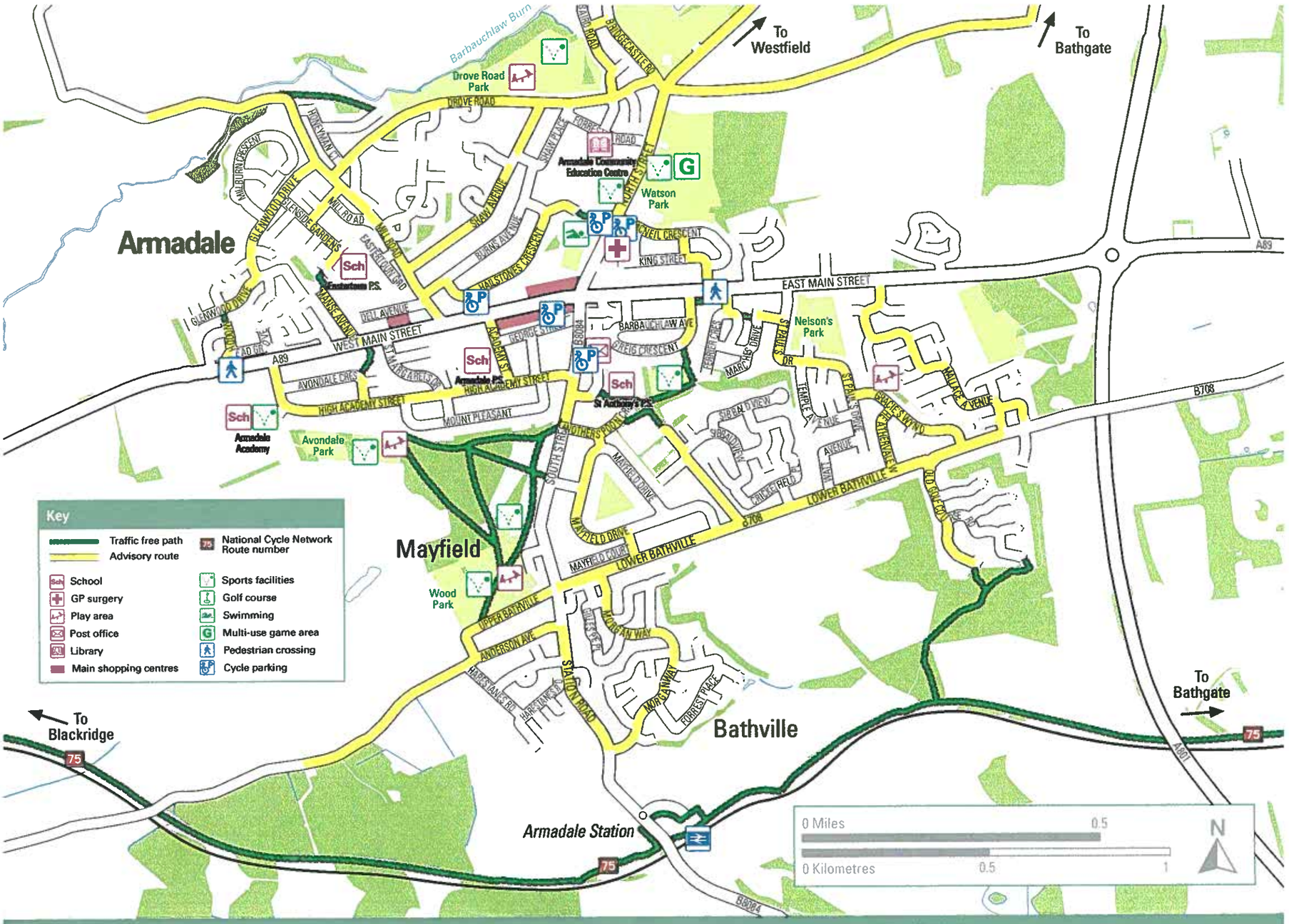

Local Cycling Clubs & Organisations

Sustrans

Sustans is the UK's leading sustainable transport charity and the organisation behind the National Cycle Network. National Cycle Network Routes 75, 76 and 745 cross West Lothian. For more information and maps visit: **www.sustrans.org.uk** or call **0845 1130065**.

CTC

The UK's national cyclists' organisation has been devoted to encouraging cycling in Britain and the protection of cyclists for over a century.
www.ctc.org.uk or call **0844 736 8450**.

Spokes

Has been campaigning for over 20 years for cycling as a means of transport in and around Edinburgh. Also publishes a cycle map for the whole of West Lothian.
www.spokes.org.uk or call **0131 313 2114**.

West Lothian Clarion

Friendly, local bike club with attached Kids Club. Details at: **www.westlothianclarion.co.uk**

Reporting problems

Please report problems with roads and cycle tracks such as potholes, lighting defects, overhanging vegetation, obstructions, flooding etc. to West Lothian Council Operational Services on **01506 280000** or visit **www.westlothian.gov.uk/1523/1284/**

Good Cycling Code

Obey the rules of the road

- Always follow the Highway Code. Available at **www.direct.gov.uk/TravelandTransport/Highwaycode/index.htm**

Be courteous

- Remember that some people are hard of hearing or visually impaired. Don't assume everyone can see or hear you.
- Give way to pedestrians, wheelchair users and horse riders.
- Ring your bell or politely call out to alert other road users of your approach; acknowledge people who give way to you.

Care for the environment

- Try to reach the start of your journey by bike or public transport.
- Follow the Scottish Outdoor Access Code; in particular, respect crops, livestock and wildlife and take litter home.

Look after yourself

- Be alert to potential hazards and take extra care.
- Carry enough food and water, and a map.
- Keep your bike roadworthy; use lights in poor visibility (it's the law).
- Don't use any hand-held device like a mobile phone whilst cycling.
- Consider wearing a helmet and bright clothing.
- Always lock your bike to an immovable object with a good-quality bike lock to prevent theft.

Thank you for cycling! The bike is the most efficient and environmentally friendly form of transport.

Useful signs

Common road signs that you may come across when cycling through the town.

Shared route for cyclists and pedestrians together

Route for use by pedal cycles only

Segregated route

With-flow cycle lane ahead

Route recommended for pedal cyclists

With-flow bus and cycle lane

Motor vehicles prohibited (cycles permitted)

With-flow cycle lane

No entry (For all vehicles including cycles)

No cycling