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Motorway & Dual Carriageway

Motorway & Dual Carriageway Considerations

Consider speed & traffic volume.

Limited stopping/refuelling areas.

Dangers of stopping on hard shoulder.

High level of continuous attention despite monotony .

Rider clothing, rest stops, route plan.

Weather: Fog, rain / spray, high winds (gusting at flyovers/bridges), low sun, road debris (especially under bridges).

Lane closures/road works.

Draught from high sided vehicles.

Joining Motorway

Use offside of slip road if possible (normally earliest view) to merge with traffic smoothly. Danger of overtaking on slip road if plan to join lane 1.

Motorway riding

Observations need to be pushed out further front & rear.

Maintain safe distance – good weather 2 second rule – double this if wet and more if fog/ice. If vehicles ahead bunched up or being tailgated, leave a bigger gap.

At 70mph, if you can read the number plate of vehicle ahead, you are probably too close.

Consider signal early before manoeuvring.

Can use headlight as warning if horn audibility reduced.

Observe lane discipline, but protect road position & make progress by planning ahead and early lane selection should prevent getting baulked in Lane 1.

Look for slower moving vehicles (lorries, caravans) well ahead

Try and avoid 3 abreast overtaking if possible

Anticipate traffic entering from slip roads. (off slip road = on slip road soon)

Remember to use hazard lights if hold up ahead to warn following vehicles.

The blind area of an HGV is passenger door near side do not go there.

Exits

Read the signs.

Get in correct lane by ½ mile board. Consider signal at 300yd marker

Watch your speed after leaving faster roads and in low visibility

Wobble (front wheel)

Medium speed (often around 35 mph) – hold bars firmly and accelerate through the unstable speed range

High speed: Difficult to control – decelerate gradually.

Weave (rear wheel oscillation)

High speed straight road weave: Lean forward to transfer weight to front wheel & reduce throttle gently.

Cornering weave: Occurs at lower speed – lean forward to transfer weight.