

# Manors and Mills

Brightstone to Shorwell Quieter Lanes Cycle Route



Cycling Tips from Year 5 and PCSO Cat Quinn:-

- Always wear a helmet
- Check your brakes and tyres before setting off
- Wear bright, light-coloured clothing and hi-visibility items if possible, especially in winter
- Check and use lights in dim or dark conditions, such as rain
- Use your eyes and ears all the time
- Ring your bell if you are passing pedestrians
- Be ready to get off your bike and pull over to the side to let others pass
- Be careful if you approach a horse on the road, and pass wide and slowly, with caution!