Circular Allens West
Walking & cycling in Authority and delivered by the Tees Valley local authorities.

Let's Go Tees Valley
for and cheaper wherever they are going.

Let's Go Tees Valley wants to get people out of cars and

Protect yourself. Wear a cycle helmet ✔ to keep you and other road users safe.

Cycling safely in Darlington
lanes as these can make your reflective clothes and accessories

Hold onto a moving vehicle or ✔ drink or drugs including medicine.

Use cycle parking. There are over 100 cycle parking spaces in the town

Basic maintenance checklist

Cycling tips

locking your bike

Basic maintenance checklist

1. Check gears are working correctly.

2. Check that you can rock the front of the bike by the handlebars with the front brake on without movement of the headset (the

3. BARWICK INGLEBY

4. Huntton

5. Darlington

6. Marton

7. Norton

8. Newton

9. Carleton

10. Whessoe

11. Crook

12. Albert

13. Ayton

14. Blackhall

15. Billingham

16. Howdon

17. Bywell

18. Whittingham

19. Lumley

20. Southgate

21. Middleton

22. Eastgate

23. Northgate

24. Station

25. Bowburn

26. Annfield Plain

27. Shipley

28. Byker

29. Grange

30. Westgate

31. Tow Law

32. Wylam

33. Longdene

34. Heaton

35. Wheatley

36. Jarrow

37. Killingworth

38. Ushaw Moor

39. Langley

40. Stockton

41. Ryton

42. Werdale

43. Hummersknott

44. Westfield

45. Tickhill

46. Darlington

47. Bishop Auckland

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