

Get cycling in Peterborough



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in Peterborough

- public transport
- walking
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PETERBOROUGH

CITY COUNCIL



Introduction

More than 60 per cent of Peterborough's population live within a 25 minute cycle ride of work, school or the city centre. Peterborough, home of environment capital, boasts an extensive network of cycle routes, information and training that aims to make cycling part of your lifestyle.



...Free your wheels...



Grab life
by the
handlebars

Pedal yourself to a healthier lifestyle

Physical activity levels are low in the UK: only 40 per cent of men and 28 per cent of women meet the minimum recommendations for physical activity. Similarly, 30 per cent of boys and 40 per cent of girls are not achieving the recommended levels of daily physical activity.

Dust off your saddle and get on your bike for an easy and low impact activity, whilst improving your fitness and reducing your stress levels.

- A cycle ride of fifteen minutes to work or the shops and back meets the recommendation for an adult's daily activity
- On average, cyclists live two years longer than non-cyclists and are as fit as an average person ten years younger
- Too dangerous to cycle? Being inactive presents a much greater risk than non-cycling, with 50,000 people dying in the UK each year due to coronary heart disease related to insufficient physical activity
- From gentle exercise to serious sport, cycling burns off calories, raises your metabolic rate and helps you to feel and look a whole lot healthier
- Cycling firms your thighs and bottom and can even help tone your stomach muscles

© Megan Nicol



Cycling... good for you, good for Peterborough!

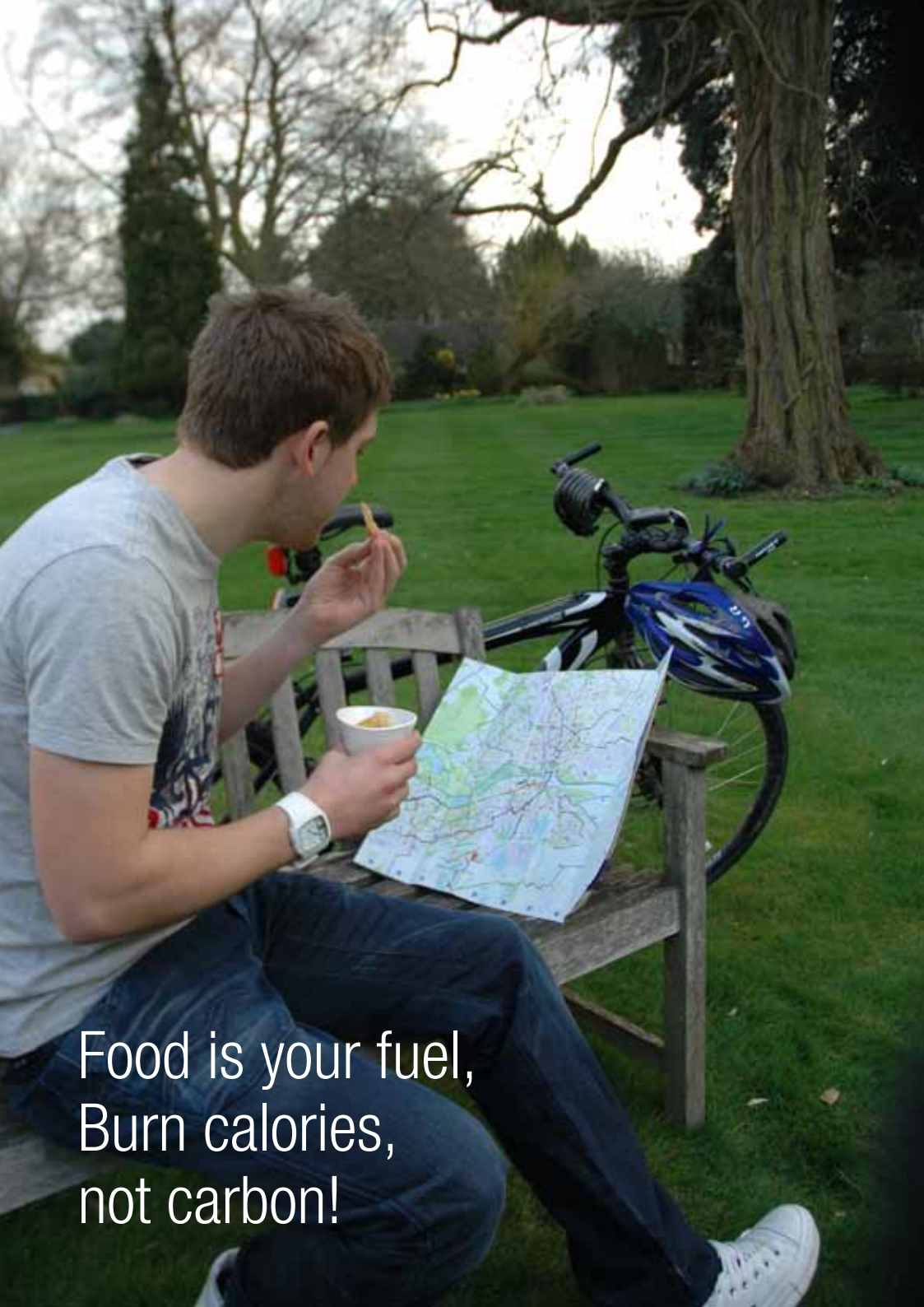
The benefits of cycling are not just for the cyclist; cycling also helps enhance the environment. Cycling helps reduce carbon emissions and pollutants in the air, which are a threat to health.

