

OAKHAM CYCLING ROUTES



Cycling is one of easiest ways to keep fit and healthy, it can be a fun activity for all the family. A bicycle does not cause pollution or contribute to climate change.

This leaflet suggests three rides starting from the centre of Oakham, the county town of Rutland. If you are arriving by car there are several pay and display car parks in Oakham and the Council car park at Catmose is open to the public on a Saturday and Sunday.

the routes follow traffic free cycle paths and the roads suggested are generally the quieter ones. Please bear in mind that all roads have periods of use when they are busier and attract faster vehicles, cyclists must always take extra care when riding on public roads. A comfortable average speed should be 7 or 8 miles an hour with occasional stops but allow plenty of time to complete your ride.

The three routes are of varying distances and difficulty. Where possible

Good Cycling Code

Always cycle with respect for others, whether cyclists, pedestrians, horse riders or drivers, and acknowledge those who give way to you. Remember to follow the Highway Code.

Check your bike is roadworthy before you set out. Try checking the bike in an 'M' shape, moving from back to front. Pay special attention to the tyres and brakes.

Fit lights on your bike and use them in poor visibility.

Help others by keeping to a steady speed, checking behind and signalling.

When riding on the cycle path have consideration for pedestrians and use your bell to warn them of your presence if they have not seen you.

On the road – keep to the left and never ride more than two abreast. Always revert to single file if you encounter traffic.



The M Check

We advise that you wear helmets and brighter clothing for your own safety.

Carry a cycle lock to secure your bike if you are leaving it for any length of time.

Be careful at entrances, bends and especially at junctions. If you are unsure, do not be afraid to dismount and wheel your bike across.

Three Mapped Cycling Routes

Riding on cycle paths and minor roads with rest stops and scenic views.

