

A SUMMARY OF PUBLIC RIGHTS OF WAY

The ride in this leaflet is based on tarmac roads and cycle tracks. Along the route you will pass many Rights of Way, signposted from the road. If you do deviate from the route in this leaflet please observe the following:

- Byways open to all traffic (BOAT) are open to cyclists, walkers and motor vehicles
- Roads used as public paths (RUPP) are open to cyclists, horses, walkers and possibly motor vehicles
- Bridleways are open to walkers, horses and cyclists
- Footpaths are open to walkers only

Remember without specific permission you cannot legally cycle on a footpath. On other Rights of Way it is good practice to give others warning of your approach e.g. a bell or spoken word. In addition you have to give way to walkers and horse riders. A horse cannot recognise a bicycle and may view the cyclist as a threat and be startled, endangering the horserider and cyclist.

OTHER CYCLE RIDES

In addition to this ride there are many other similar circular rides across Hertfordshire. For details of other leaflets please contact the Countryside Management Service on (01727 848168). If you have enjoyed this ride why not plan your own using an Ordnance Survey 'Pathfinder' or Landranger map (No.166)? Its a great way of visiting the countryside.

THE COUNTRYSIDE MANAGEMENT SERVICE

The Countryside Management Service works throughout Hertfordshire and London to promote and enhance the enjoyment of the countryside. We provide practical assistance from pond clearance to woodland work and we offer grant aid and advice from tree planting to pond restoration. We increase opportunities for informal recreation including self-guided trails and guided walks. The service is sponsored by Hertfordshire County Council, District and Borough Councils and the London Borough of Barnet. For further information please contact; Countryside Management Service
Old Nursery Site
Hixberry Lane
St. Albans, Hertfordshire, AL4 0TZ
Tel: (01727) 848168

PARTNERS

This cycle ride and leaflet has been produced with the support of: Hertfordshire County Council's Environment Department, St. Albans City and District Council, Watling Chase Community Forest and with the kind assistance of the Cyclists Touring Club, Hertfordshire Wheelers and local parish and town councils.

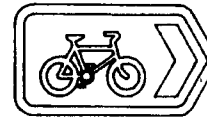
ROUTE DESCRIPTION

This ride starts in St. Albans with a choice of three loops visiting Sandridge, London Colney or Colney Heath totalling a distance of 29km (18 miles). Much of the route passes through the Watling Chase Community Forest area. The Sandridge loop takes you out of St. Albans along the Alban Way footpath and cycle track. Although suitable for most cycles please read the advice on using the Alban Way inside. Part of this route passes next to private land in the Oaklands College campus along a bridleway. Please follow the bridleway signs at all times and remember there is no public right of way in any other part of the campus. Take extra care turning into Harpenden Road when returning to St. Albans from Sandridge as this does get busy at times. The London Colney loop leaves St. Albans via a steady climb up Camp Road then through residential areas to London Road and Mile House Lane. Take extra care crossing to the right hand feeder lane to access Mile House Lane. Less experienced cyclists may wish to dismount and use the pedestrian crossing. Care should also be taken in and around London Colney as some sections again may get busy. On the Colney Heath loop take extra care cycling along Barley Mow Lane and turning right into Colney Heath Lane. Please note the A414 footway up to the Colney Heath footbridge is not a designated cycle path - please dismount and walk along the footway up to and across the footbridge until you reach Colney Heath High Street.

Please read this leaflet before your ride. It is advisable to use an Ordnance Survey Landranger map (No.166) to make the most of your cycle ride.

WAYMARKING

Signs like this on the right are positioned to guide you round the route in an anti-clockwise direction. This will make the majority of the turns left turns, this means your journey will be a little safer.



SAFETY

- This is not an off road route, you will meet cars and other vehicles on the road during your trip.
- Wear a safety helmet
- Ensure your bike is safe to ride
- After dark you are required by law to display working lights. We recommend you cycle this route in daylight
- Wear brightly coloured clothes with reflective material
- Treat pedestrians and horses with the respect you expect to get from car drivers
- Get a bell and warn others of your approach
- Always ride in single file on roads which are narrow or busy, and never more than two abreast
- Always follow the advice for cyclists given in the Highway Code.

A cycle ride from St. Albans visiting the Alban Way, Sandridge, London Colney, Tyttenhanger and Colney Heath



Cycle Hertfordshire's Countryside



