

GET **active**

ON WHEELS

FAMILY CYCLING

AROUND NORTHSTOWE



TOP SAFETY TIPS



I SPY WITH MY LITTLE EYE:

Whilst out on the bike today be sure to take a big look at everything going on around you.



Check the bike - are the tyres pumped?



Does the chain need some oil?



Are the brakes working ok?



Are the reflectors clean and visible?

Does the bike fit properly? Is the saddle the right height? This is especially important for growing children. As a general rule of thumb the knee should be slightly bent at the bottom of the stroke, and it should be super easy to put a foot down when stopping.

Being seen is important so wear bright clothing and have lights on your bike at night or in poor visibility!

Before you ride make sure helmets and shoe laces are all correctly secured.

Want some extra advice? Visit www.britishcycling.org.uk and search 'cycling with kids'

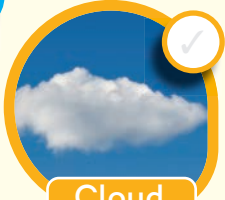
What might you need on your cycle ride?

Are you prepared for the weather? We all know how the British weather likes to keep us on our toes. Do you need to put some sun cream on? Pack a rain jacket in a rucksack?

Don't forget to fill your water bottle and take some snacks to refuel on route!



Cow



Cloud



Cat



Church



Butterfly



Cyclist



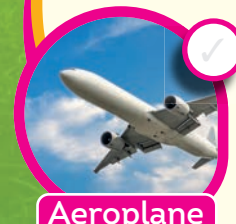
Feather



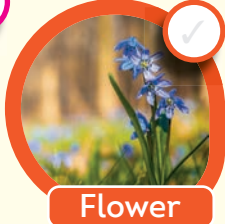
Sheep



Bus



Aeroplane



Flower



Postbox

IT'S STORYTIME

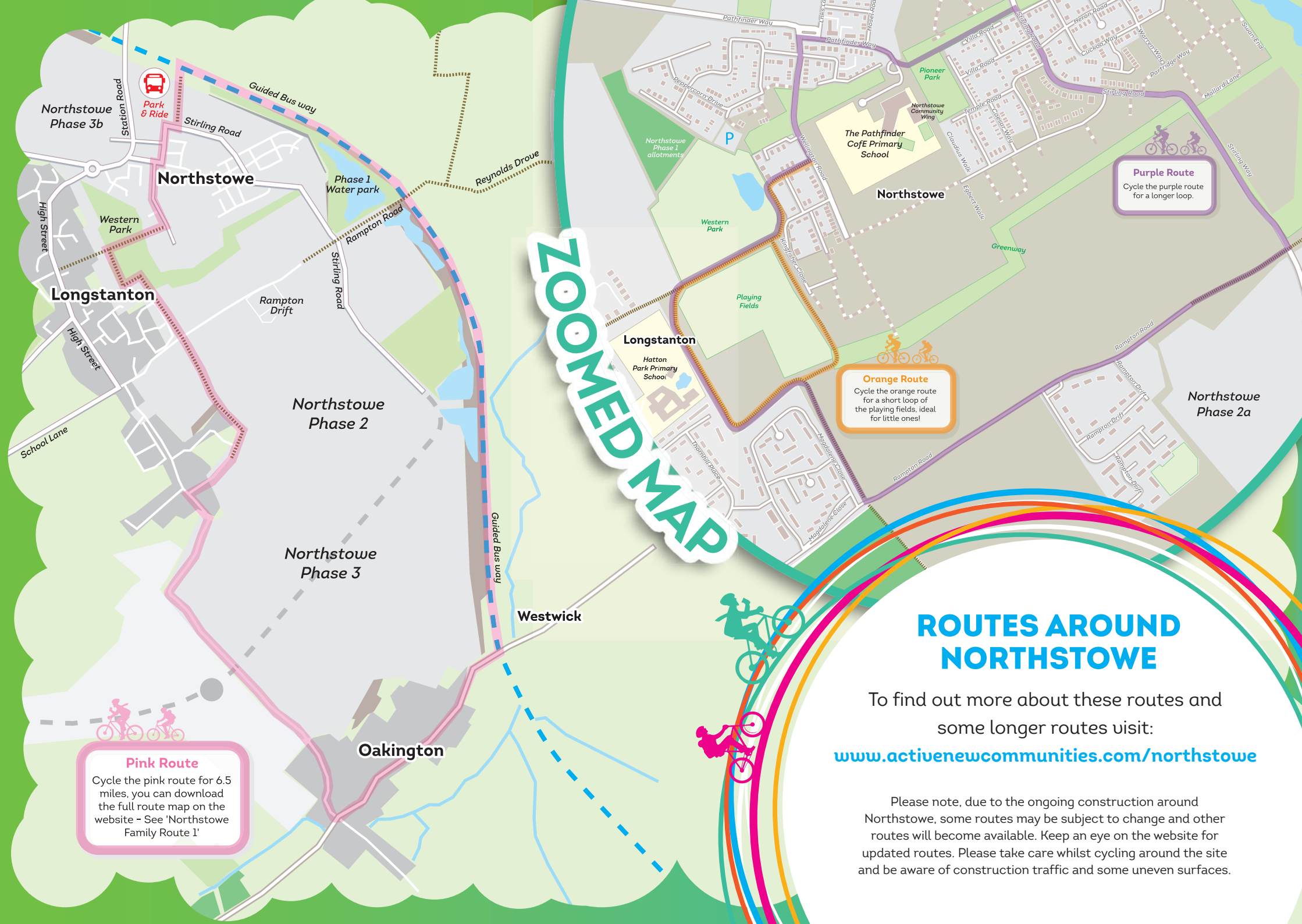
Looking around at all the splendid sights, can you pick at least 4 of the things you have spotted today and turn them into a story?

