



AT THE END OF THIS GUIDE
YOU WILL FIND
8 CYCLING ITINERARIES
IN THE LUMBRES AREA.



GETTING AROUND THE LUMBRES AREA

— *The guide!* —

2025 EDITION



SUMMARY



Mobility options in the Lumbres area p. 4 > 15

- By bike
- Mobility stations
- Solidarity transport
- Carpooling
- Getting around by public transport
- Charging your electric vehicle

Mobility aid and support p. 16 > 18

- **Mobility support**
 - > Mobility Challenge
- **Events**
 - > Learning to ride a bike (SRAV – highway code) and school activities
 - > Activities for all audiences
 - > A documentary film to learn about your mobility practices
- **Mobility support**
 - > Grants for residents to purchase bicycles in Lumbres
 - > Carpooling bonus information
 - > Sustainable Mobility Package

Best practices p. 19 > 23

- **Sharing roads**
 - > Getting to know your road signs
 - > Sharing rural cycle routes with others
- **By bike**
 - > Visibility/safety/equipment for cyclists in rural areas
 - > Cycling in the rain
 - > Be sure to lock your bike
- **On an electric scooter**
- **To go further**
 - > Become an ecodriver
 - > For short distances, why not walk?
 - > Finally, why not use a combination of modes of transport?

The 8 cycling itineraries in the Lumbres area p. 24 > 39

CONTACT

Maëlle BALLANDRAS

Sustainable Mobility Project Manager

 maelle.ballandras@ccplumbres.fr

 03 21 12 34 22

 [@ONYVALamobilitéeenpaysdelumbres](https://www.facebook.com/ONYVALamobilitéeenpaysdelumbres)

Guide de la Mobilité en Pays de Lumbres 1 – Edition Mai 2024 – Maison de Services Espace France Services – 1, chemin du Pressart – 62380 LUMBRES – 03 21 12 94 94 – www.cc-paysdelumbres.fr. **Responsable de publication** : Christian Leroy. **Réalisation** : Services Mobilité et Communication de la CCPL – Maëlle Ballandras – Céline Carbonnet. **Assistance technique** : Marie Sénécat. **Crédit cartographique** : avec le concours de L'Agence d'urbanisme, de développement et du patrimoine du Pays de Saint-Omer.. Dépôt légal à parution. **Impression** : Nord Imprim – Tirage : 12 000 exemplaires – Papier et encres recyclés

EDITORIAL

The impact of road travel on climate change is well known. Throughout the Lumbres area, it accounts for more than a third of our greenhouse gas emissions (excluding the industrial sector). This is why mobility is a priority in our Territorial Climate Air Energy Plan that was approved in 2020. Making the right choices for your mobility not only means thinking about the environment, but also about your health, your budget and the time you can save. More broadly, it contributes to a better quality of life for everyone across the Lumbres area. Our proactive policy in the field of mobility is a guarantee of attractiveness for future generations who will prefer alternative modes of transport to that of the private car.

Although it seems impossible today to envisage a total alternative to the private car and the freedoms it offers, it is possible to limit its use. Changing our daily habits is challenging, but here at Pays de Lumbres we are committed to offering you solutions and services to help you do so.

In this context, our strategy favours more sober, inclusive and effective approach to mobility that includes cycling, car-sharing, community shared transport and activities in favour of behavioural change among schoolchildren and the general public. Lumbres is a pioneer in the field and has received national recognition in France with the TENMOD award for Territories of New Mobility Experimentation for its commitment to the implementation of sustainable mobility.

Christian Leroy,
President of the Lumbres Intercommunal Authority



In this guide, you will find all the information on the different mobility solutions offered in the area, the advantages of each mode of travel and advice on how to optimise your journeys.

This guide also includes help and support for better mobility in the territory. A reminder of good practices for the use of bicycles, road sharing and other recommendations are also included here.

Getting around differently is possible and within everyone's reach. Let's work together to make it a reality throughout Lumbres.

Christian Tellier,
Vice-President responsible for Mobility,
Sport and Tourism





MOBILITY OPTIONS AVAILABLE THROUGHOUT LUMBRES

BY BIKE

Not only does cycling not pollute, but it is also the fastest mode of travel up to 5 kilometres. Knowing that the majority of our daily journeys are less than 2.5 km, it makes sense to cycle rather than take the car. **With more than 60 km of cycling trails, Lumbres is an ideal territory for safe cycling.**

On the basis of the 2019 Lumbres Intercommunal Authority Local Urban Plan, a programme of investment has been achieved to make walking and cycling safer.

These routes or «soft links» criss-cross the entire territory. Their primary objective is **to provide daily and safe travel of residents** to and from the town centre of Lumbres, a focus for services and jobs, from the outlying rural communities across the territory. These new routes and connections will also be very popular for leisure and tourism activities. In addition, there are a number of different developments that now make it possible **to combine different transport modes** (see next page).

The first route from Lumbres to Remilly-Wirquin is a dedicated cycling route that has been operational since June 2021. The route from Lumbres to Zudausques will be completed by summer 2024.

The Coulomby section will be the last part and is currently the subject of ongoing studies. At the same time, and as the developments progress, **240 bicycle parking racks** will be distributed in the 36 municipalities across the Lumbres area and **seven bicycle repair/inflation stations** will complete the facilities, close to the seven mobility stations.

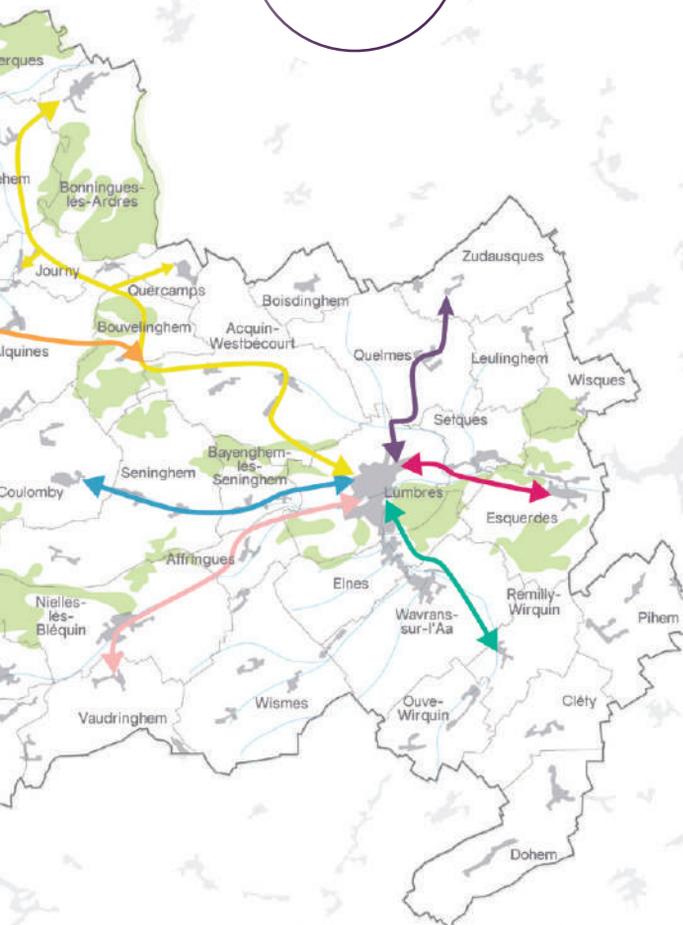


**A global network
to get around the Lumbres area
in a different way!**





Soft mobility in Lumbres



- Escoevilles - Bouvelinghem (12,5 km)
- Bonningues-lès-Ardres - Lumbres (23,8 km)
- Zudausques - Lumbres (11,5 km)
- Esquerdes - Lumbres (6,4 km)
- Remilly-Wirquin - Lumbres (5,5 km)
- Vaudringhem - Lumbres (10,3 km)
- Coulomby - Lumbres (8,7 km)



IGN BDTopO - Département du Pas-de-Calais
AUD - Décembre 2023



FIND
EACH ITINERARY
FROM PAGE 24

The routes consist of several forms of infrastructure or cycling facilities:

> CYCLE TRACK

A dedicated bike lane is separated from motorised traffic and dedicated to cycling or shared with pedestrians or other non-motorised users.

> CALMED TRAFFIC ZONE

A delimited zone where the speed of vehicles is reduced to make active modes of traffic (cycling, walking) safer, often taking the form of 30km/h speed limit.



> RURAL AREA / SHARED PATHS

A path designed to allow both cyclists and agricultural machinery to circulate.



SIGNALISATION D'UNE VOIE VERTE :
RÉSERVÉE AUX PIÉTONS, AUX CAVALIERS
ET AUX VÉHICULES NON MOTORISÉS
(DÉBUT ET FIN)



> GREENWAY

A greenway is a road exclusively dedicated to the circulation of non-motorised users: pedestrians, cyclists, people with reduced mobility, joggers, rollerbladers, horse riders. Only authorised vehicles are allowed to circulate on these routes (i.e emergency vehicles and farm access), giving priority to other users.



PREPARING YOUR TRIP

Geovelo, the application that allows you to plan your journey by favouring routes adapted to cycling : www.geovelo.fr



Additional recommendations for cyclists can be found on page 19: Good practices



> CHAUCIDOU

How does a chaucidou work?

The term «Chaucidou» will now be part of your daily vocabulary! It is an expression in French combining the words Chaussée (road) and soft mobility.

By promoting reduced speeds of vehicles, it encourages the sharing of roads by different users. To do this, it consists of a central carriageway without a middle white line. It has

two lanes on each side of the road separated by dashed lines for cyclists and pedestrians. Motorised vehicles travel in a two-way central lane with cyclists on either side. The width of the lane for motorised vehicles is insufficient to allow passing (at reduce speed), so they use the side lanes when they need to pass each other, checking carefully for cyclists as set out in the Highway Code.

HOW TO RENT A BIKE IN THE LUMBRES AREA ?

The Intercommunal authority of Lumbres provides electrically assisted bicycles for medium and long-term rental (April to October).

This service is dedicated to residents from across the Lumbres area. A total of **26 electric bicycles** are available as well as three-wheelers and one electric assisted tricycle.

Reservations are possible for 2 or 3 months.

Two options: 2 months for €80 / 3 months for €120

Information and reservations at the Pays de Lumbres Tourist Office on 03 21 93 45 46 or by email: infotourisme@ccplumbres.fr



MOBILITY STATIONS

Vehicle ownership incurs considerable ecological (manufacture and use) and economic (insurance, maintenance) costs for private households. Cars are parked 95% of the time on average!

Car-sharing seems to be a solution for more economical, ecological and solidarity-based travel!

THE PRINCIPLE OF CAR-SHARING?

A car belonging to an organisation (public or private) or to a group of individuals is shared by several people who divide the costs between them.

