



Paul, Kettering



Don't 'em worry

Key

- Roads that are normally hazardous for cyclists but experienced adult highway users may find them useful in quiet periods.
- Busy arterial roads with high speeds, HGVs, and complex junctions. Suitable for highly skilled commuting cyclists.
- Busy roads but lower speeds, some congested traffic movements. A medium to high level of skill required for trouble free cycling.
- Through routes with moderate traffic and low speeds but also bus and parking movements. Well trained school children should cope.
- Quiet roads with low traffic speed and volume. Suitable for all cyclists behaving responsibly if they have some training.

Proposed route

Symbols

- Cycle Parking
- Church
- D-tor
- Library
- Primary School
- Post Office
- Hospital
- Secondary School
- Public House
- Tourist attraction

Off road paths and ways

- Cycle track, shared path or bridleway with barriers or stone all weather surface. Bridleway or other shared paths with surface. May be suitable for cycling, especially on a road bike, in wet weather.
- Footpath or private road where cycling may not be allowed without permission.
- Challenges where cycling is often impractical because of rough surface or steep gradients.

The representation on this map of any road, route or path is not evidence of a right of way or of its legal status.

Green Spaces

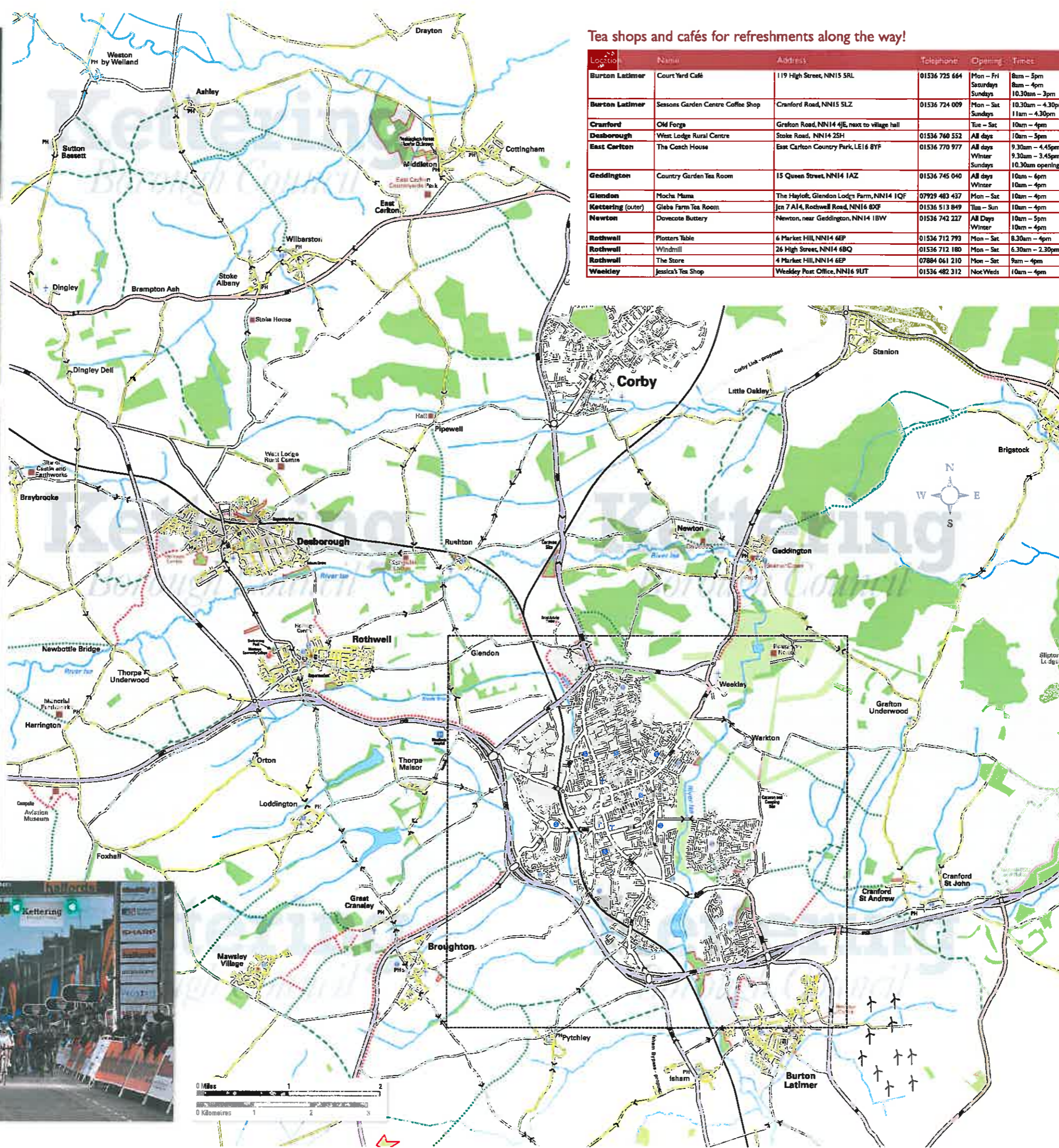
- Parks and urban conservation areas where there is public access.



