

**ROAD SAFETY:**

- Be Safe and Be Seen. Wear reflective clothing and use bike lights under poor light conditions.
- Ride well clear of the kerb. You'll be more visible, more respected, and safer.
- If cycling behind a motor vehicle, keep well back in case they brake.
- Think ahead, think of what drivers may do. Catch their eye.
- Don't weave in and out of traffic. Stay in your lane and signal your turns.
- Cycle with the flow of traffic unless on a contra-flow cycle lane.
- When turning: signal your turn in good time.
- Never cycle between another left turning vehicle and the kerb and never pass a vehicle on the inside when it may turn left.
- Keep well clear of buses and trucks. Remember all vehicles but especially HGVs have blind zones and the driver may not be able to see you.
- Always obey the rules of the road.
- Never wear headphones or use a mobile phone when cycling.

\*RSA Cycle Safety Leaflet

**FIND OUT MORE!**

- CORK CITY COUNCIL:** [corkcitycouncil.ie](http://corkcitycouncil.ie)
- CORK CITY:** [corkcity.ie](http://corkcity.ie)
- TMF:** [transportandmobilityforum.com](http://transportandmobilityforum.com)
- CORKCYCLINGCAMPAIGN:** [corkcyclingcampaign.com](http://corkcyclingcampaign.com)
- CYCLINGWORKS CORK:** [itcork.ie/cycling-works-cork](http://itcork.ie/cycling-works-cork)
- CORK HEALTHY CITIES:** [corkhealthycities.com](http://corkhealthycities.com)
- BIKE TO WORK SCHEME:** [biketowork.ie](http://biketowork.ie)



**CORK CYCLE map**



**TRY CYCLING TO WORK, TO SCHOOL, OR TO THE SHOPS! THE BENEFITS ARE HUGE:**

- PHYSICAL HEALTH:** Cycling regularly has huge health benefits. Commuter cyclists have greatly reduced incidents of cardiovascular disease and cancer.
- WELLBEING:** People who cycle feel better. Cycling reduces stress and improves mental health.
- A NICER CITY:** Walking & cycling more means fewer cars on the road, safer surroundings, cleaner air, and less noise.
- LESS CONGESTION:** Cycling reduces traffic congestion and is often faster for many trips, especially during rush hour.
- THE ENVIRONMENT:** Cycling is one of the most effective steps you can take to reduce your carbon emissions.
- SOCIAL:** Cycling is fun and can be enjoyed by the whole family.
- FREE PARKING** Cycling is also a very cheap form of transport with free city centre parking it is the ideal way to get around for journeys of 5-10kms.