The rural mobility stations located strategically throughout the Lumbres area have built upon **the success of the electric car-sharing service that was set up in 2018 in Escoeuilles and Seninghem.**

Inaugurated in May 2022, the **7 mobility stations** include **7 shared electric cars and 18 electrically assisted bicycles (EABs)**. The 7 mobility stations are configured to allow people who want to remove a vehicle from the household or who do not have access to a motorised vehicle **to move around easily and cheaply.**

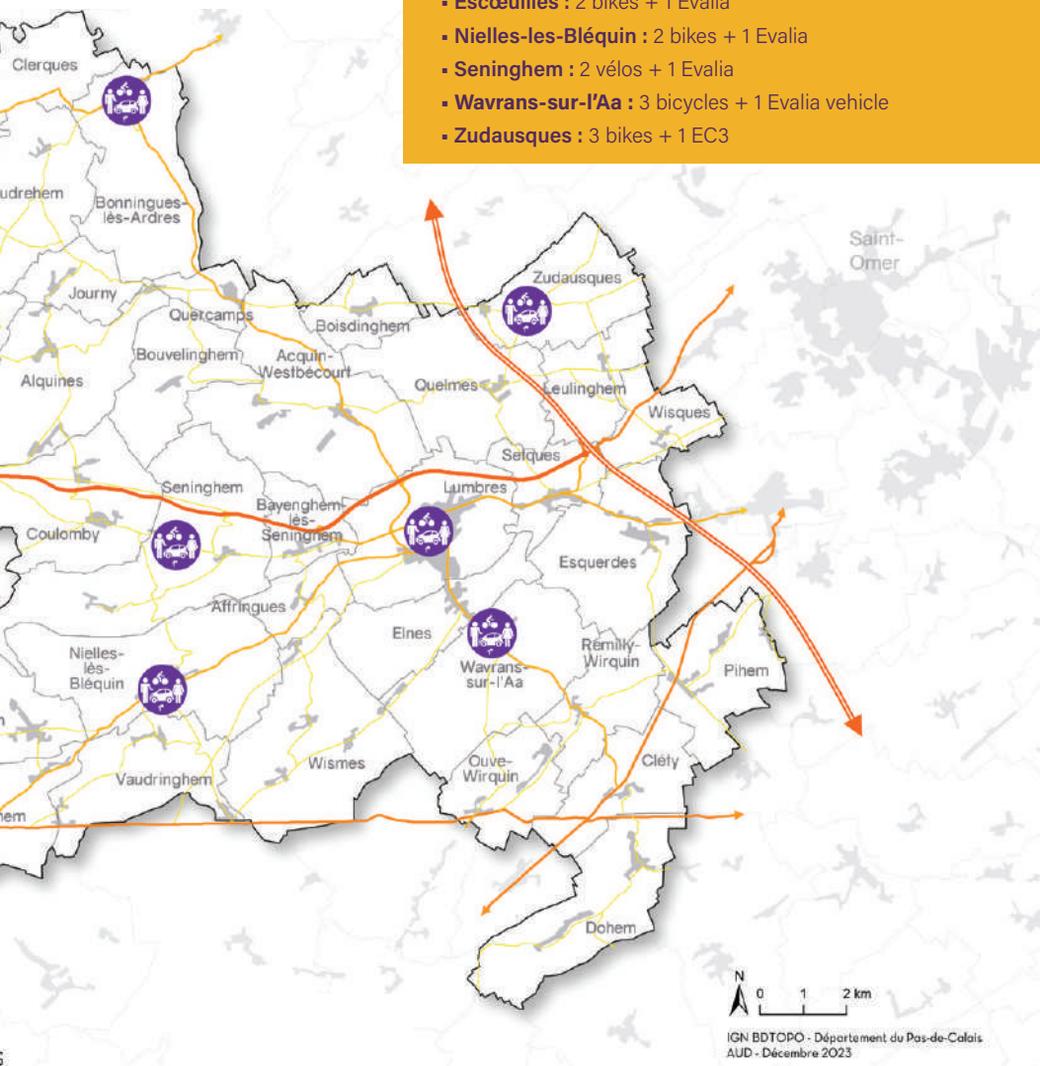
The car or bicycle reservation system, via the CLEM digital platform, works with a box containing the vehicle keys. This box opens with a code that you receive when you make your reservation.





The Lumbres mobility stations

- **Lumbres** : 4 bikes + 1 Renault Zoé car
- **Bonningues-les-Ardres** : 2 bikes + 1 Evalia (7-seater vehicle)
- **Escœuilles** : 2 bikes + 1 Evalia
- **Nielles-les-Bléquin** : 2 bikes + 1 Evalia
- **Seninghem** : 2 vélos + 1 Evalia
- **Wavrans-sur-l'Aa** : 3 bicycles + 1 Evalia vehicle
- **Zudausques** : 3 bikes + 1 EC3



HOW DOES IT WORK?



Inscription :

- Go to the Clem' website to register:
<https://paysdelumbres.clem.mobi/>
or at the town hall if you encounter digital difficulties.
- Click on «menu» in the vertical bar on the left of the screen.
- Choose the «register» tab, tick either car-sharing, bike sharing or both.
- Go down the page and check the box marked «car» (orange), «bike» (green), or check both.
- After clicking «next», fill in the requested personal details +
 - Provide copy of your driver's licence (back and front) AND a proof of address if you select car.
 - Provide copy of your identity card (back and front) AND a proof of address if you intend to rent a bike.

Validate registration, via a confirmation email from Clem' (check that the mail did not go into your spam folder).

- Once the account has been validated by Clem' (within 48 hours), go back to the website:
<https://paysdelumbres.clem.mobi/>
- Click on the «menu» in the vertical bar on the left of the screen.
- Choose the «login» tab and fill in my username/login/email and create a password.

Once connected to the site, I can choose the mobility station of my choice, the day and the schedule.

Example:

On the outward leg

- I choose the schedule and the vehicle/bike according to availability.
- I receive an email and/or SMS with a reservation code to open the dedicated key box.
- I type the code on the control panel of the key box.
- I check the exterior/interior condition of the vehicle
- For the car: I disconnect the charging cable and put it in the boot and finally, I can drive the vehicle.
- For the bike: Be careful, the charging cable of the bike is fixed on the terminal.



On my return

- I make sure that the bike or vehicle is in the same condition as when I took it.
- I plug the bike back in and lock it; I plug the car back into the charging station using the charging cable.
- I put the lock back on the bike or lock the car.
- I put the keys back in the dedicated key box using the booking code



RATES

Bike Reservation:

0.50€ / hour + 0.50€ CLEM service fee

Vehicle reservation:

1€ / hour + 1€ CLEM service fee

CONTACTS

In case of problems with the key box, contact Clem' technical support (01 86 86 85 85)

For any other problem, please contact the municipal administration in which the mobility station is located.

For any other information, please contact the Community of Communes of the Pays de Lumbres by email: muelle.ballandras@ccplumbres.fr or by phone on 03 21 12 34 22

SOLIDARITY TRANSPORT



The association 'Familles Rurales de Surques et environs', with the support of the Pays de Lumbres, has been offering a Solidarity Transport service in the area since 2021. The association connects volunteer drivers with people who need transport for their daily needs.

WHEN AND HOW TO USE SOLIDARITY TRANSPORT?

From Monday to Friday, between 8:00 a.m. and 7:00 p.m., a network of volunteer drivers will be on hand to transport and accompany you.

WHO CAN BENEFIT FROM IT?

- Are you having trouble getting around?
- Are you retired, a beneficiary of the RSA, a job seeker, an employee, physically disabled, without a means of transport or a licence?
- Are you having an exceptional difficulty?



CONTACT THE ASSOCIATION FOR YOUR REGISTRATION, AT LEAST ONE WEEK BEFORE YOUR FIRST TRIP:

07 49 84 09 50

transportsolidaire.pasdecalsais@famillesrurales.org

RATES

- **You have limited resources of less than €1,100 per month and per adult, and €550 per dependent** > €0.20 per kilometre travelled
- **Your resources are between €1,100 and €1,300 per month and per adult and €650 per dependent** > €0.30 per kilometre travelled In addition

The association rents out **an AMI licence-free vehicle**, a real solution to bring electric mobility from the age of 14.



BECOME A VOLUNTEER?

Would you like to give up your time to help with solidarity action? Do you have a vehicle and agree to use it to transport people with mobility problems? Do you commit to signing and respecting the charter of good conduct?

How does it work?

You will be asked according to your availability. For each kilometre travelled, **an amount of €0.40 tax-free, will be paid to you.**

Contact the association to make yourself known: 07 49 84 09 50 ; transportsolidaire.pasdecalsais@famillesrurales.org

GETTING AROUND BY PUBLIC TRANSIT

Pays de Lumbres benefits from **three bus lines** open to all inhabitants supported by the Hauts-de-France Region!



This bus network should not be confused with the school buses that operate throughout the territory and are intended only for schoolchildren, middle school and high school students.



1€

That's what your journey will cost you, regardless of your age, your professional situation or the distance travelled!

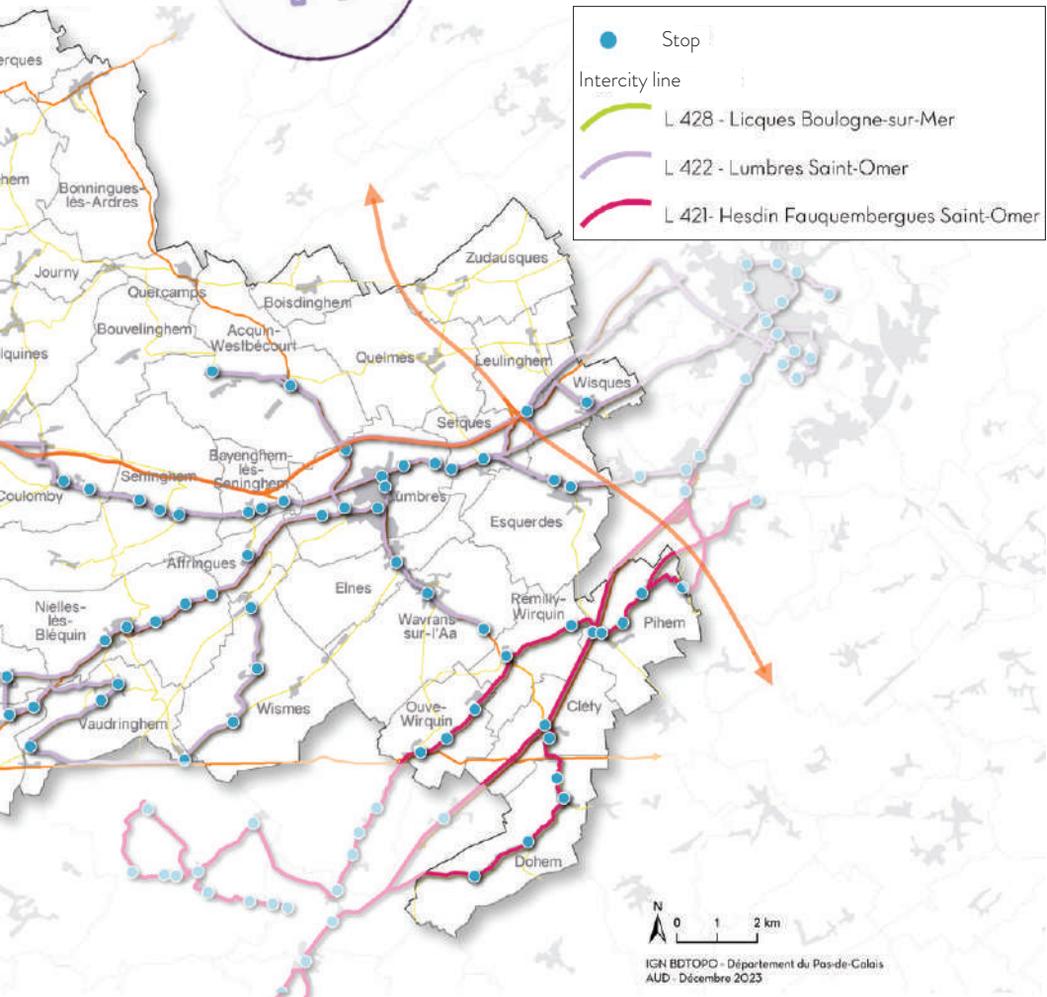


For timetables and bus route planning, visit the website of the Région Hauts-de-France :

<https://transports.hautsdefrance.fr/autocar/pas-de-calais/horaires-2/>



Regional bus lines in Pays de Lumbres



CARPOOLING

When it is not possible to get around other than by car, carpooling is an economical, ecological and user-friendly solution!

- An employee who carpools every day for 30km with a colleague saves nearly €2,000/year
- Carpooling makes it possible to considerably reduce the number of cars on the roads
- You save money and help reduce air pollution.



Les aires de covoiturage du Pays de Lumbres



To facilitate carpooling, the Pays de Lumbres has created a community dedicated to the territory on **THE PASS PASS COVOITURAGE WEBSITE** hosted by Hauts-de-France Mobilités !

HOW DOES IT WORK?

- I register (for free) on the platform: **passpasscovoiturage.fr**
- I choose my community(ies) and join them
- I offer a one-off or regular trip OR I choose a ride
- I am contacted to set up an appointment OR I contact the driver to set up an appointment in the Carpooling areas in Pays de Lumbres





MOBILITY ASSISTANCE AND SUPPORT

MOBILITY SUPPORT

MOBILITY CHALLENGE

Do you have difficulty getting around as part of your professional integration? The DEFI MOBILITÉ association, supported by the Pays de Lumbres, accompanies you!

Advice on mobility, mobility training or even the provision of vehicles to access or maintain employment or training.



For whom?

- Job seekers
- Young people under 26 years of age
- RSA recipients

In 2023, **64 residents from Lumbres benefited from mobility support**, in particular within the framework of the departmental (county) platform Mamobilité62 via the intervention of a dedicated advisor.