Blank writing area with horizontal dashed lines for text.



EVERY GOOD STORY NEEDS PICTURES!
DRAW A PICTURE TO GO WITH YOUR STORY





Northstowe Phase 3b

Northstowe

Longstanton

Northstowe Phase 2

Northstowe Phase 3

Oakington

Westwick

Longstanton

Northstowe

Northstowe Phase 2a



Park & Ride

Guided Bus way

Phase 1 Water park

Reynolds Drove

ZOOMED MAP

Orange Route
Cycle the orange route for a short loop of the playing fields, ideal for little ones!

Purple Route
Cycle the purple route for a longer loop.

Pink Route
Cycle the pink route for 6.5 miles, you can download the full route map on the website - See 'Northstowe Family Route 1'

ROUTES AROUND NORTHSTOWE

To find out more about these routes and some longer routes visit:

www.activenewcommunities.com/northstowe

Please note, due to the ongoing construction around Northstowe, some routes may be subject to change and other routes will become available. Keep an eye on the website for updated routes. Please take care whilst cycling around the site and be aware of construction traffic and some uneven surfaces.

IT'S SELFIE TIME...



We want to see pictures of families out enjoying cycling together!

We will be running some prize draws at different points through the year. Share your photos with us!

 @ActiveNewCommunities

 @Active_NC

Try to include a local landmark in your selfie to stand a better chance of winning!

DID YOU KNOW THAT E-BIKES ARE COMING TO NORTHSTOWE VERY SOON?

There will be a stock of e-bikes available for daily hire and the scheme will also include some kiddie trailers, for more information

visit: www.activenewcommunities.com/northstowe



DRAWING CHALLENGE

Everybody loves a funky cycle jersey, now it's your turn to design one!

Fill in the template, remember the more colours the better!



NOW CAN YOU DRAW YOUR PERFECT BIKE?

It may have a sail to help you go really fast in the wind, or a mini picnic bench to make it easy to stop for a snack. What else might your PERFECT BIKE have?

Grab some paper and get creative!

CHALK CHALLENGE

Using a piece of chalk, mark out your own chalk challenges by drawing some shapes on a wide pavement or safe area like your driveway. Test out your bike handling skills by cycling around the course.

How long can you cycle along the white line?

Can you stop in the box?

Can you complete a slalom ride, cycle around a figure of 8?

FOR MORE INFORMATION ON CYCLING AROUND NORTHSTOWE

visit: www.activenewcommunities.com/northstowe