Talking of bread



He's in the Tour Series - professionals racing in Kettering



Tea shops and cafés for refreshments along the way!

Location	Name	Address	Telephone	Opening Times
Burton Latimer	Court Yard Café	119 High Street, NN15 5RL	01536 725 664	Mon - Fri 8am - 5pm Saturdays 8am - 4pm Sundays 10.30am - 3pm
Burton Latimer	Seasons Garden Centre Coffee Shop	Cranford Road, NN15 5LZ	01536 724 009	Mon - Sat 10.30am - 4.30pm Sundays 11am - 4.30pm
Cranford	Old Forge	Grafton Road, NN14 4JE, next to village hall		Tue - Sat 10am - 4pm
Deaborough	West Lodge Rural Centre	Stoke Road, NN14 2SH	01536 760 552	All days 10am - 5pm
East Carlton	The Coach House	East Carlton Country Park, LE16 8YF	01536 770 977	All days 9.30am - 4.45pm Winter 10.30am opening
Geddington	Country Garden Tea Room	15 Queen Street, NN14 1AZ	01536 745 040	All days 10am - 4pm Winter 10am - 4pm
Glendon	Mocha Mama	The Hayloft, Glendon Lodge Farm, NN14 1QF	07929 483 437	Mon - Sat 10am - 4pm
Kettering (outer)	Glebe Farm Tea Room	Jon 7 A14, Rothwell Road, NN16 8XF	01536 513 849	Tue - Sun 10am - 4pm
Newton	Dovecote Buttery	Newton, near Geddington, NN14 1BW	01536 742 227	All Days 10am - 5pm Winter 10am - 4pm
Rothwell	Plotter's Table	6 Market Hill, NN14 6EP	01536 712 793	Mon - Sat 8.30am - 4pm
Rothwell	Windmill	26 High Street, NN14 6BQ	01536 712 180	Mon - Sat 6.30am - 2.30pm
Rothwell	The Store	4 Market Hill, NN14 6EP	07884 061 210	Mon - Sat 9am - 4pm
Weekley	Jessica's Tea Shop	Weekley Post Office, NN16 9UT	01536 482 312	No/Weds 10am - 4pm

The Borough has plenty to offer

Welcome to the Borough of Kettering located within the heart of England and North Northamptonshire. Made up of 4 towns and 25 villages the Borough is an attractive and accessible place full of history and characterised by the beautiful countryside, market towns and villages.

The area has a wealth of countryside and heritage waiting to be explored including museums, churches, historic buildings and woodland areas. There are also a number of hotels, restaurants and traditional pubs across the Borough all waiting to be discovered. This map should help existing and new cyclists in managing and minimising the risks that they face from motor traffic.

One of the most attractive aspects of the Borough is its warm and welcoming environment and on this map you will find many destinations marked that you can visit conveniently by bike. For example, within 10 miles of Kettering no less than eight historic buildings can be found which rival the best in the country with their beauty and interest such as Boughton House, Rushton Hall and Triangular Lodge.



St. Andrew's Church, Geddington

Other popular attractions include Wickstead Park, one of the UK's top 20 visitor attractions and the country's very first theme park, the Alfred East Art Gallery and Manor House Museum in Kettering and the aviation museum at Harrington.

Whether you are a local resident or visitor, don't forget to visit the Kettering Tourist Information Centre for more information on places to visit, things to do and local events happening within the Borough and surrounding area. See our useful contacts section for more information.



Keeping life active

Reasons to get out more

Whether commuting to work or school, or just to have fun, there is nothing like the sense of freedom cycling provides to blow away the cobwebs and to keep yourself fit and healthy.

Becoming skilled and fit on a bicycle takes time, but the effort is amply rewarded. The advantages of using a bike for transport and leisure are increasingly apparent. Being able to cycle anywhere at any time gives a person a greater sense of self worth and control over their life. Elderly cyclists who can walk fifty yards can often go several miles on a bicycle.

Cycling gives a freedom that is often not available to drivers. There are endless opportunities opened up around the Borough by the numerous cycle routes available which car users often miss out on.

Cycling for recreation is also an ideal way to interact with the environment whilst causing it no harm. There is no better way to explore our heritage of churches, nature reserves, ancient monuments, parks and tourist attractions than by bicycle.