Contact: 03 21 12 32 81 or by email defi.mobilite@orange.fr

ANIMATIONS

KNOWING HOW TO RIDE A BIKE (SRAV) AND SCHOOL ACTIVITIES

Since the 2021-2022 school year, the Pays de Lumbres has been committed to the initiative «Savoir Rouler à Vélo» (SRAV) programme in partnership with the National Education system, as part of its actions to promote sustainable mobility.

to cycle competently. The SRAV therefore allows children aged 6 to 11 to learn to ride independently on public roads and in different situations.

In order for learning to be as optimal as possible, it is important to get children in the saddle from an early age.

The operation aims **to support the development of cycling in complete safety for all primary school children**, before entering secondary school, with the objective of being able to learn



In 2021-2022: 3 schools (Elnes, Clerques, Dohem) / 165 students

In 2022-2023: 4 schools (Pihem, Esquerdes, Surques, Escoeuilles) / 137 students

In 2023-2024: 4 schools (RPI Bayenghem-lès-Seninghem/Coulomb, Lumbres, Nielles-lès-Bléquin, Zudausques) / 180 students.

In 2024-2025: 7 schools (Wavrans sur l'Aa, Bouvelinghem, Quercamps, Bléquin, Lumbres, Vaudringhem, Setques) / 189 students



In addition to this action, the Pays de Lumbres has planned to strengthen activities for school-children through **the implementation of a challenge between schools and the support of actions such as pedibus** (an accompanied walk with children to/from school) **and velobus**

(an accompanied bike ride with children to/from school) to go to/from school.

Activities will also be planned with **the Lumbres middle school and the Bernard Chochoy high school.**

ACTIVITIES FOR ALL AUDIENCES

Pays de Lumbres prepares mobility activities throughout the year to help you discover the solutions offered with particular attention to the use of bicycles: Rides, bike repair workshops, tests of electrically

assisted bicycles, tests of mobility stations (..) come and join us to discover sustainable mobility in the Pays de Lumbres with family, friends or alone!



Mobility activities take place all year round!

Follow the Facebook page ONYVA- la Mobilité en Pays de Lumbres to stay informed.



A DOCUMENTARY FILM TO LEARN ABOUT YOUR MOBILITY PRACTICES

Pays de Lumbres is a partner in a European INTERREG North Sea project called Mobility Makers, bringing together 13 partners in Europe (2023-2027).

In this context, the CEREMA (Expert Centre for Risk, mobility and planning) realised a documentary film on mobility practices of young people (13-25 years old) and retirees (65 years old and over) across the Lumbres area. The film crew

followed local residents and observe their travel habits. **This 52-minute film will be screened in various community halls throughout the Lumbres area.**



SUSTAINABLE MOBILITY ASSISTANCE

A BICYCLE PURCHASE GRANT FROM THE PAYS DE LUMBRES

Pays de Lumbres helps you buy a conventional or electrically assisted bicycles:

There are **three types of subsidies** available to residents from the 36 municipalities without income conditions

- Subsidy of up to 10% towards the price of the e-bike (excluding VAT) with a ceiling of €125 with no income condition for the purchase of an electrically assisted bike.
- Subsidy of up to 10% towards the price of a normal bike (excluding VAT) with a ceiling

of €50 with no income condition for the purchase of the bike.

- Subsidy of up to 40% towards the price of an adapted reduced mobility bike (excluding VAT) with a ceiling of €500 without income condition for the purchase of the bicycle for people with reduced mobility (see conditions in the subsidy file).

To apply, go to the Pays de Lumbres website:
www.cc-paysdelumbres.fr

CARPOOLING BONUS INFORMATION

Did you know that you can benefit from a €100 bonus if you carpool? Drivers who start carpooling can receive a bonus of up to €100, via the carpooling platform on which the trips were made, in the form of a progressive payment.

The carpooling bonus works as follows:

- Short distance journeys (up to and including 80km). Benefit from €25 on the 1st journey and €75 on the 10th trip made within 3 months of the publication of the first trip.

What are the eligibility conditions for the carpooling?

- Be a driver in possession of a driving licence.
- Activate your subsidy application from the carpooling bonus page via a dedicated online application form.
- Not have already benefited from a similar scheme in another carpooling platform.

SUSTAINABLE-MOBILITY PACKAGE

The sustainable mobility package, set out in the Mobility Orientation Act, represents an optional coverage by the employer of the commuting transport costs of employees on «soft mobility» or «alternative» mobility.

The following means of transport are eligible:

- **personal bike or e-bike** (electrically assisted bicycle),
- use of **shared mobility services**, bicycles, electric bikes, scooters, scooters, segway

- **personal mechanical or electric scooters and segways** from the 1st January, 2022
- **carpooling** as a driver or passenger,
- low-emission **car-sharing services** (electric vehicles, plug-in hybrids or hydrogen),
- **public transport** (bus, metro, RER, tram) excluding subscriptions.

Check with your employer if this system



SHARING OF ROADS

FAMILIARITY WITH BICYCLE TRAFFIC SIGNS



ACCÈS INTERDIT AUX CYCLES



BANDE OU PISTE CYCLABLE CONSEILLÉE ET RÉSERVÉE AUX CYCLES (DÉBUT ET FIN)



PISTE OU BANDE OBLIGATOIRE POUR LES CYCLES (DÉBUT ET FIN)



PANONCEAU DE CATÉGORIE CYCLE : VOIE RÉSERVÉE AUX VÉHICULES DE TRANSPORT EN COMMUN ET AUTORISÉE AUX CYCLES



SIGNALISATION D'UNE VOIE VERTE : RÉSERVÉE AUX PIÉTONS, AUX CAVALIERS ET AUX VÉHICULES NON MOTORISÉS (DÉBUT ET FIN)



DOUBLE-SENS CYCLABLE : VOIE À DOUBLE SENS POUR LES CYCLES ET À SENS UNIQUE POUR LES AUTRES VÉHICULES



TOUT DROIT OU TOURNE-À-DROITE : AUTORISATION DE DÉPASSER LE FEU ROUGE, EN CÉDANT LE PASSAGE AUX PIÉTONS ET AUX VÉHICULES QUI BÉNÉFICIENT DU FEU VERT



ZONE DE RENCONTRE : PRIORITÉ AUX PIÉTONS ; DOUBLE-SENS CYCLABLE

DIVIDING SPACE ON A GREENWAY

On a greenway, only non-motorised modes of transport are allowed. Pedestrians have priority, and riders give way to pedestrians and cyclists. **However, the sharing of space is essential: everyone must be able to move freely whilst respecting others.**

Particular attention must be paid to the circulation of groups (pedestrians or cyclists): Be careful **not to occupy the entire width of the lane** allow others to cross or overtake your group.

Cyclists: it is advisable to alert others with a quick ring of the bell before overtaking other users when overtaking.

Horse riders: it is recommended to ride on the gravelled side of the road as much as possible.

CAUTION :

- Maintenance vehicles are permitted vehicles
- Dogs
- When the greenway crosses a regular road, the users of the greenway must give way to vehicles on the road.

Electrically assisted bicycles, electric scooters, hoverboards, gyroskates, monowheels/unicycles and the segways can circulate on a greenway. All of these are considered similar to bicycles. They may not exceed a speed of 25km/h under any circumstances.



Scooters (even 50cc), Non speed limited eBikes (e-bike capable of travelling at more than 25km/h) cannot use the greenway.





ON A GREENWAY AS ELSEWHERE, I RESPECT AND LOOK AFTER MY NATURAL ENVIRONMENT:

- If there are no rubbish bins, I take my rubbish home with me.
- I don't throw any cigarette butts either on the greenway or in the surrounding countryside: I remember to take a pocket ashtray with me for my walks.
- I avoid taking plants, picking flowers and breaking branches and I leave animals and insects in peace.
- By bike, I stay on the marked path. For the Mountain bikers, Pays de Lumbres offers an important network of more challenging trails for you.
- I report to the Pays de Lumbres of any problems with signage, damage or vandalism of seating and picnic tables along the greenway.

BY BIKE

VISIBILITY/ SAFETY/ CYCLING EQUIPMENT IN RURAL AREAS

Whether in villages or on country roads, for cycling safely it is important to be well equipped and visible.

Important:

- Remember to check your bike regularly: brakes, tyres, chain; but also your helmet.
- Don't forget the safety equipment

Check everything before each departure:

- Is my lighting properly charged and functional?
- Are my brakes working?
- Do I have enough to protect myself from the weather according to the forecast?
- Are my tyres properly inflated?
- Are my accessories properly attached?

To be checked regularly:

- Is my chain clean and well lubricated?
- If I have one, is my derailleur properly adjusted? Do the gears shift well?

It is advisable to always have a backup kit for your bike with you.

- A saddle or handlebar bag can be a useful backup and hold:
 - A pair of plastic gloves (to protect hands from oil on chain)
 - The correct sized inner tube
 - A small hand pump (pay attention to the type of valve!)
 - Tyre levers
 - A multi-tool for bicycle repairs
 - A sheet listing the main contacts useful in case of problems



Using headphones or earphones on a bike and scooter is extremely dangerous, and it's also forbidden by law!
You could be fined up to €135!



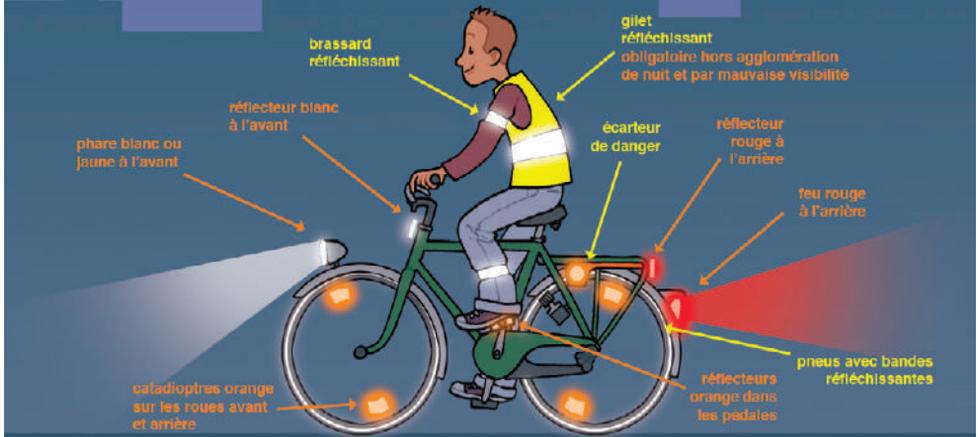
ON A BIKE
OR IN A CAR,
I PAY ATTENTION
TO OTHER USERS!



À vélo la nuit, l'éclairage c'est vital !



— conseillé
— obligatoire



CYCLING IN THE RAIN

In the rain, it is important to be clearly visible: **turn on all your lights as it is essential for safety.**

Beware of the loss of grip on wet roads, you have **to anticipate and adapt your riding**, even more than usual.

To get around by bike in the rain, it is advisable to equip yourself with a rain cape, windbreaker and/or waterproof over trousers. It is also possible to equip yourself with overshoes to stay dry. Mudguards are good in these situations by reducing spray from the wheels.

Be careful not to obscure the lights with any loose clothes!



LOCKING UP YOUR BIKE

To lock my bike safely, I make sure to properly attach my bike to a provide bike stand: **I attach the frame and the front wheel with a U-lock**, to avoid the risk of theft as much as possible. Before leaving my bike parked, **I remove as many accessories and contents as possible from the frame.**

If I want, I can also use **a wheel lock for extra security.**



New bicycles sold since 1st January 2021 must be marked and registered, in order to facilitate searches in the event of loss or theft.

The approach remains voluntary but recommended for bicycles purchased second-hand or before 2021.

ON AN ELECTRIC SCOOTER

If I ride a scooter without a motor, skateboard or rollerblades, I am considered a pedestrian: I must ride on pavements, use pedestrian crossings and travel at a moderate speed (6 km/h maximum).

If I ride an electric scooter, I must ride on the bicycle facilities when they exist (otherwise, I ride on the road and only on roads limited to a maximum of 50 km/h). I am not allowed to drive more than 25 km/h and I have to be at least 14 years old, have civil liability insurance and mandatory safety equipment.