Furthermore, car dependency is unsustainable, especially on a small island such as ours. The greater use of bikes is one of the many solutions to a problem that won't go away.

Using a bike offers a range of environmental benefits:

- Helps reduce noise and pollution
- Reduces traffic congestion and the economic cost of traffic delays
- Helps protect green spaces and buildings from the adverse effects of pollution





Food is your fuel,
Burn calories,
not carbon!



Spend your money on something you really want...

Cycling is very cost effective and provides great value for money. Once you've bought a bike, running costs are very low.

- An average family-sized car costs approximately £2,500 to run per year, £1,200 of which is just on petrol. It costs just £1 per week to run a bike!
- Replacing one car journey per week by bike could save you over £350 a year
- The average UK household spends £1 in every £6 on travel – think how much you could save by travelling by bike more
- The average cost of maintaining a car each year is approximately £275, compared to less than £50 for a bike





© Richard Gunn



© Linda Daunter



Go where cars can't!

Fed up with sitting in traffic jams on the school run? Cycling takes you door-to-door, often by the most direct route and usually leading to shorter journey times.

- Did you know you can cycle from the city centre to a number of Peterborough's local centres in significantly less than 30 minutes, including: Hampton, Orton, Bretton and Werrington?
- Peterborough's cycle network consists of over 250km of extremely convenient on and off-road routes, perfect for getting to school or work. From the city centre you can cycle to both Orton and Bretton Centre without going on a major road
- Also, don't forget about parking. In many cases parking your car can add another ten minutes to your journey, whereas cyclists can normally lock up their bike directly outside their destination, saving them precious minutes

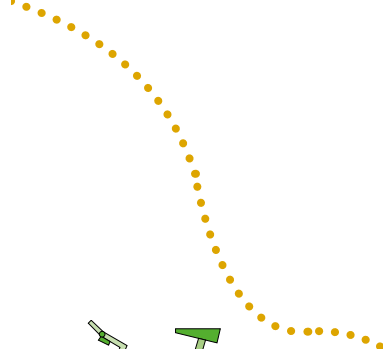
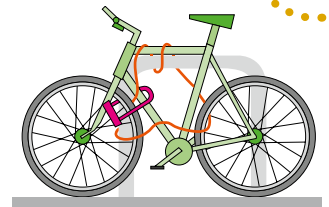


Don't be a loser: lock it, or lose it

The majority of bike thieves are opportunists – bikes that are not secured or secured badly are easy targets. It is essential that, no matter how long you leave your bike, you take adequate precautions to ensure that it is well secured.

Here are a few recommendations to prevent your bike from being stolen:

- Ideally use two secure rated locks for maximum security (www.soldsecure.com)
- Use two different locks (chain/cable and a D-lock)
- Lock both wheels and frame 'tightly' so your bike is hard to move around
- Always lock the frame to something secure, such as a bike stand
- Remove accessories (lights, panniers) every time you leave it unattended
- Security mark it
- Register it (www.immobilise.com) and insure it



You don't need to be Lycra clad to start pedalling

Every week:

- Check your tyres, brakes, handlebars and seat are in good order and tightly secured

Every month:

- Clean your chain of any grit and dirt and lubricate with chain oil
- Check the tread on your tyres. Any bulges or bald spots may mean they need replacing
- Ensure brake pads are not touching the tyres and are in good condition. Check the brake cables are not damaged or frayed
- Make sure the gears are changing smoothly; if not it's best to let a trained mechanic tune them

It is recommended that bikes are fully serviced by a local shop annually to keep your bike running smoothly for many years.