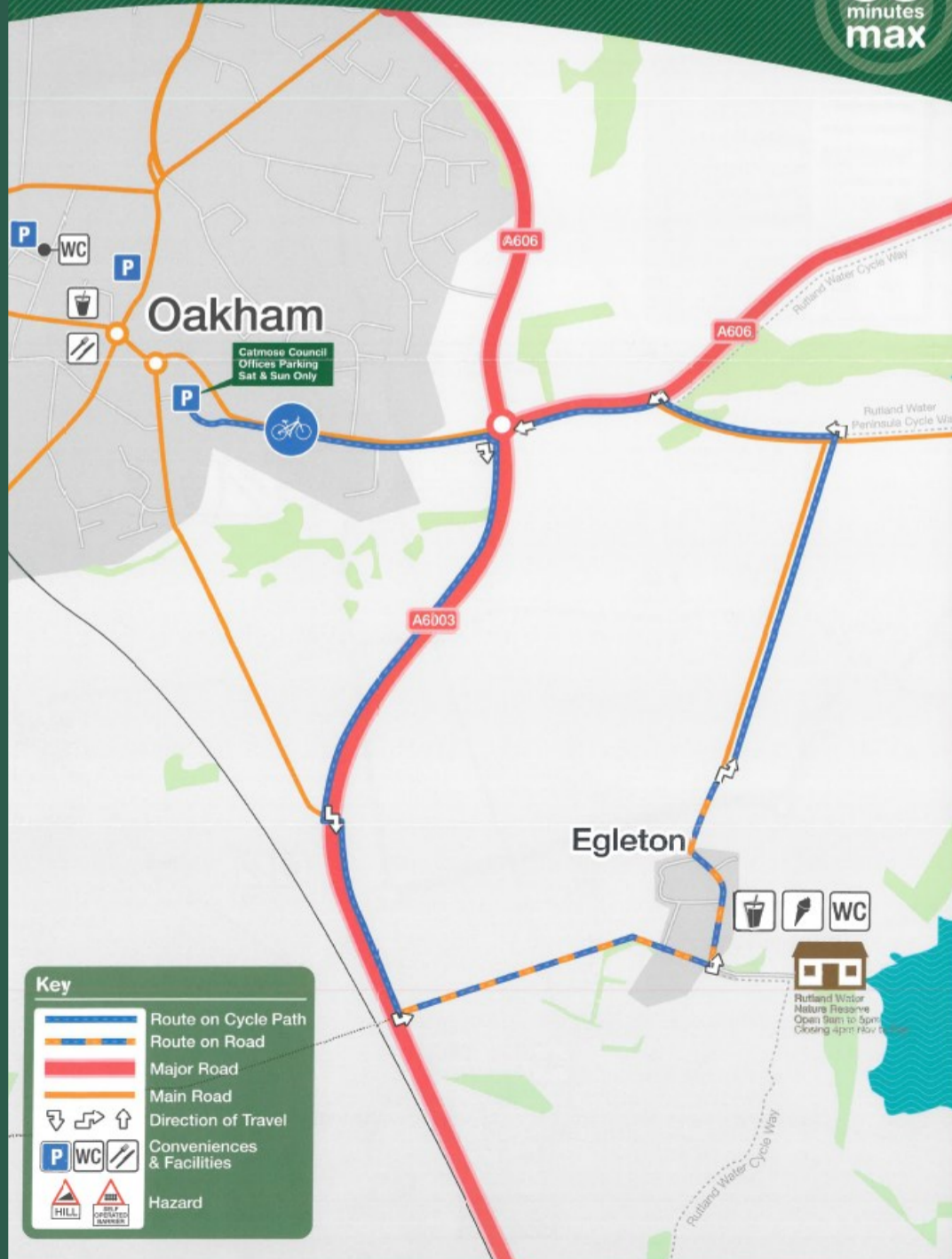
RUTLAND COUNTY COUNCIL



Road Safety

ROUTE 1

3.8 miles
38 minutes max



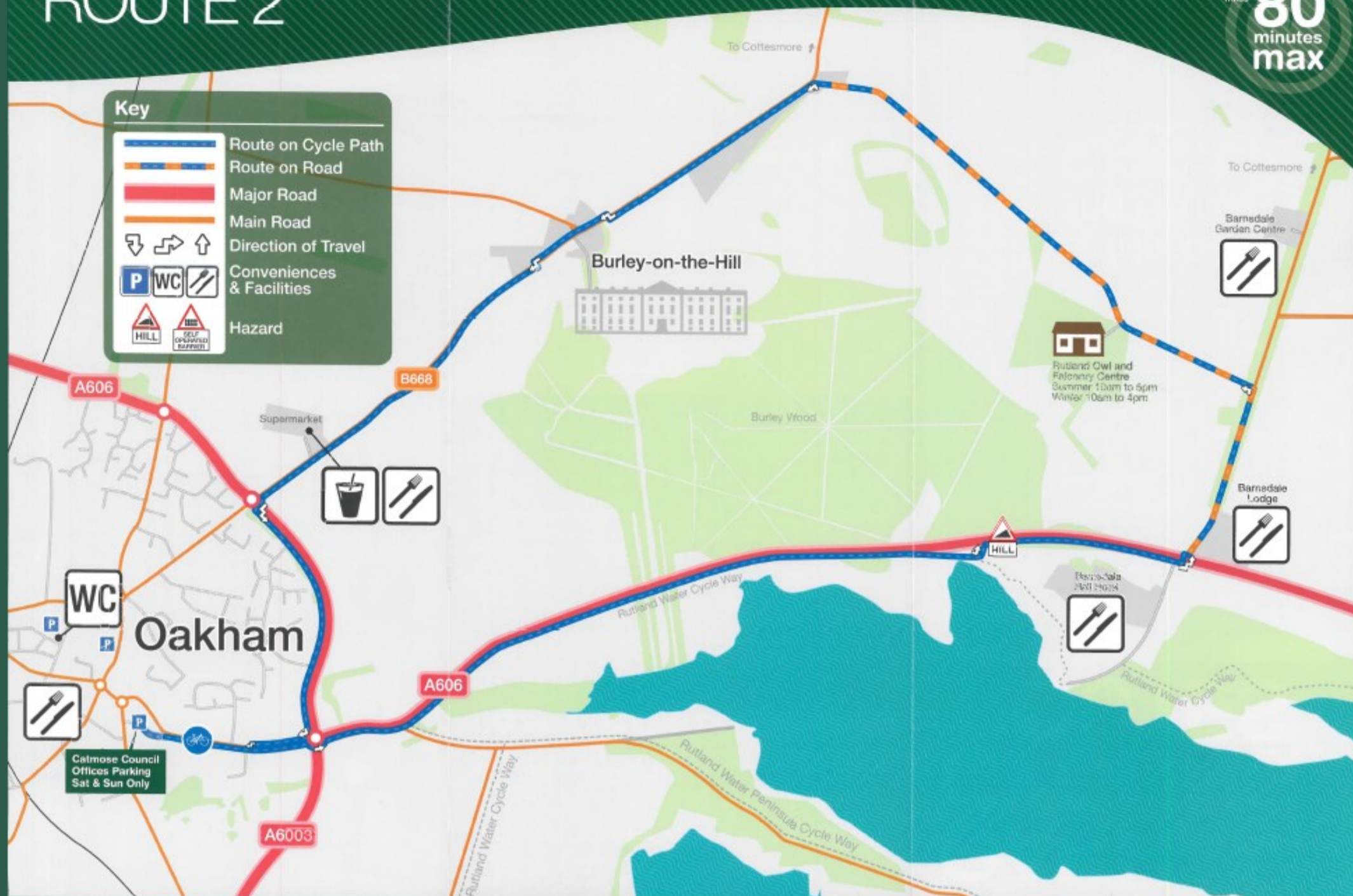
ROUTE 3

7 miles
70 minutes max or 9.5 miles
95 minutes max



ROUTE 2

8 miles
80 minutes max



Popular Rutland Water Cycle Routes

Route 1 – Suitable for families with small children. Distance 3 miles return.

Start your adventure at Whitwell. Follow the cycle track around the shoreline; watch out for an abundance of wildlife along the way including lots of lambs in the Spring. After just over a mile you will reach Sykes Lane, Empingham. Here you will find a fun adventure playground for the children to enjoy as well as public toilets and The Fox kiosk serving ice creams, lollies and refreshments.

Route 2 – Suitable for all. Distance 8 miles return.

Start your adventure at Whitwell. Follow the cycle track around the shoreline; watch out for an abundance of wildlife along the way including lots of lambs in the Spring. After just over a mile you will reach Sykes Lane, Empingham. Here you will find a fun adventure playground for the children to enjoy as well as public toilets and The Fox kiosk serving ice creams, lollies and refreshments.

Continue on over the Dam towards Normanton Church. Why not stop off and have a look inside – there are some fascinating exhibits on show. Continue onwards to the Sailing Club in the village of Edith Weston.

Route 3 – Suitable for the reasonably fit. Distance 26 miles roundtrip.

Start your adventure at Whitwell. Follow the cycle track around the shoreline; watch out for an abundance of wildlife along the way including lots of lambs in the Spring. After just over a mile you will reach Sykes Lane, Empingham. Here you will find a fun adventure playground for the children to enjoy as well as public toilets and The Fox kiosk serving ice creams, lollies and refreshments.

Continue on over the Dam towards Normanton Church. Continue onwards to the Sailing Club in the village of Edith Weston. Carry on past the Sailing Club along the cycle track through Berrybutt Spinney. You'll enter the Nature Reserve briefly at Gibbets Gorse. Follow the cycle track signs Parking marked on the road to Manton. Then turn right down the hill passing the Horse & Jockey pub.

Go under the bridge and follow the track to the right (it's signposted). The cycle route takes you now through picturesque Egleton, then turn right for Hambleton Peninsula perimeter track. Turn right again, along a tarmac track and right along the track through Barnsdale Car park and return to Whitwell.