TO GO FURTHER

I ADOPT ECO-DRIVING

- **Drive at a moderate speed** for the first 5 kilometres: overconsumption in the city can reach 45% in the first kilometre.
- **Going from 130 to 120 km/h on the motorway:** on a Paris-Lyon journey, this saves up to 4.5 litres of fuel for only 18 minutes more.
- **Do not push engine speed:** up to 20% fuel saved.
- **Stop the engine while parked or in line** when stopping for more than 10 seconds.
- **Remove roof boxes, porches,** etc. that are not needed.
- Check **your tire pressure regularly.**
- **Avoid using air conditioning.**

Eco-driving allows you to reduce fuel consumption by up to **10%** and therefore your CO2 emissions. In addition, **it reduces the risk of accidents by 10%** thanks to a moderate speed!



FOR SHORT DISTANCES, I'LL WALK!

Walking is a mode of travel for short distance trips that has many benefits for the body, the planet and the wallet!



• The World Health Organisation recommends **30 minutes of walking every day** because it helps reduce the risk of cardiovascular and cerebral accidents.



• **900 km of marked trails** (hiking, mountain biking, horseback riding and trails) in the Pays de Lumbres! To locate the trails in the area, go to: www.pays-de-lumbres.com/randonnées-pedestres.html



• In the city, 1 in 4 trips made by car is less than 1km or **15 minutes on foot!**



FINALLY, I MIX MY MODES OF TRANSPORT!

Using several modes of travel during your journeys reduces costs and environmental impact. Sometimes, they can even be faster!

AN EXAMPLE?

Daily commute Seninghem-Hazebrouck:

I travel to Hazebrouck every day for work.

A resident of Seninghem goes to Saint-Omer every day. I know this thanks to the Pass Covoiturage website!



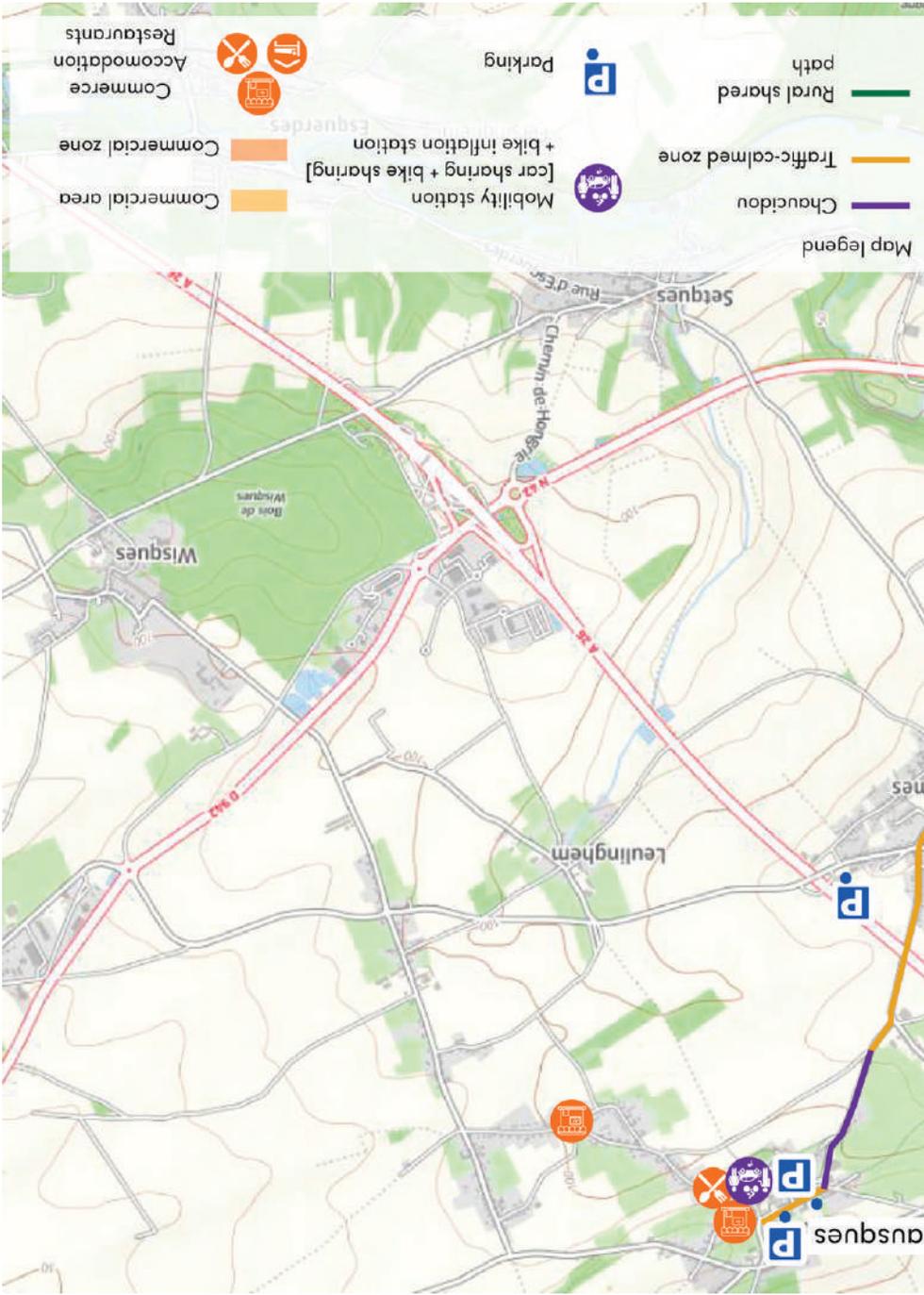
I walk to the meeting point in the village of Seninghem (We met arranged on the schedules.).



We will carpool to the Saint-Omer train station.



I take the train to Hazebrouck station and go to my office in the centre.



- Commercial area
- Commercial zone
- Commerce
- Accommodation
- Restaurants



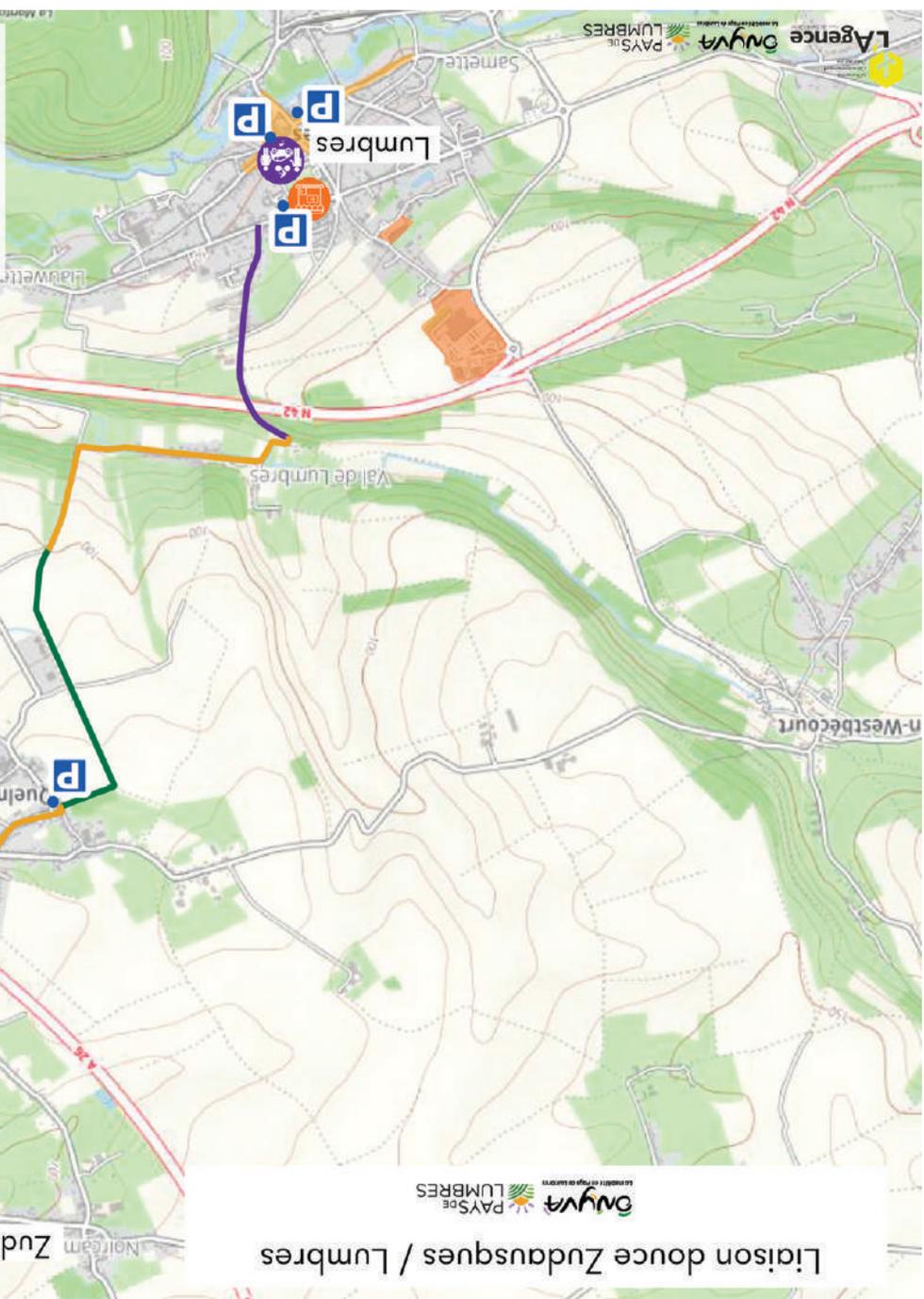
- Mobility station
- [car sharing + bike sharing]
- + bike inflation station
- Parking