In most cases, like cycling to school or the local shops, you don't need to wear any special clothing – some people even cycle to work in their suit or skirt and heels!

If you are going to cycle in poor visibility or the dark, the right clothing and lights are very important. It is a legal requirement for lights to be fitted and working during the hours of darkness. This includes a front and rear light (emitting a steady or flashing light), a rear reflector and pedal reflectors.

It is recommended that you wear fluorescent clothing to help other road users see you. Accessories such as reflective ankle and arm straps are also beneficial.



Get back in the saddle

Whether you're new to cycling or lack confidence, Travelchoice offers a variety of cycle training to suit each individual's needs.

All cycle training in Peterborough meets National Standards for Cycle Training. The award scheme for these standards, Bikeability, is geared towards both adults and children.

What you learn:

- Level 1 teaches basic skills in a safe, traffic-free environment. A pass is essential to proceed to the next level
- Level 2 introduces on-road cycling on quieter roads. Participants will be introduced to basic bike manoeuvres, such as signalling, passing a parked car and turning at junctions
- Level 3 takes participants on to busier roads and shows them how to negotiate complex junctions

Schools in Peterborough are eligible for free Bikeability training at Levels 1 and 2. If your child's school does not currently run cycle training, ask staff to contact Travelchoice about setting some up. To find out more about Bikeability visit: www.bikeability.org.uk.

The Travelchoice Adult Cycle Training programme has been a great success, enabling both new and nervous cyclists the opportunity to enjoy cycling in Peterborough. The training is free for the first 90 minutes. Subsequent lessons are £15 per hour and delivered on a 1:1 or 1:2 ratio at a time and location convenient to you. To get those legs pedalling download a pre-course assessment form from www.travelchoice.org.uk.

"I just wanted to say thank you again for today! I cannot believe I rode a bike!! It's amazing! You are a fab teacher! Thank you so much!"





Peterborough, made for cyclists

Over 250km of cycle lanes and paths in Peterborough make cycling safe, accessible and enjoyable for the whole family.

Whether you are taking leisurely rides on the Green Wheel or using our primary cycle network to reach your school or place of work, this city loves cyclists.

If it's a family ride in the countryside or planning your cycle route to work or school, Peterborough has the answers. Pick up a selection of our leisure guides available free of charge or purchase the official Peterborough Cycle Map for just £1.50 from a number of locations around the city including libraries, the Visitor Destination Centre, The Travelchoice Centre (Queensgate Bus Station) and most local cycle shops.

Visit www.travelchoice.org.uk to plan your journey from the comfort of your home with our online cycle journey planner or to download our cycle maps.



You'll never
hit empty
on a bike

Top tips for harmonious road use



Tips for motorists:

- When turning left watch out for cyclists coming up on your left side
- Give cyclists a wide berth when overtaking
- When approaching cyclists travelling in the other direction dip your headlights to avoid dazzling them

Remember, cyclists and motorists are equally entitled to use and share the same road space

Tips for cyclists:

- Ride in a road position where you can see and be seen – don't ride in the gutter
- Make eye contact with other road users, especially when turning
- Signal clearly at all times
- Never undertake lorries or HGVs - be particularly aware at junctions
- Don't jump red lights or ride on the pavement unless it is designated cycle path
- When cycling on shared-use paths don't go too fast, use your bell to let pedestrians know you are approaching and give way to others, while being prepared to slow down or stop



Cycle route ahead



Route for use by pedal cycles and pedestrians only



Segregated route for pedal cycles and pedestrians only



No cycling



With-flow cycle lane ahead



Cycle lane on road at junction ahead or cycle track crossing road



Recommended route for pedal cycles



Contra-flow cycle lane

Give it a go...

Exercise your
TRAVELCHOICE
in Peterborough

Cycling

Quicker



Fitter



Cheaper



Cleaner



Fun



www.travelchoice.org.uk

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