










Cycle Infrastructure

-  Cycle Parking and capacity
-  Barclays Hire Docking Station and capacity
-  Cycle Superhighway
-  Proposed Cycle Superhighway
-  National Cycle Network
-  London Quietways
-  Maintenance - Cycle Shop
-  Maintenance - Bicycle Pump
-  School

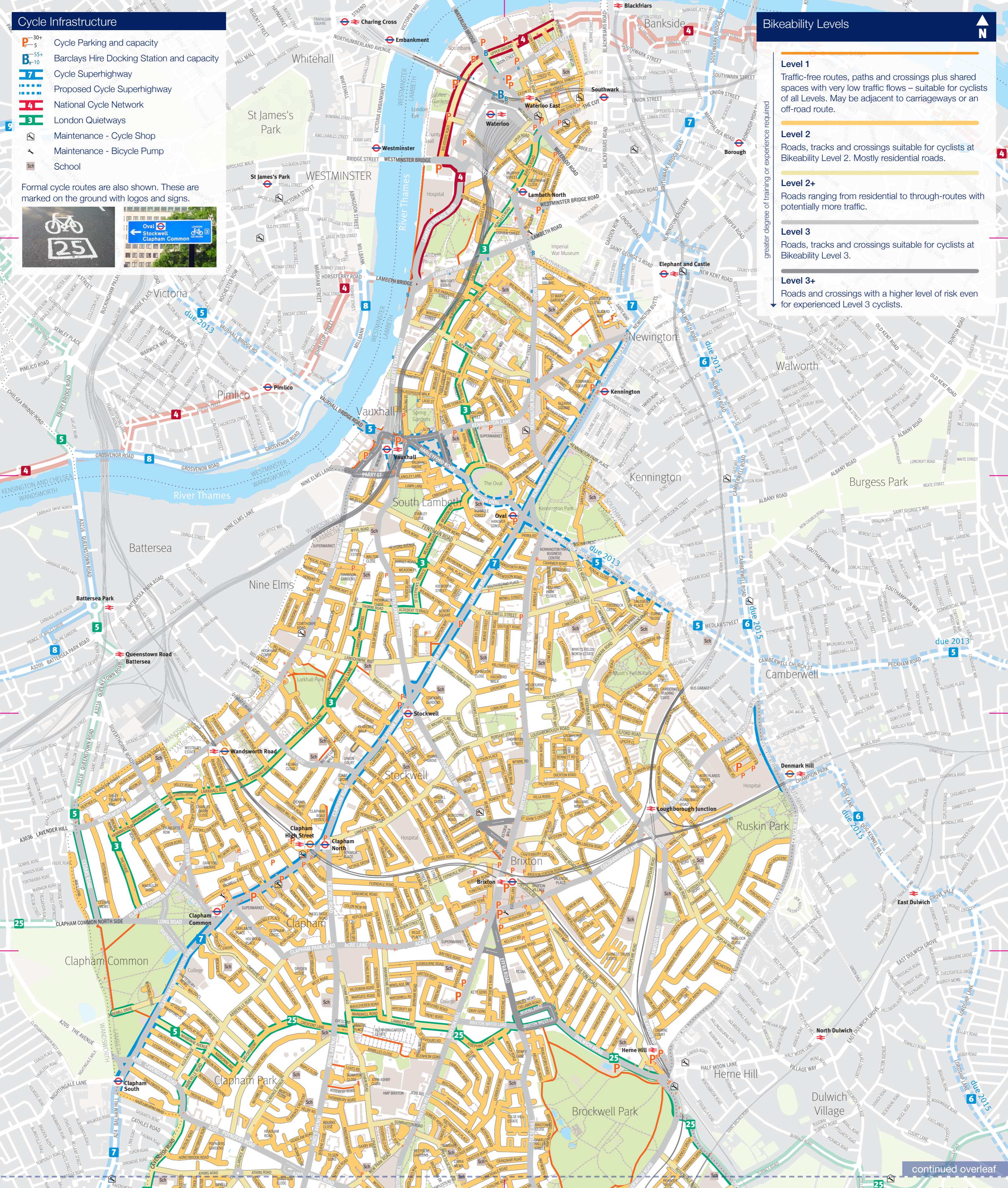
Formal cycle routes are also shown. These are marked on the ground with logos and signs.