- Chaucidou
- Traffic-calmed zone
- Rural shared path

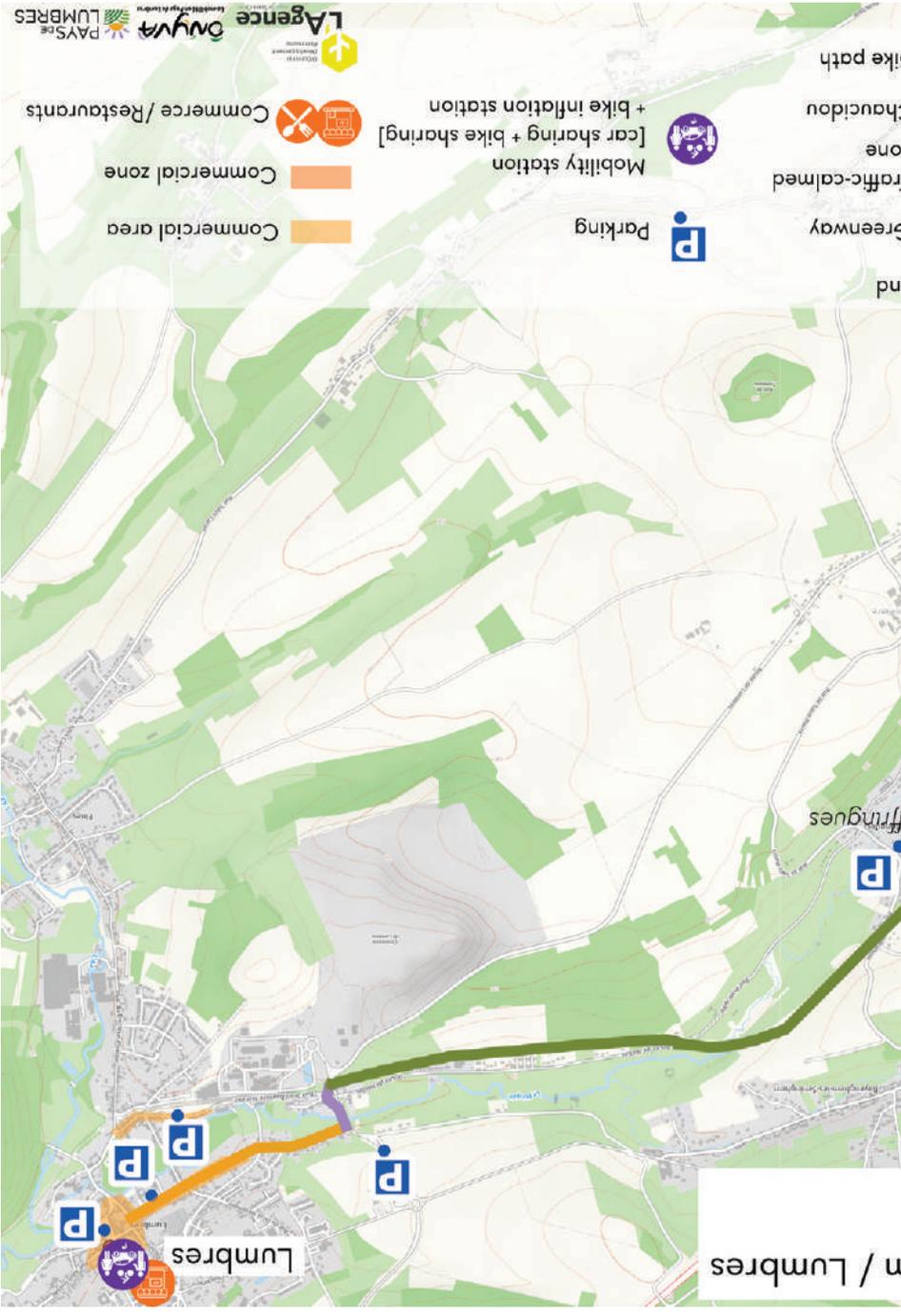
Map legend





Liaison douce Zudausques / Lumbres

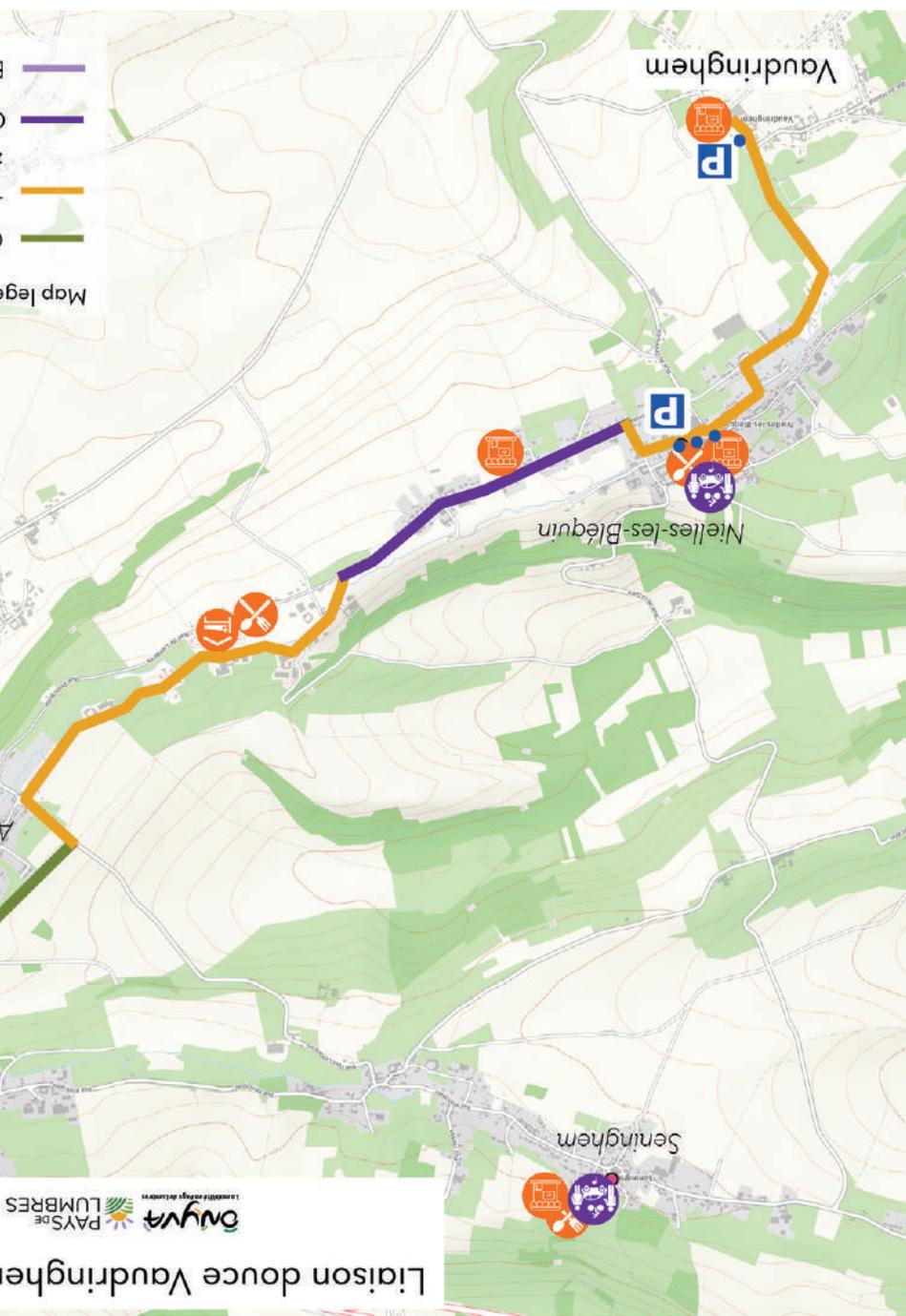
Agence ONYVA
PAYS DE LUMBRES
Le territoire d'origine de Lumbres

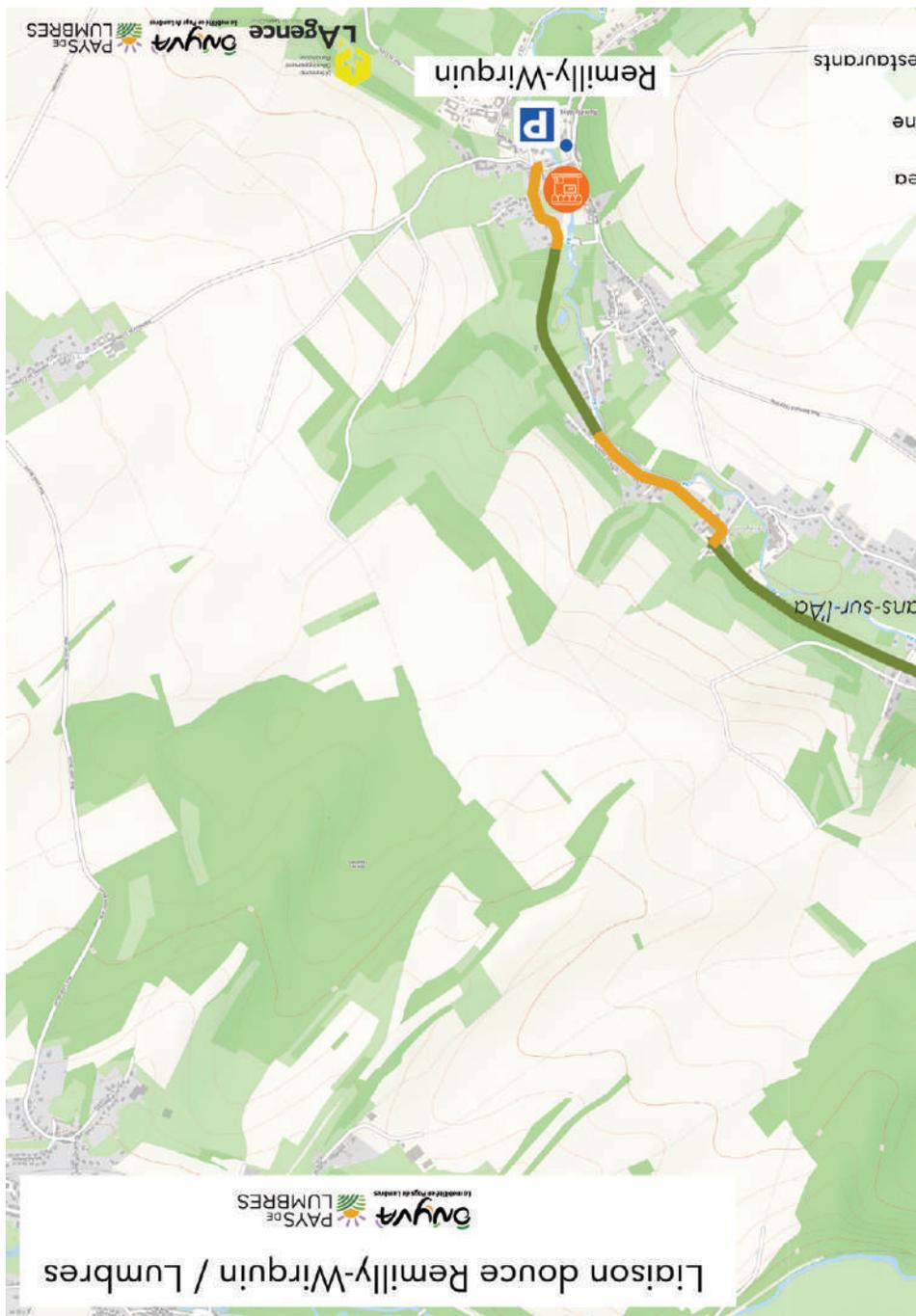


m / Lumbres

Liaison douce Vaudringhem

ONVVA
PAYS DE LUMBRES
La nouvelle région de Lumbres





Remilly-Wirquin

restaurants

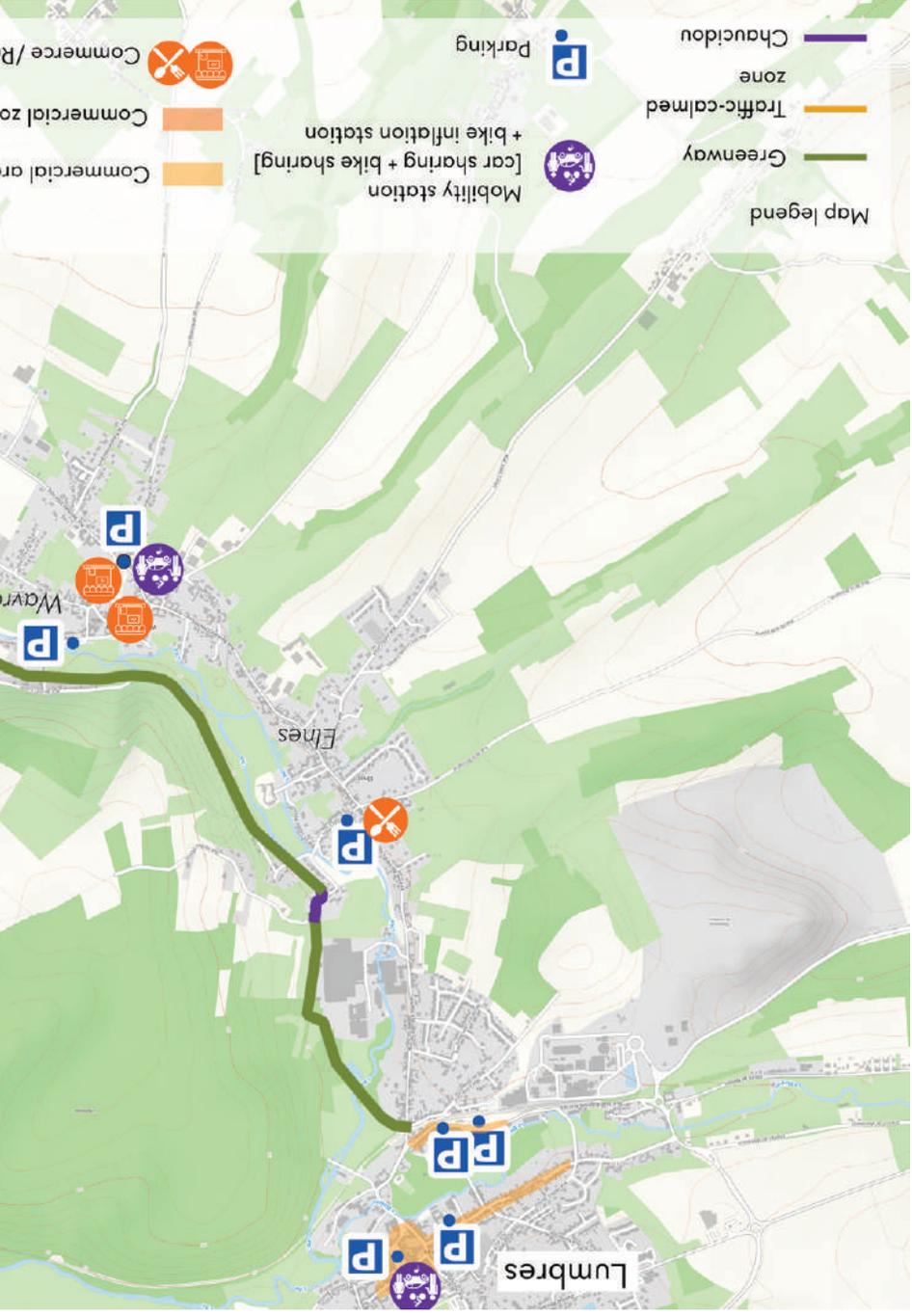
ne
ea

ans-sur-Ad

Liaison douce Remilly-Wirquin / Lumbres

Agence ONYVA
PAYS DE LUMBRES

Agence ONYVA
PAYS DE LUMBRES



Map legend

Chaucidou zone

Traffic-calmed zone

Greenway

Mobility station
[car sharing + bike sharing]

