

How to cycle safely around Wroughton

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Cycling is a great way to get fit and spend more time with friends and family, all while being able to explore more of the local area. But, no matter if you're pedalling solo or riding with a group, safety should always be your first priority every time you sit on the saddle. And cycling safety doesn't end at simply strapping on a helmet – there are so many more elements to consider.

While cycling infrastructure has been factored into the ongoing development of Wroughton, there is still a long way to go before the village is fully compatible with cyclists looking to share the roads. In this post, we'll look at some of the recommended safety advice to reduce the risks associated with cycling in Wroughton.

Follow the cycling routes

Whether you live in the area or are just visiting, sticking to the cycling routes is a wonderful way to explore more of what the area has to offer. However, before cycling through the beautiful countryside here, you should first [familiarise yourself with the local routes](#). There are a number of options within the village's borders and many more that pass through and extend far beyond across Wiltshire. However, some will be more difficult to navigate than others, with varying terrains and inclines making certain paths better suited to more advanced cyclists. Avoid being caught out and only take on routes you feel comfortable with.

Unfortunately, while new housing developments have incorporated cycle lanes into the modern infrastructure, many of the existing residential areas aren't afforded this luxury. If you're in one of these areas, it may be worth venturing slightly further afield to find designated cycling paths – these will generally be the safest places to ride in the area.

Familiarise yourself with the Highway Code

The Highway Code is designed to help keep road users and pedestrians safe. If you're taking to the roads on your bicycle, even when sticking to the paths, it's crucial that you are [aware of the rules](#) and any right of way information that applies to cyclists using different routes within the village and beyond.

It's important to remember that any rules within the Highway Code that use 'must/must not' within the description are legal requirements. Failure to abide by these rules could result in financial penalties or prosecution, as well as a greater risk of injury.

Most of the designated cycling routes around Wroughton will feature an element of road cycling. In order for [cyclists to share the road safely](#) with drivers, you will need to understand the rules of the Highway Code before you set off. This way, you can cycle safe in the knowledge you're doing all you can to keep yourself and other road users safe.

Invest in the proper safety equipment

It's imperative that you have the necessary safety gear on your person whenever you use your bicycle. This means, at the very least, having a proper-fitting helmet, a bike lock and a basic repair kit in case your equipment stops working. However, when cycling at night or in low-visibility conditions, it's important to take extra precautions in order to remain seen and safe.

The law states that cyclists must have the proper lighting attached to their bikes if it's used between sunset and sunrise. This means having a white front light and red back light, as well as a rear reflector. For added safety, it's advisable to also wear reflective clothing like a jacket or ankle bands to help drivers and pedestrians spot you more clearly.

Enjoy Wroughton by bike

For anyone who is able, cycling can provide many benefits to both our physical and mental wellbeing. Even if you've cycled all your life, to mitigate the potential risks involved, it's important to regularly familiarise yourself with the recommended safety advice.

Exploring Wroughton and the surrounding areas by bicycle can be a liberating experience, allowing you to explore more of the area than perhaps you'd be able to on foot. Before you do, ensure your bike is in good working order, and you will be left to enjoy all the sights and sounds of Wiltshire from the comfort of your bike saddle.