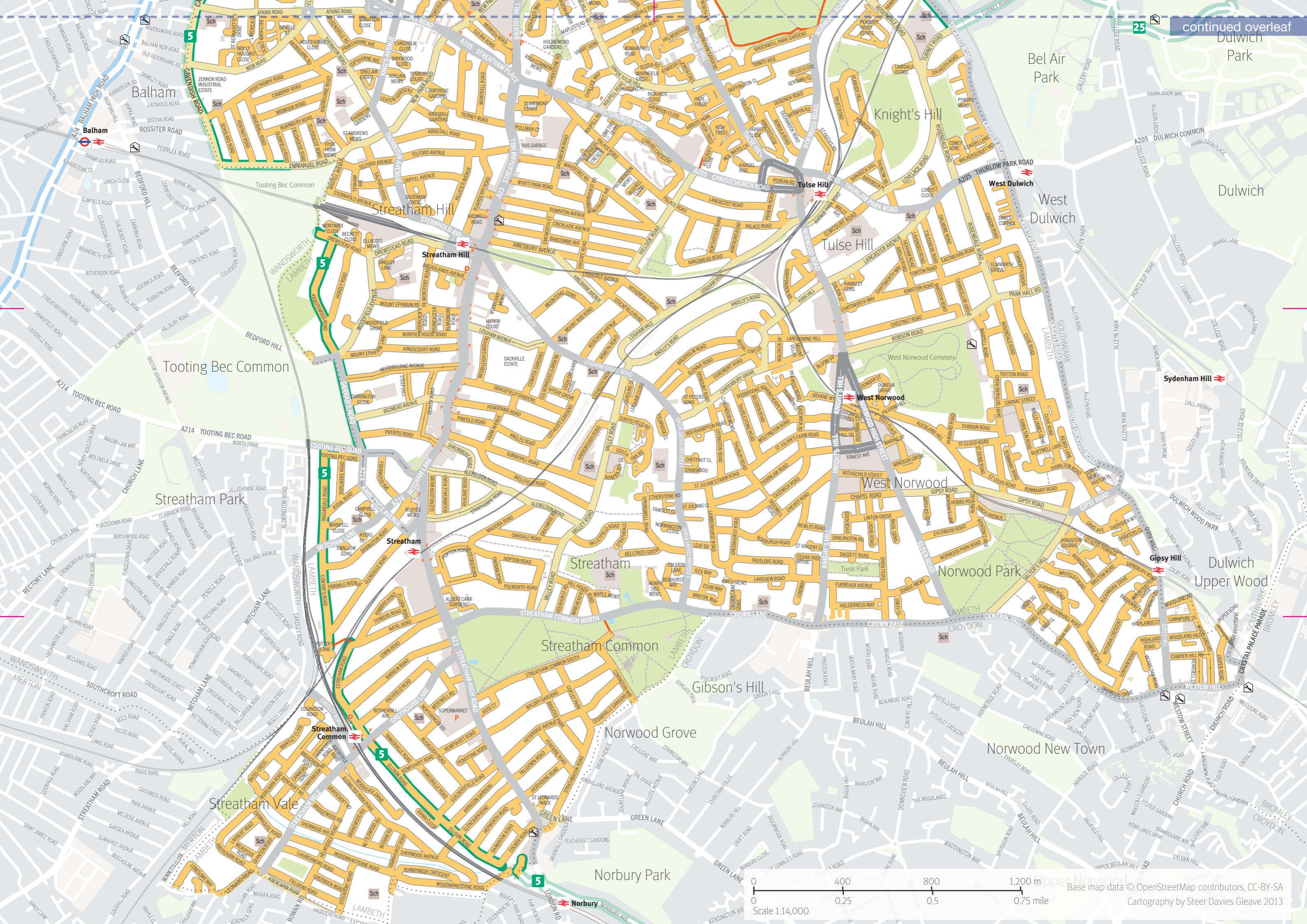


Bikeability Levels

- Level 1**
Traffic-free routes, paths and crossings plus shared spaces with very low traffic flows – suitable for cyclists of all Levels. May be adjacent to carriageways or an off-road route.
- Level 2**
Roads, tracks and crossings suitable for cyclists at Bikeability Level 2. Mostly residential roads.
- Level 2+**
Roads ranging from residential to through-routes with potentially more traffic.
- Level 3**
Roads, tracks and crossings suitable for cyclists at Bikeability Level 3.
- Level 3+**
Roads and crossings with a higher level of risk even for experienced Level 3 cyclists.

greater degree of training or experience required





Using the Road
Cyclists have the same rights as motorists on city streets. Road rules and rights of way apply equally to bicycles and motor vehicles. Cyclists are not required to always stick to the kerbside of the lane and are allowed to use any part of the road. Cycle lanes can help, but you are not obliged to use them.

Safe and confident city cycling
There is more to safe cycling than helmets and bright jackets. Good positioning, awareness of your surroundings and communication with other road users are the most important things.

Good bike control and a well maintained bike equally important.

A well maintained bike
Make sure your brakes are in top working order and keep your tyres hard – this will make cycling safer and easier. Any strange noises could indicate a problem so get it checked out.

Bike control
Ensure that you can control your bike while looking directly behind (for planning manoeuvres) and that you can ride one-handed in order to turn and signal safely.

Make sure you can swerve safely.
Ride with your fingers resting on your brake levers so you're ready to make a quick stop.



Positioning
Ride away from the kerb and at least a car door's width from parked cars.

Ride in the stream of traffic if you are matching its speed. When filtering through crawling traffic, do so at a speed at which you could stop for hazards such as a car door opening or a pedestrian stepping out.

At junctions position yourself in the middle of the lane whether you are turning left or right or going straight ahead. This deters drivers from cutting in front of you.

At signalled junctions make sure you are not positioned to the left of a vehicle that may turn left. Use the whole of an Advanced Stop Line (ASL) rather than queuing up along the kerb.



Awareness
Looking behind makes drivers see that you are aware, as well as making yourself aware of what is happening around you. It can also indicate to others that you might be about to change position.

Always look back before changing position, even for small manoeuvres.

Be alert to where other road users may come from, for example out of side roads, and look out for pedestrians who may step into the road a walk between stationary traffic.

Communication
You can communicate your intentions by correct road positioning, with hand signals, or with eye contact.

Always look behind before signalling – it may be unsafe to signal if someone is about to overtake you or it may not be necessary to signal if no-one is there.

Cycle Training is the best thing you can do to improve your safety and confidence on a bike – and make your cycling more enjoyable too! Most people are amazed by what they can learn, and even experienced cyclists can learn a lot.

For more information on one-to-one cycle training lesson visit www.lambeth.gov.uk/cycling

This map shows all streets in Lambeth graded by the level of cycle skills required to cycle on them. With the right skills you can cycle on almost any road safely and confidently. Formal cycle routes are also shown. These are marked on the ground with logos and signs.

For information on Bikeability visit www.dft.gov.uk/bikeability

Lambeth
Cycle Map