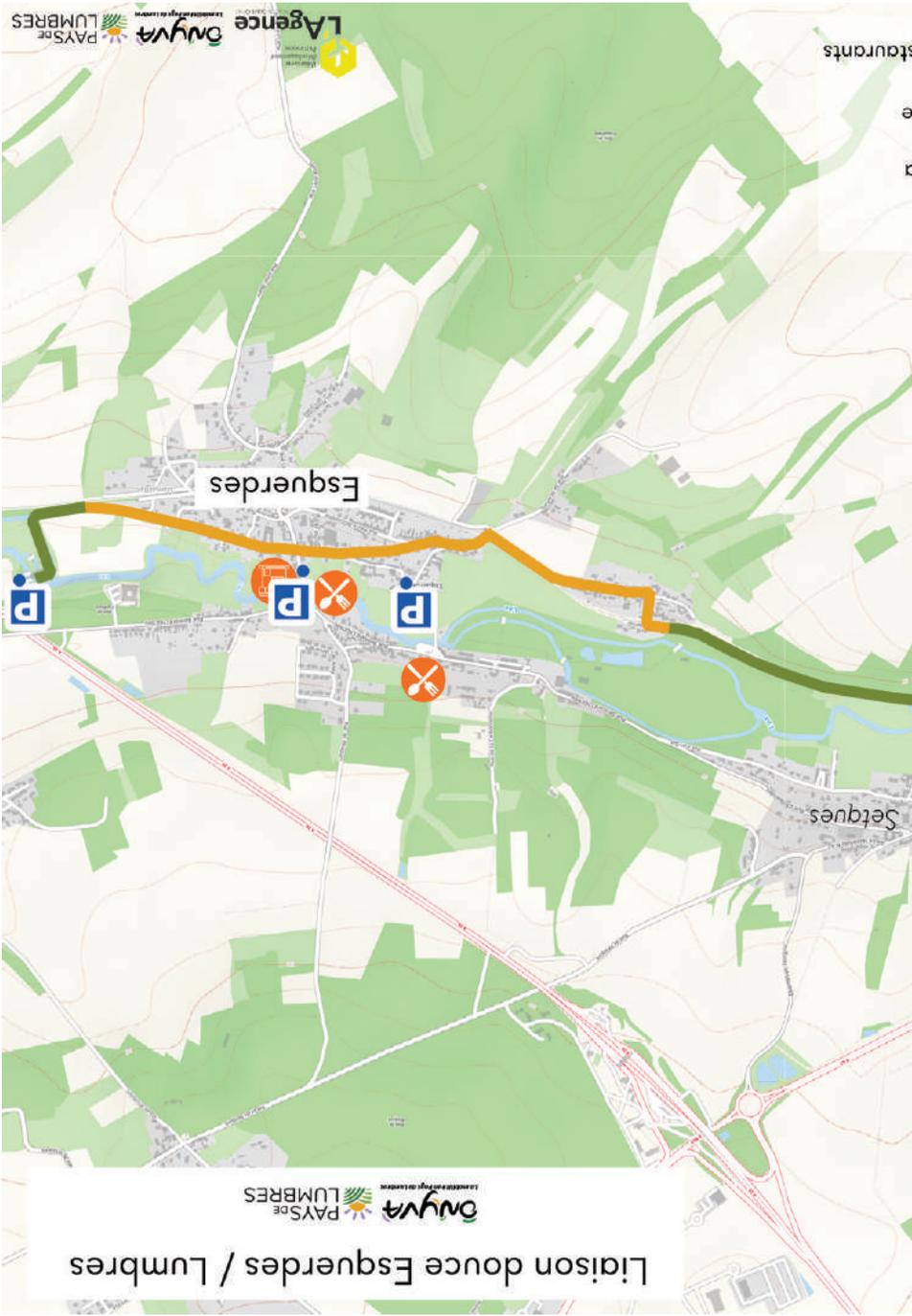
Parking

Commercial area
Commercial zone
Commerce/R

Lumbres

Elnes

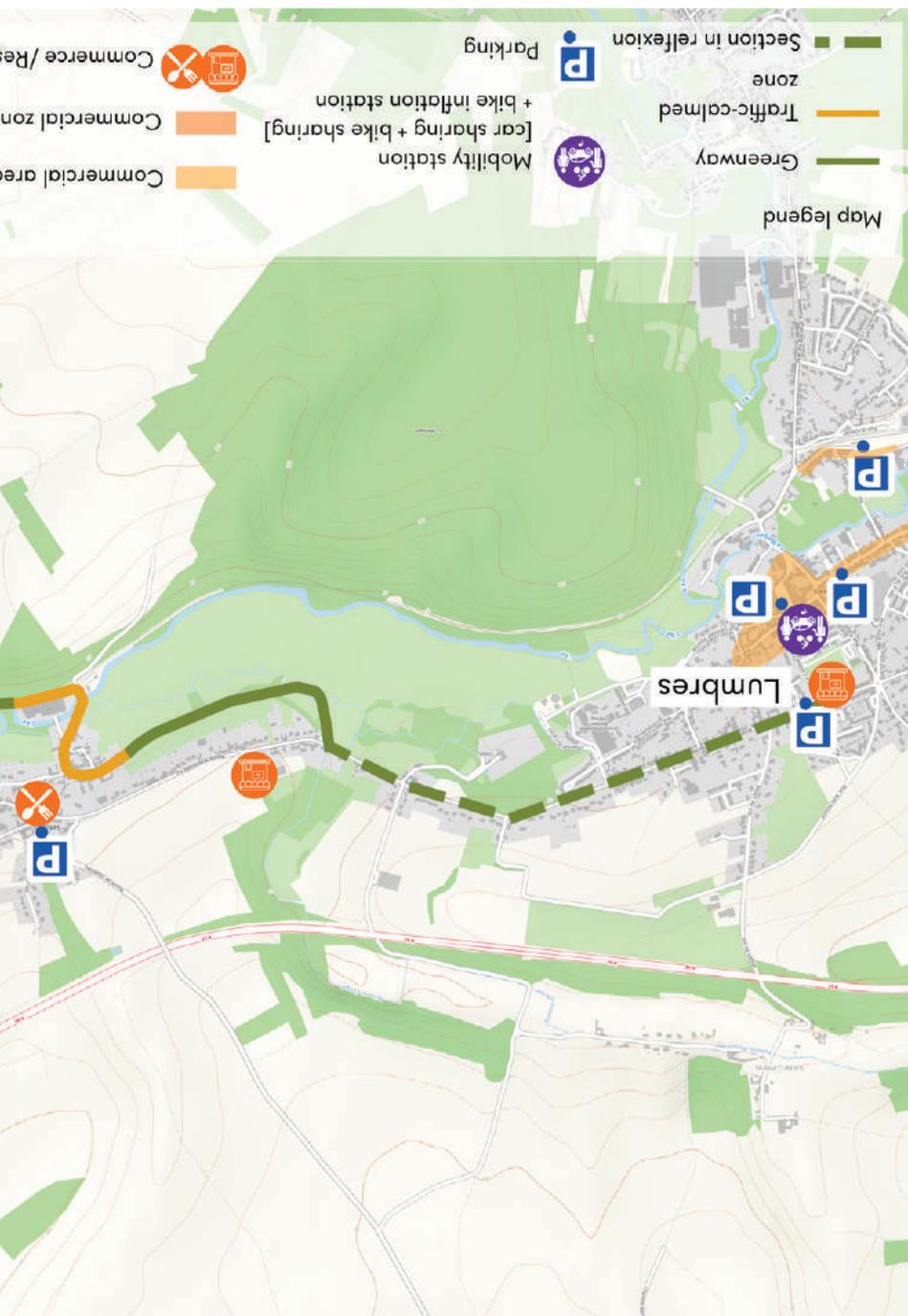
Wavre



Esquerdes

Setques

Liaison douce Esquerdes / Lumbres



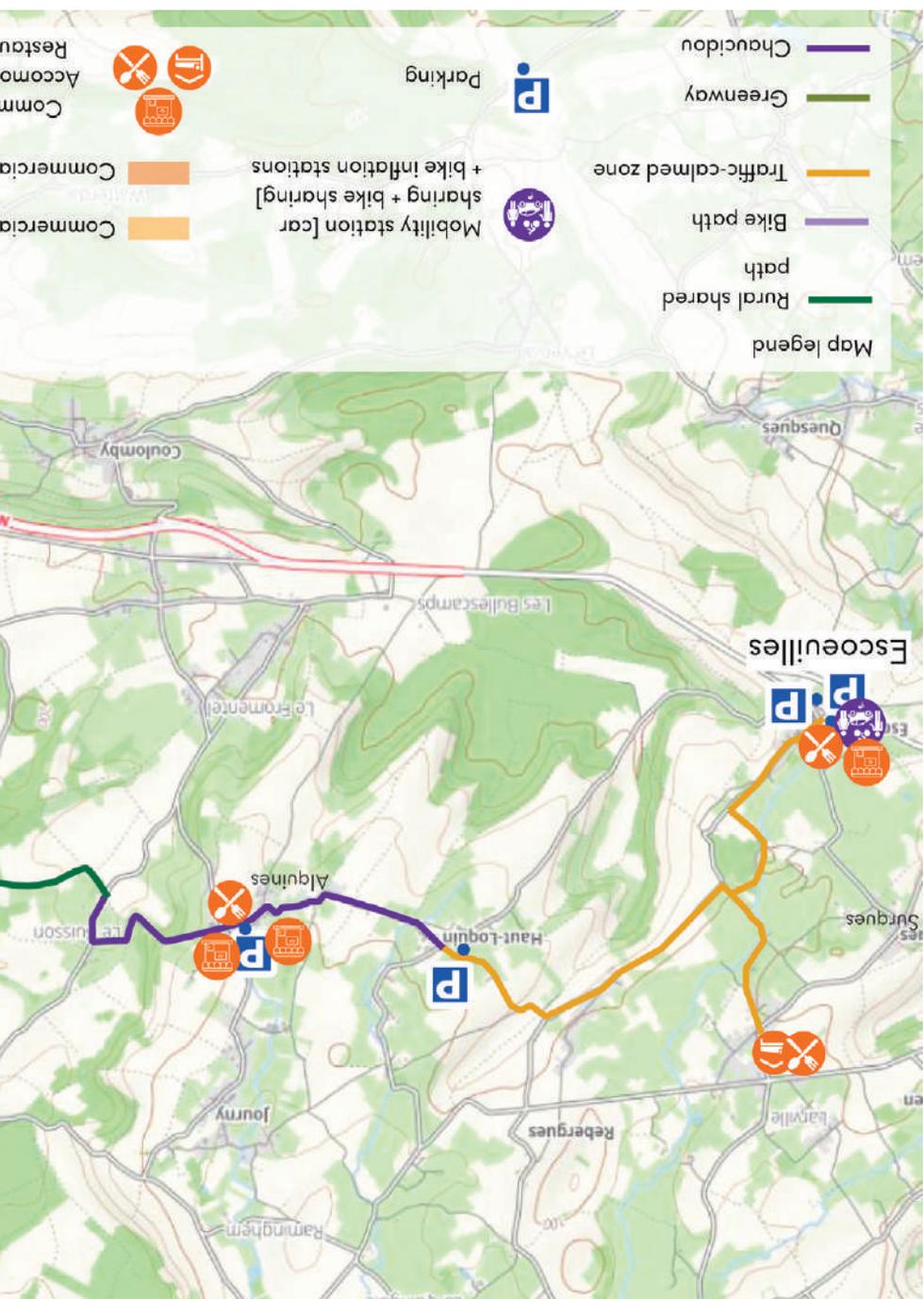
Liaison douce Escœulles/ Lumbres

ONVVA
le maître à legs de Lumbres
PAYS de
LUMBRES



L'Agence
ONVVA
le maître à legs de Lumbres
PAYS de
LUMBRES

l'area
zone
merce
dation
rants



