

THE **BENEFITS** OF **CYCLING**

The centre of Runcorn, Warrington and Widnes can all be reached within 30 minutes from **Sci-Tech Daresbury**.

Better on the waistline...



Cycling can burn **364** calories a day, that's **1,820** calories a week, **94,640** calories a year...

Research indicates that cycling up to 5 days a week is the equivalent of attending 3 aerobic classes!!!

Better on the pocket...



Cycling is a **cheaper** mode of transport...

The cost benefits of cycling are obvious. Whilst the average bike costs just £350, the cost of fuel always seems to be on the rise. Swapping your car for a bike will therefore help save up for that holiday fund!

Better on the environment...



Pedal power not only helps you burn calories, it also helps minimise the amount of pollution we blow out of our exhausts. The odd cycle journey here and there will help you reduce your carbon footprint, contributing to a more sustainable lifestyle.

USEFUL **LINKS**

See below a number of useful links which may help if you choose to cycle to **Sci-Tech Daresbury**.

www.cyclestreets.net

Cyclestreets is a cycle journey planning system, which lets you plan routes from A to B by bike. It is designed by cyclists for cyclists.

www.sustrans.org.uk

Sustrans is a leading UK charity who work with communities, policy makers and partner organisations to encourage more sustainable modes of transport. Sustrans' website has some great tips on cycling, bike safety and maintenance as well as being a comprehensive source of information on cycle routes throughout the UK.

www3.halton.gov.uk/transportandstreets/cycling

Halton Borough Council's website provides useful cycling information and advice along with key information on bike safety and cycling on the roads. There are also links to cycle routes around the local area for you to enjoy.

Local cycle shops

www.dandmcycles.com | www.cyclehouse.co.uk | www.johngeddscycles.com

There are a number of cycle shops within the local area that specialise in all things bikes. Whether you're looking to purchase a bike, cycle accessories or clothing, then a perusal around these websites will hopefully help you find what you're looking for. Bike maintenance services are also available.

www.sci-techdaresbury.com/travelhub

 travelhub@sci-techdaresbury.com

A joint venture between

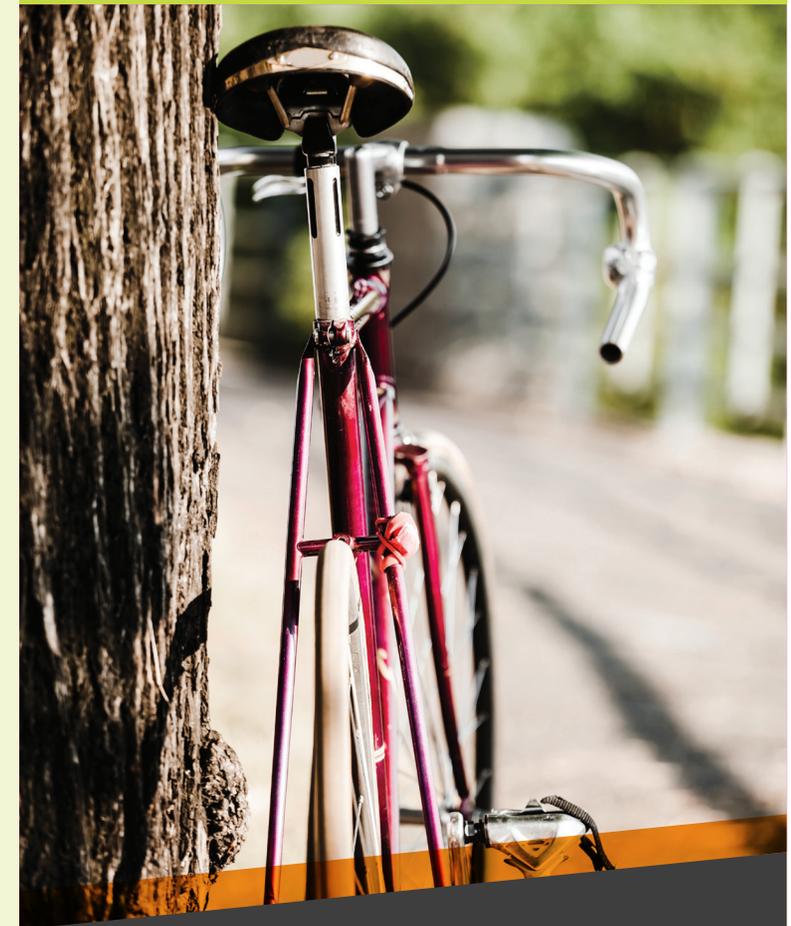


Supported by the



& The Mid-Mersey Local Sustainable Transport Fund, which is wholly funded by the Department for Transport

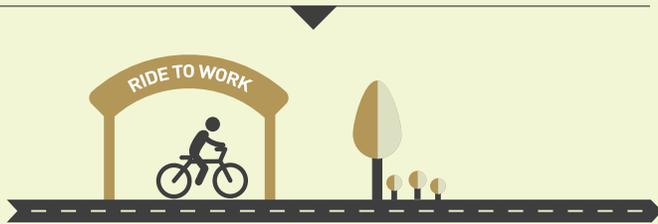
YOUR **CYCLE** **GUIDE**



Promoting sustainable travel to Sci-Tech Daresbury:

www.sci-techdaresbury.com/travelhub

Cycling is a quick and effective way of travelling. It's environmentally friendly, produces less emissions than driving, gives you greater mobility and allows you to conveniently get from A-B, with very little hassle. Cycling is also a fun low impact activity with excellent health benefits.



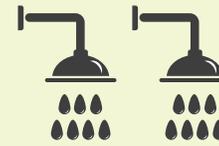
Across the campus a range of measures are being planned which are aimed at making it easier and more convenient to cycle to work, whether you are already a regular cyclist or are giving it a go for the first time.

Did you know cycling can also help:

- Reduce high cholesterol and lower blood pressure
- // Increase joint, muscle and bone strength // Improve flexibility and coordination // Increase energy levels
- // Lower the risk of developing certain types of cancers such as colon and lung cancer

High quality **shower and changing facilities...**

Are provided at various locations across the campus.



Secure **cycle storage...**

Is available to keep your bike safe and dry.



Dr **Bike**

Will be onsite each month to give your bike a free health check.



Cycle training opportunities...

Will be available, regardless of your current experience.



A try **cycling** programme...

Will make it easier to see if cycling works for you with 'pool bikes' available to occasional users.



Journey planning support...

Will help ensure you pick the most appropriate local routes.



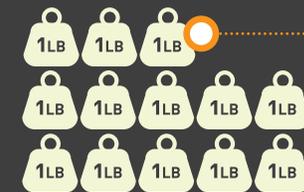
For further information on any of the above measures please contact us at: travelhub@sci-techdaresbury.com

Did you know **cycling...**

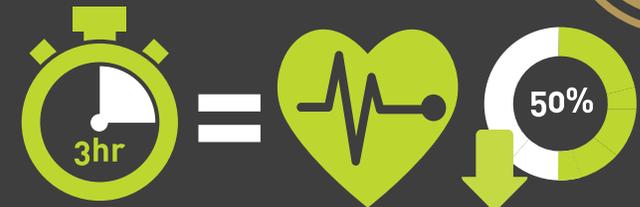
UK cycling commuters have a **97%** chance of **staying dry**



The average person will lose **13 lbs** in **their first year** of riding to work



That's just under **one stone** in a year equivalent to 174 pizzas...



3 hours of cycling a week reduces your risk of heart disease and stroke by **50%** whilst increasing your overall health and well being