Stamwick Lakes path

Useful contacts

Kettering Tourist Information Centre
Bowling Green Road, NN15 7QX
Tel 01536 315 115
www.kettering.gov.uk/tourism
tc@kettering.gov.uk
Tuesday to Friday, 8.30am – 5.30pm
Saturday, 9.00am – 1pm

Kettering section of the Cyclists' Touring Club (CTC)
Regular all day Sunday rides, Tuesday morning rides and occasional Saturday afternoon rides.
Max Scott, Tel 01536 712 507
maxscott@trivelo.freeserve.co.uk

Kettering Cycling Club
www.ketteringcc.co.uk

Kettering Borough Council
www.kettering.gov.uk/cycling

Northamptonshire County Council
www.northamptonshire.gov.uk

Cycling tuition

Cycling tuition is available for adults and children and can dramatically improve confidence and enjoyment of cycling.
The CTC or Cycle Northants can advise you who best to contact.

Email maxscott@trivelo.freeserve.co.uk or john@cyclenorthants.freeserve.co.uk or look on the CTC website www.ctc.org.uk and go to the cycle training page for the up to date list of cycling instructors trained to the national standard in your area.

Kettering cycling shops

If you need advice about choosing and maintaining a bicycle contact your local bike shop.

Bicycle Bay
3 Montagu Street,
Tel 01536 414 227 www.bicyclebay.co.uk

C. & D. Cycles
19 Montagu Street,
Tel 01536 211 900 www.cdcycles.co.uk

Glovers Cycles
43-45 Montagu Street,

ReBike Community Enterprise
Second-hand bikes, repairs and training,
Tel 01536 527 960

Halfords
Northfield Avenue,
Tel 01536 310 404 www.halfords.com

Wilco Motor Spares
2 Stamford Road,
Tel 01536 211 328 www.wilcodirect.co.uk

In Motion Products Ltd
A6 Business Centre, Telford Way,
Tel 01536 525 223 www.inmotionproducts.com

Bright Kidz
High visibility clothing,
Tel 01536 526 461 www.brightkidz.co.uk



Cycle parking at Kettering Rail Station



Key

- Routes that are normally hazardous for cyclists but experienced and higher users may find them useful in some periods.
- Busy principal roads with high speeds, MGVs, and complex junctions. Suitable for highly skilled commuting cyclists.
- Busy roads but lower speeds, some complicated to the inexperienced. A road with a high level of skill level for trouble free cycling.
- Quiet roads with moderate traffic and low speeds but also turning and parking cars. Well used school children should cope.
- Quiet roads with low traffic speed and volume. Suitable for all cyclists including reasonably if they have some training.
- Pedestrianised streets.
- One way street
- Gradient signs, not for most cyclists. Answer points available.
- Cycle Parking
- Signalled cycle crossing.
- Church
- Primary School
- Secondary School
- Doctor
- Post Office
- Tourist Information
- Libraries
- PC Public Convenience
- Hospital
- PH Public House
- Special cycle hire facility
- Warner

Off road paths and ways

- Cycle track, shared path or bridleway with barriers or stiles all weather or tarmac.
- Bridleway or other permitted path with soft surfaces. May be suitable for cycling, especially on a road bike, in wet weather.
- Footpath or private road where cycling may not be allowed without permission.
- Bridleways where cycling is often impractical because of rough surfaces and/or gradients.
- The representation on this map of proposed, trunk or path is not evidence of a right of way or of its legal status.

Green Spaces

- Parks and nature conservation areas where there is public access.

Where you can cycle



Cycling is a family matter

The key indicates the degree of skill and experience needed on the roads around Kettering. On yellow roads traffic is light and speeds are low. As you gain experience you can explore using the green and blue roads, but the pink and purple roads may be intimidating unless you are an experienced cyclist. Off-road, you may cycle on bridleways and byways. Some bridleways are only possible to cycle with all-terrain bikes, and this has been indicated in the key. The map also shows the cycle paths that have been created recently by the Borough Council and County Council working together to help more people cycle safely in Northamptonshire.

Safety



Check your bike regularly

Children especially need to take care when cycling as they are far more likely to be unaware of the dangers traffic can pose. Cyclists should be particularly alert to other traffic at junctions and near parked vehicles.



Approach Street Congestion - two-way cycle flow here



Northamptonshire
County Council

Kettering Borough Council

Head Office, Bowling Green Road, Kettering, NN15 7QX
Telephone 01536 418 222 Email kettering@northants.gov.uk
www.kettering.gov.uk

CTC

a map for cyclists

Kettering
and the surrounding area

2011 Edition



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www.cyclecityguides.co.uk

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