability is a national cycle training programme with three levels designed to help with control, road safety, and planning and making independent journeys.



## Choose cycling!

Cycling is a fast and free way to travel. You don't need to wait for a bus or a lift in the car, just get on your bike and go! It's fun and an easy way to keep fit.



## Top tips for cycling to college



- 1 **Plan your route** – use quieter roads and cycle paths where possible, only use busier roads if you have been trained and are confident
- 2 **Be safe** – follow the rules of the road, give way, use signals, and be careful at junctions, roundabouts and near large vehicles
- 3 **Be seen** – ride where you can be seen, wear bright clothing if possible and use reflectors and lights.

Free cycle training is available in Harrow to help develop skills and confidence.

To find out more, speak to your college or visit [www.harrow.gov.uk/cycling](http://www.harrow.gov.uk/cycling)

The grading was correct as of January 2016 and is subject to change. This map is advisory only and individuals travel at their own risk.