Cycling to work

Most employers in York are now committed to cutting the number of car trips made to their site and encouraging the use of more sustainable forms of transport such as cycling. Taking the bus, walking or car-sharing schemes is still popular in some industries.

Cycling to work has never been easier

Ask your employer about:
• Free cycle parking
• Cycle purchase scheme
• Secure lockers
• Showers

Urban Cycle Skills

Whether you are a commuter or someone who cycle for leisure, City of York Council can offer1 personalised training sessions covering skills from beginner level up to advanced. We can also offer cycling clinics to help you improve awareness nationally recognized cycleability standards.

To book a training session please call 01904 515646 or email cycletraining@york.gov.uk

Cycling with Kids & Pets

If you have a baby or small child then a well-fitted baby seat from any of our Park & Ride sites is available. Ask your local cycle retailer for advice on the right infant transport system for you. For advice on cycling with kids or pets, visit www.itravelyork.info/park-and-ride

Andrian Bar

Designs and本书 on the rights side of the video offer advice on how to cycle with your bike and feel safe and secure in and around the city centre.

Avoid cycling with kids or pets, if possible (children should be aged 5 or above). You should also be aware of the road conditions and traffic levels around the city centre.

Cycling for health

According to a British Medical Association report, cycling improves your fitness. The Council study found that cycling at least 20 miles per week reduced the risk of death from cancer by 20 per cent. People who adopt this exercise reduce their risk of heart disease.

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