

Want to save money and get fit travelling to college?



If you live within 5 miles of the college, cycling could be an option for you, and could work out quicker than the bus or car. Even if you only cycle sometimes, you will still save money and keep fit.

So what do you need to know?

If you don't have a bike, you can find out about cycle shops in the York Cycle Route Map, that will also help you to identify a good route to college. Second Hand bikes are available from Bike Rescue or through press adverts (as with anything, you might want to get a friend or relative to help to check it is safe and legal before parting with cash).



What else do you need?

A lock - Expect to pay £20 or more if you have an expensive bike.

Cycle clips and some **waterproofs**

A helmet - Not compulsory, but could save your life!

Pump and puncture repair kit - or make friends with someone who has!

Lights - Especially from October - March when you will need them to get home.

Rucksack or panniers - To carry your college work safely.

Nerves - If you (or more likely parents) are worried, try out the route on a Sunday, or pair up with someone who goes the same way to start with. If you feel uncomfortable about a part of your route, see if you can change your route slightly. Join the college bike buddies scheme if you think it would help.



Watch out for details of **'Doctor Bike'** events at college where you will be able to get your bike checked over, get advice and cheap deals.

Some useful websites:

www.york.gov.uk/cycling

For map see: www.york.gov.uk/content/45053/64877/64891/York_cycle_route_map

www.sustrans.org.uk see Get Cycling (and send for a free information pack)

www.bikeforall.net