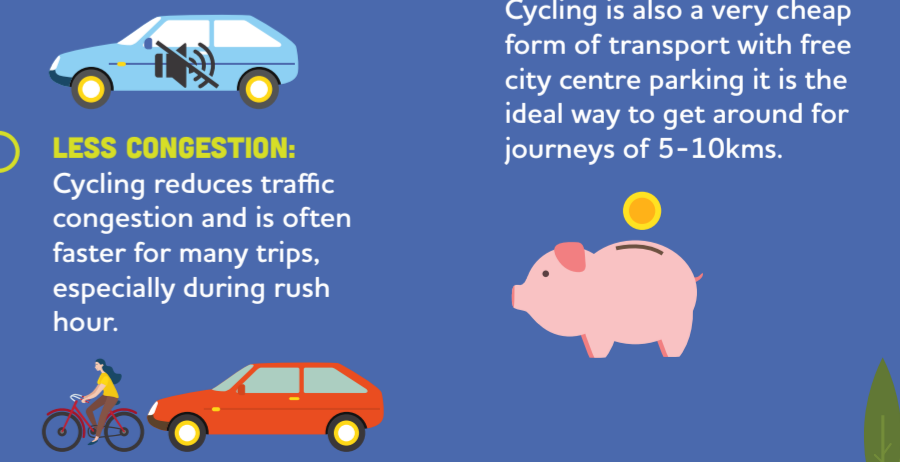


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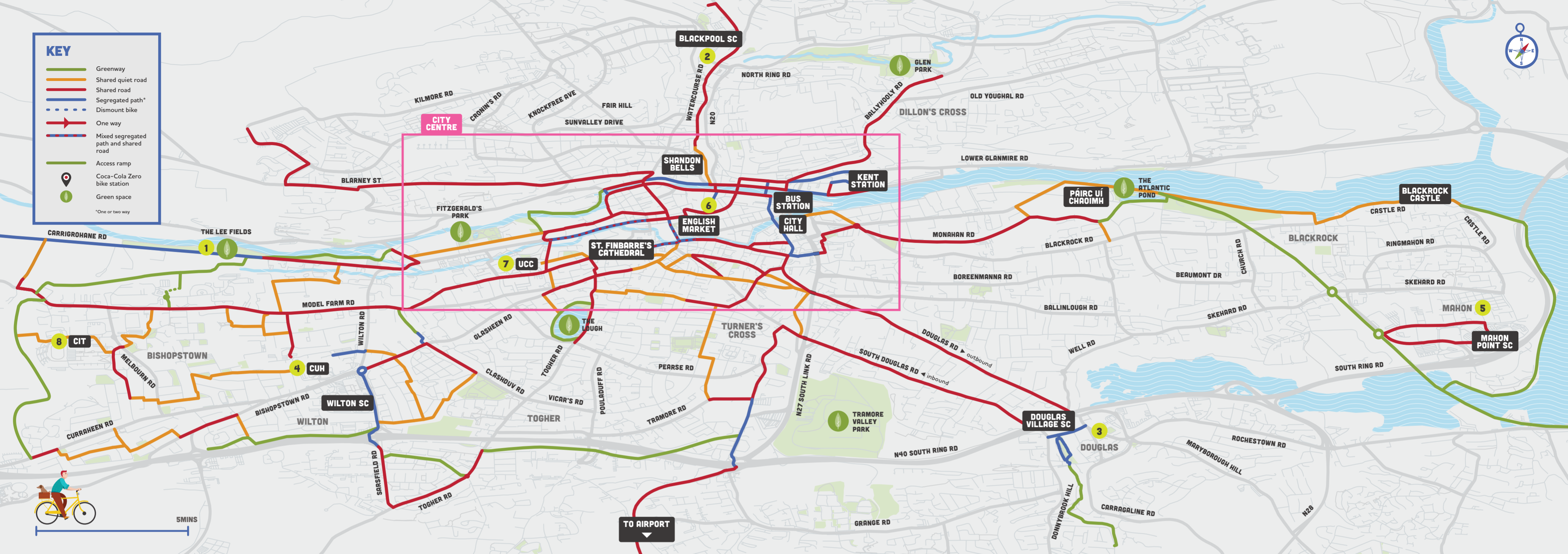
In association with

**BIKEWEEK**  
JUNE 22-JUNE 30

#BIKESFORCHANGE  
VISIT [WWW.BIKEWEEK.IE](http://WWW.BIKEWEEK.IE)







**ROUTE TYPES & KEY INFO.**

**GREENWAY**

An off road shared cycling and walking path in a natural and quiet setting.

**SHARED QUIET ROAD**

A quiet road with shared traffic, shown here with filtered permeability.

**SHARED ROAD**

A cycle lane on the road, in a bus lane or other shared traffic lane.

**SEGREGATED PATH**

A dedicated cycle lane that is segregated from traffic.

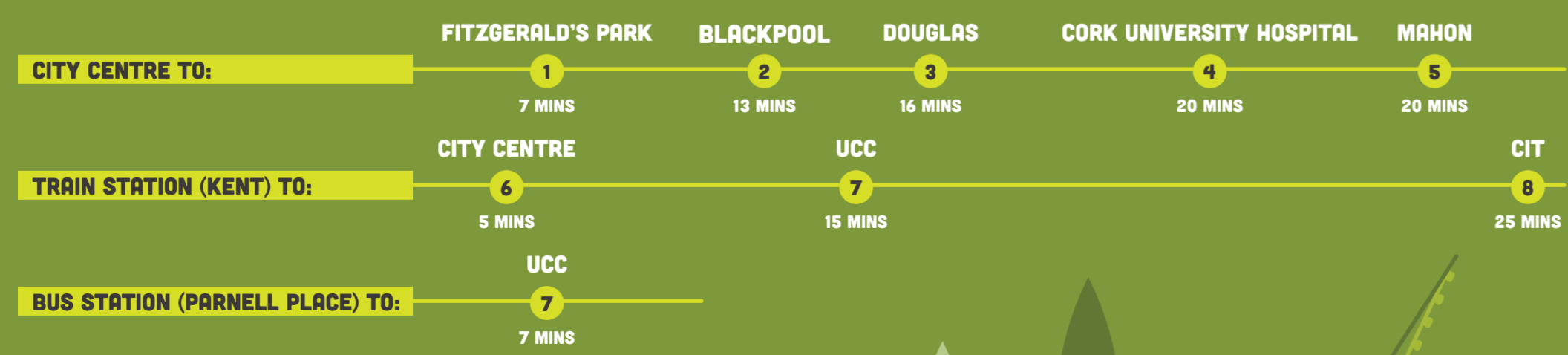
**GREEN SPACES**

Areas of grass, trees, etc. set out for recreational use.

**COCA-COLA ZERO BIKE STATIONS**

Multiple locations (PTO) throughout the city to rent and return a bike. For more info visit [bikeshare.ie](http://bikeshare.ie)

**POPULAR ROUTES**



**CORK'S FIRST CYCLE MAPS**

With our shared vision to make Cork a great cycling city, the TMF and Cork Cycling Campaign have come together with the support of Cork City Council and Healthy Ireland to produce Cork's first Cycle Maps. The routes were suggested by regular cyclists in Cork based on segregation, quality, and connectedness. In practice, the quality of the city's cycle infrastructure is still variable. We aim to update the maps as cycling infrastructure improves. Please get in touch with your suggestions on how to make these maps better or any routes you think should be included.

*Thank you..*

**OUR CONTRIBUTORS**

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