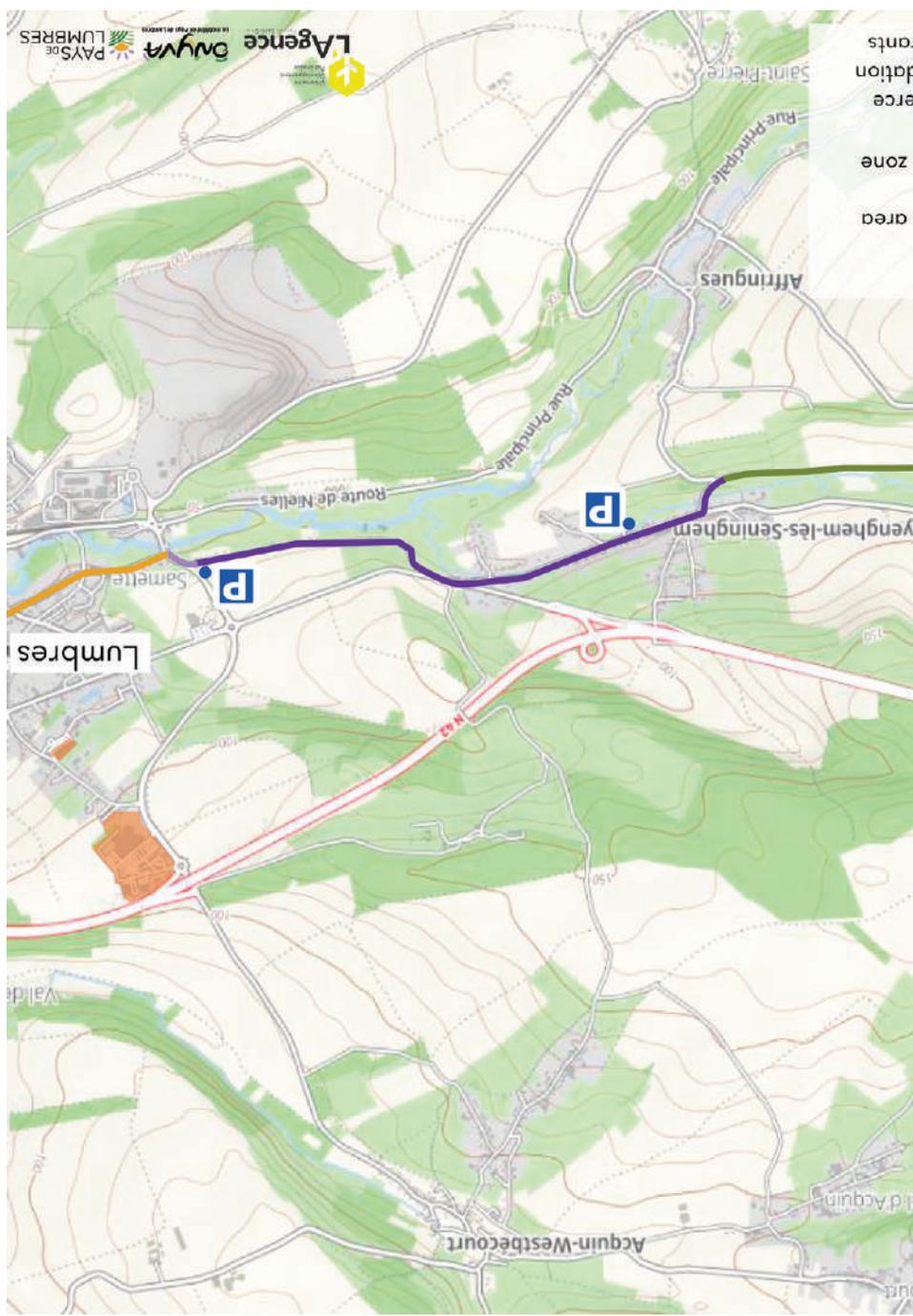
Map legend

- Rural shared path
- Bike path
- Traffic-calmed zone
- Greenway
- Chaucidou

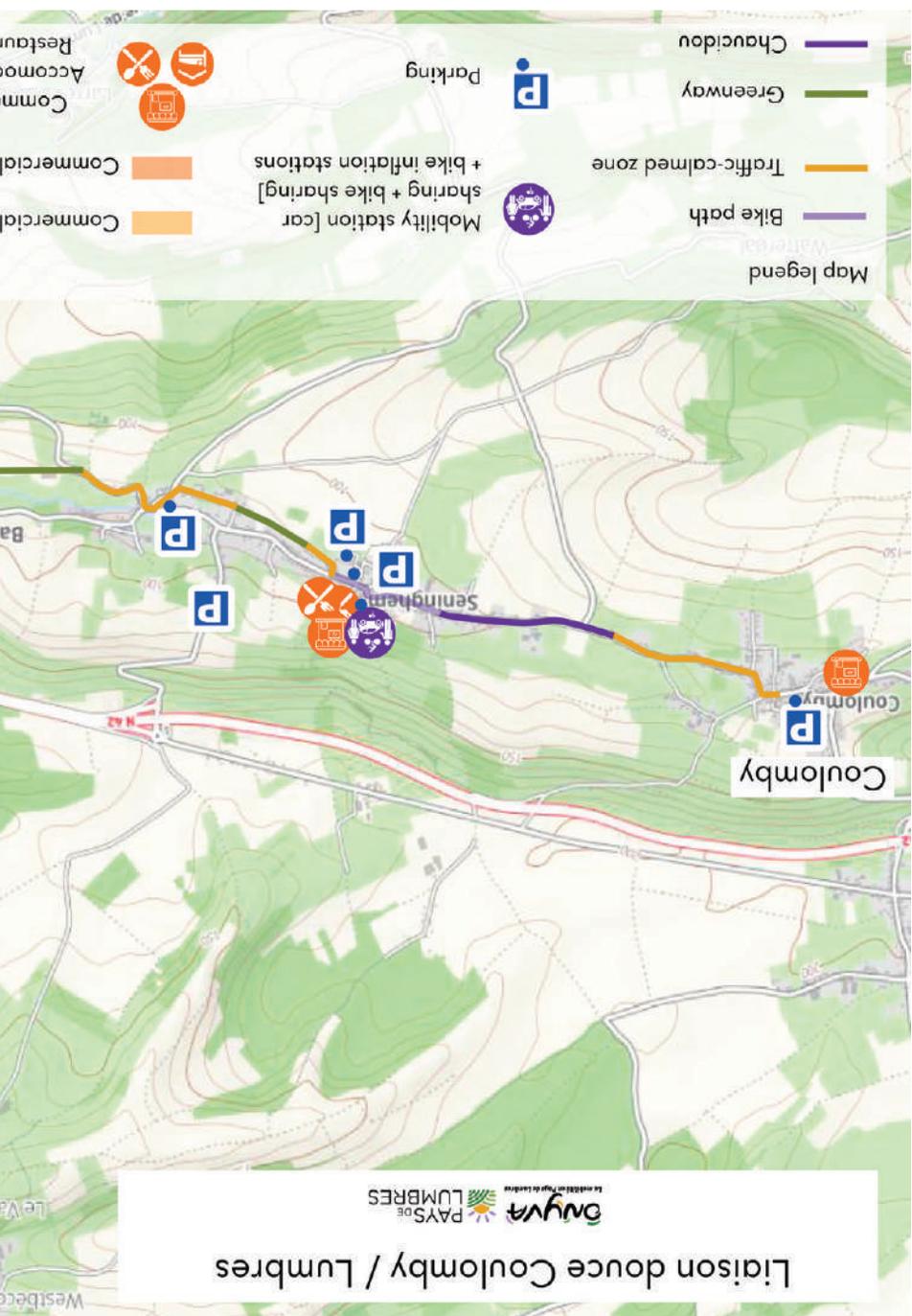
-  Restaurant
-  Commercial building
-  Commercial building with parking
-  Commercial building with parking and bike sharing
-  Commercial building with parking and bike sharing and inflation stations

-  Parking
-  Mobility station [car sharing + bike sharing]

