Some Advice for New Cyclists

Your Bicycle

Ensure that your bicycle is in good working order. Check brakes, wheels and tyres regularly. Always carry a puncture repair kit, a spare inner tube, suitable tools, lock, money, food and drink. Ensure that all lights work.

Your Clothes

A cycle helmet is advisable and may reduce the risk of a serious head injury. Always wear suitable and high visibility clothing and fluorescent and reflective strips.

On the Road

Always follow the advice in the Highway Code. Take care in cycling downhill and crossing busy road junctions. Always ride in single file when roads are narrow or busy and never more than two abreast.

If you wish to plan further routes Ordnance Survey maps Landranger 175, Pathfinder 1172 and Explorer 3 are recommended.

These maps show the off road rights of way open to cyclists - bridleways, byways open to all traffic and roads used as public paths.

Refreshments

Refreshments are available in most public houses and cafes en route.

Sonning Common HealthCycling

Aims to encourage cycling as a way to good health. Further information from Sonning Common Health Centre Tel: 0118 9722188.
1. Leave Sonning Common Village Centre eastwards along Wood Lane.

2. SA at XR with B481 (take care) into Widmore Lane SP ‘Binfield Heath 2, Harpsden 4’.

3. Continue past pond to R at TJ SP ‘Binfield Heath 2, Harpsden 4’.

4. After ½ mile L SP ‘Harpsden 1 ¾’. Follow road downhill with woods on both sides and masts on left for 2 ½ miles through Hunt’s Green and Harpsden Bottom.

5. L SP ‘Gillotts Lane. Greys 2 ½’.

6. 1st L (no SP). Continue through Rotherfield Greys.

Rotherfield Greys contains Greys Court, one of the outstanding houses of the Chilterns, begun in the 13th Century. Now owned by the National Trust, the Court includes an ancient well worked by donkey until 1914 and a modern maze. Rotherfield means ‘open fields where the cattle graze’. The church has magnificent brasses of Lord Roberts de Grey and elaborate tombs of the Knollys family.

7. After 1 ¾ miles fork R (no SP). R at TJ (no SP).

8. L at road triangle (no SP).