- Commercial building
- Commercial building with parking



conts
ation
erce
zone
area

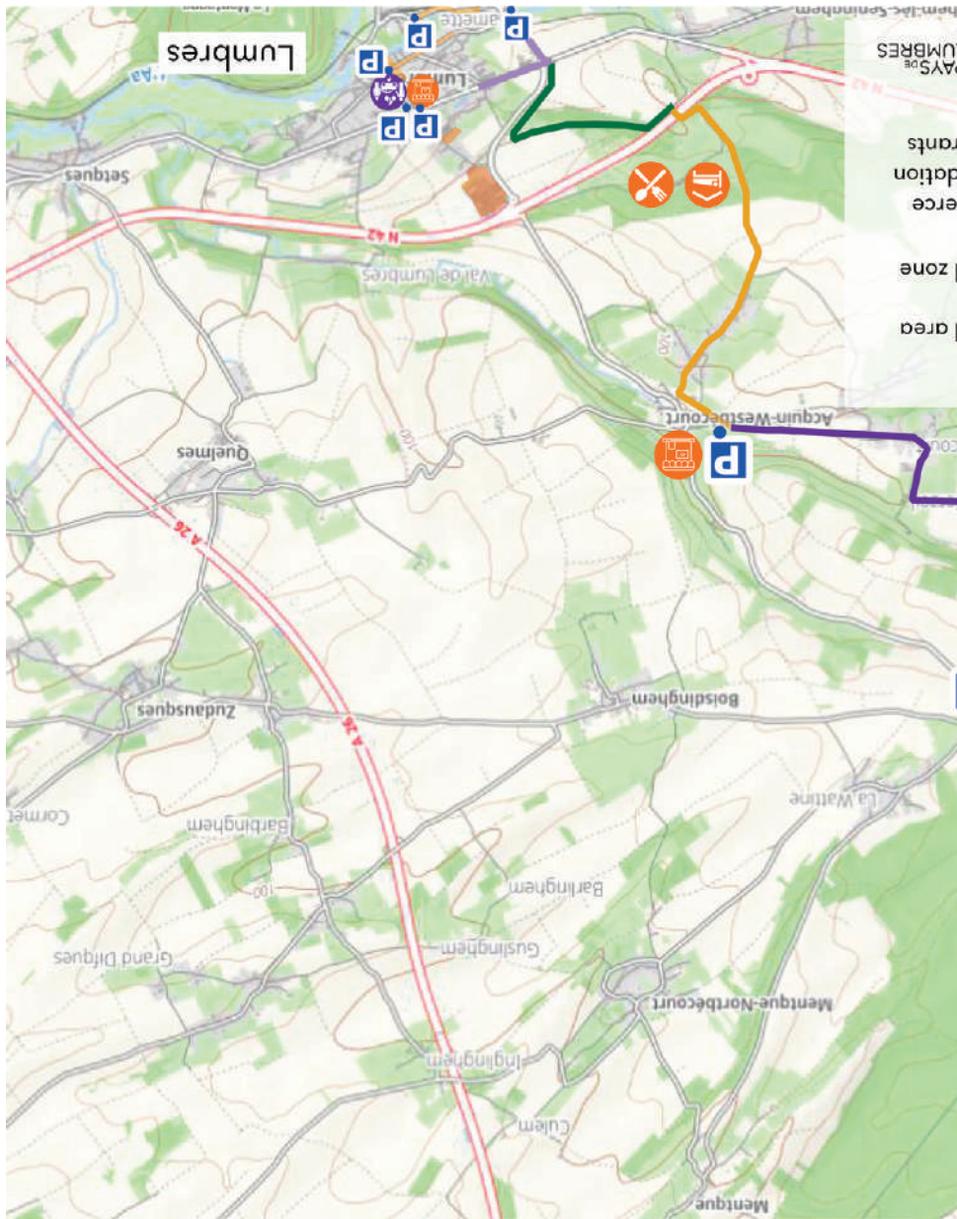


Liaison douce Coulmby / Lumbres

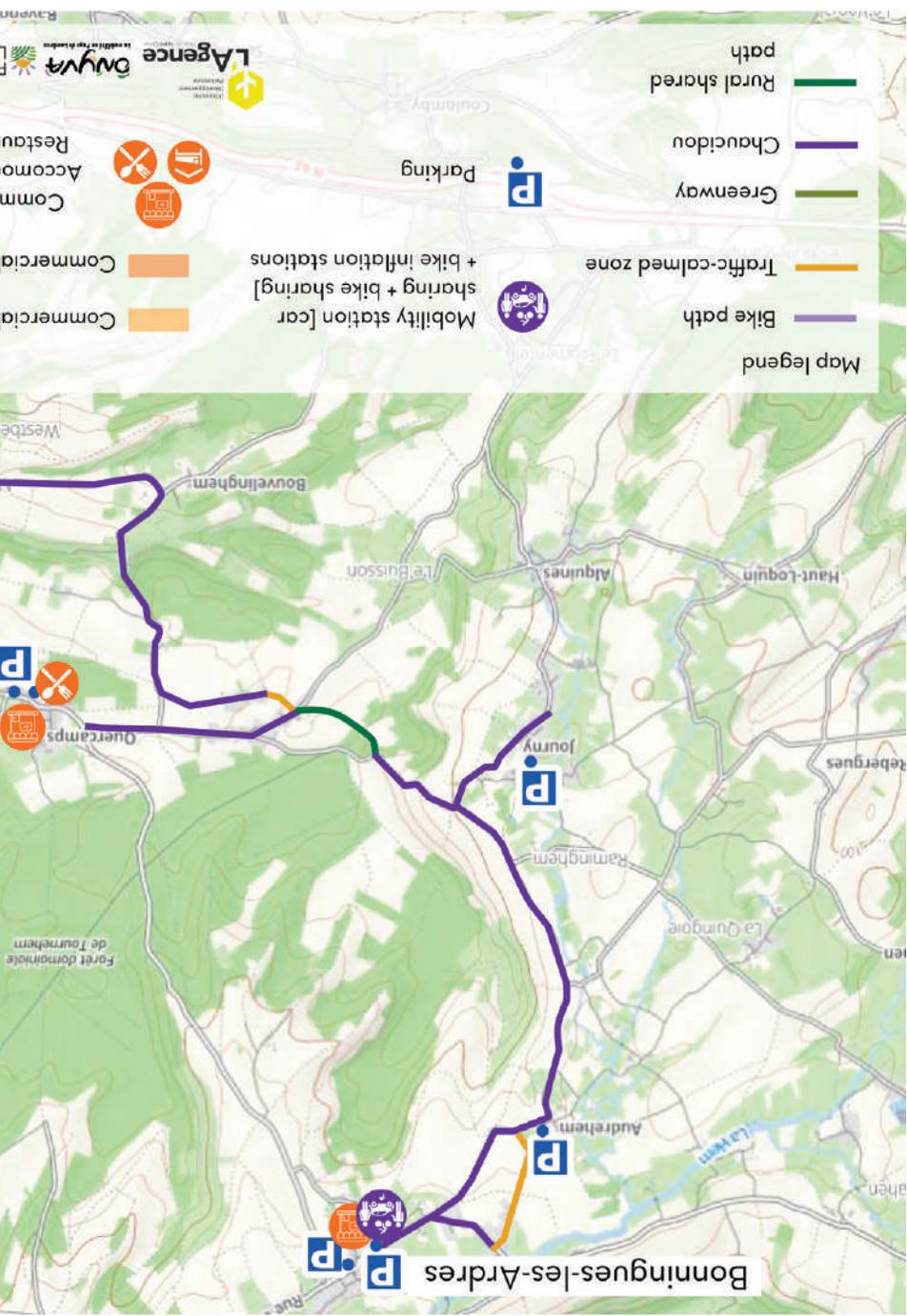


Liaison douce Bonningues-les-Ardres/ Lumbres

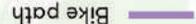
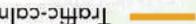
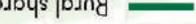
la mobilité au Pays de Lumbres
onynva
PAYS DE LUMBRES



area
zone
ce
tion
ants
AYS DE LUMBRES



Map legend

-  Bike path
-  Traffic-calmed zone
-  Greenway
-  Rural shared path



Mobility station [car sharing + bike sharing]



Commercial



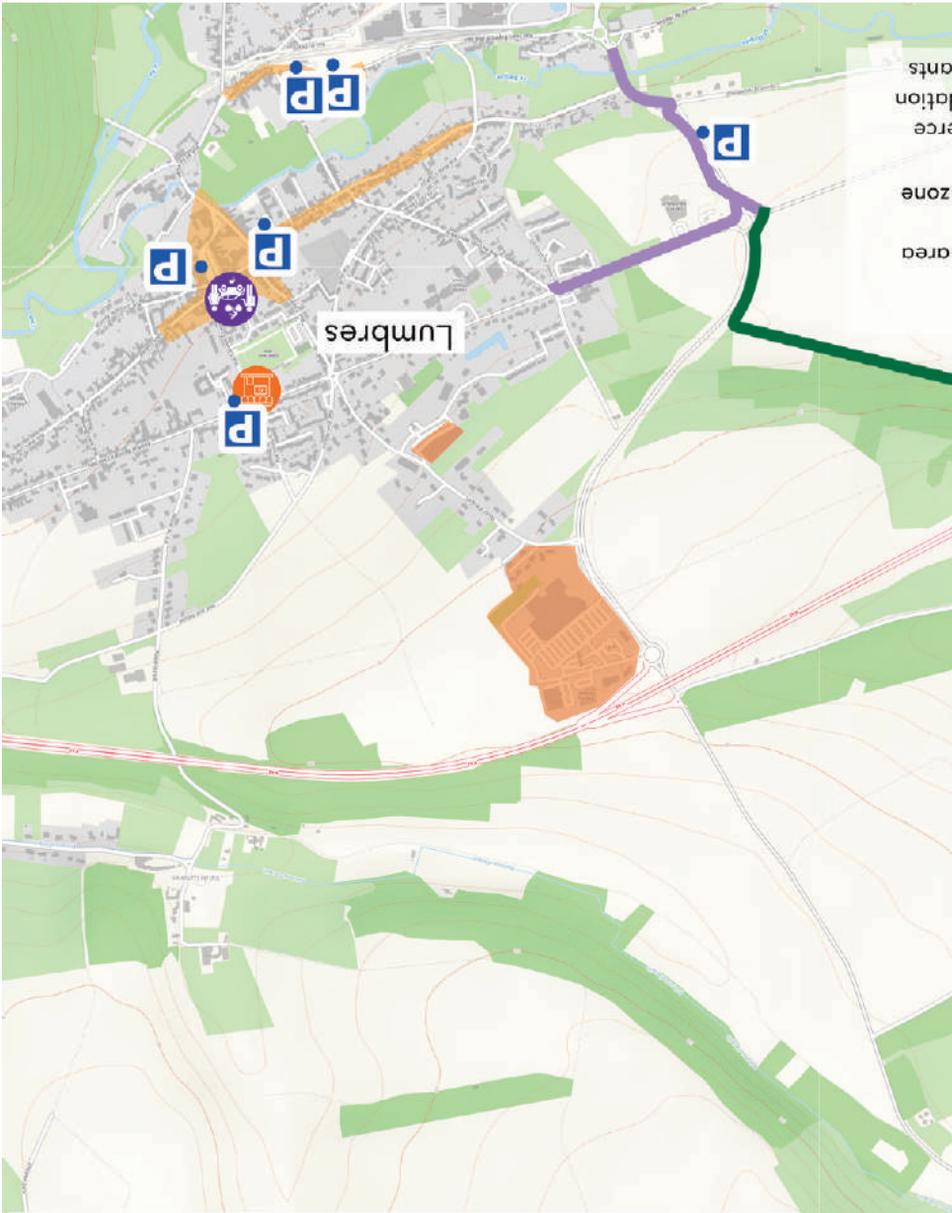
Commercial



Accommodation
Restaurant



Parking

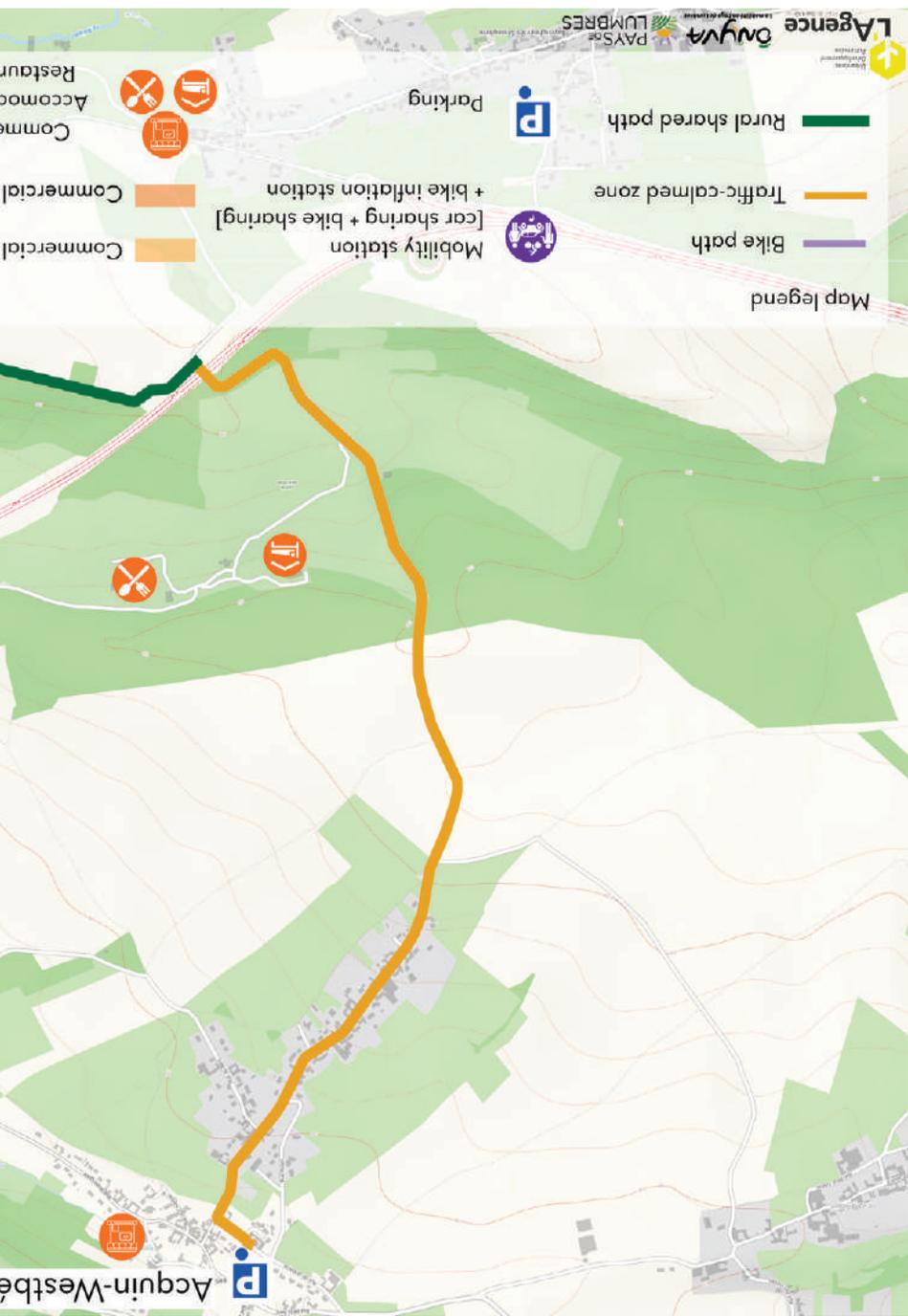


Liaison douce Acquin-Westbécourt / Lumbres



area
zone
price
location
ants

court





2025 EDITION

THE 8 CYCLING ROUTES IN THE PAYS DE LUMBRES

FIND THE BACK
MOBILITY
GUIDE!

