

Active Travel offers available in North Somerset

Access West 2017 - 2020

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Bus



MetroBus

P + R

Park & Ride



Rail



Walk



Cycle



Drive



Motorcycle



Journey
Planner



Smartcards

Borrow a Bike

- = Free 2-week loan bike
 - Commuter, electric, hybrid bike
 - All accessories, no helmet
- Pick up from and return to:
Bicycle Chain, BS22 8NA, W-s-M
- £50 deposit, ID required
- Self-referral
- betterbybike.info/loanbikes
- sustainable.travel@n-somerset.gov.uk

Borrow a Bike

FREE

Get a **FREE** loan bike for 2 weeks and swap petrol for pedal power. No hidden costs, no catches.

Are you looking for a cheaper, healthier and easier way to get around?

If you live or work in North Somerset, request a voucher and choose from:



Electric bike



Folding bike



Normal hybrid bike

How to get your bike:

- Email sustainable.travel@n-somerset.gov.uk to request a voucher
- Complete and print the voucher. Make sure you have read the Terms & Conditions
- Contact our partner store The Bicycle Chain to discuss availability and your preferences. Call **01934 629370** or email weston@bicyclechain.co.uk
- Take the completed voucher to the shop at 1A, Aisecome Way, Weston-super-Mare, BS22 8NA. Don't forget your ID and **£50 deposit**.
- Enjoy riding the bike for two weeks!




Cycling regularly could help you live longer and greatly reduces the chance of developing cancer and heart disease.




Active commuters are better able to concentrate and less stressed than car commuters.





Want to cycle more?

Visit betterbybike.info



Adult Cycle Training

- Free adult cycle training
 - 1:1, tailored session
 - With a partner or friend
 - In a group
- Up to 2 sessions (1 hour each)
- Self-referral
- betterbybike.info/adultcycletesting
- Dave Mazur: 07771817695
maz@pennyfarthing.tv

Adult Cycle Training

FREE

Get **FREE** cycle confidence training and improve your cycling skills. No hidden costs, no catches.

Whatever your ability, discover the most convenient route for your regular journeys and boost your cycling confidence.

If you live or work in North Somerset, book a private training session with our friendly and experienced instructor. Sessions last for about 1 hour. You can book up to 2 sessions that are tailored to you:

Get 1:1 training

Take a partner or friend

Be part of a group

The average bicycle commuter loses 13 pounds in the first year without overhauling their diet or doing other exercise.

30 min of moderate cycling will burn 235 - 300 calories. That's one chocolate bar!

People who cycled to work were found to have a 41 per cent lower risk of premature death from any cause, compared to those who drove.

To book: Call 07771817695 or email Dave Mazur maz@pennyfarthing.tv

travelwest **Want to cycle more?**
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Roadshows

- = Engagement events in businesses, community events and in schools
- Travel advisors will provide free of charge:
 - Personalised route planning and support to identify alternatives
 - Travel information & materials
 - Free cycling offers
 - Freebies and taster tickets
- Dr. Bikes, Smoothie Bike
- travelwest.info/businesses/travel-roadshows



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Active Travel Champion Scheme

- Support, incentives and resources to 'Champions' to promote cycling and walking at their workplace
 - Cycle Champion
 - Walking/running Champion
- Welcome pack and emergency cycle repair kit
- Promotional materials and free incentives
- Bicycle Maintenance sessions
- Dr. Bike sessions
- Christin.Hoffmann@n-somerset.gov.uk



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Community Learning Course

- 2-part course (3 hours each)
- Benefits of cycling, safety, route planning & bike maintenance
- Collaborative project: Community Learning (NSC), Fix2Ride, Wheels to Work (Travelwest)
- Eligibility: 19+, less than Level 2 qualified or in receipt of benefits
- Increase employability skills
- **Victoria.Barvenova@n-somerset.gov.uk (01934 426196)**

Understanding Cycling and Bike Maintenance

Learn about:

Useful tips about riding a bike and free cycling offers
Fixing and maintaining a bike
How to keep yourself and your bike safe
Planning your route and benefits of cycling



£50 off

the cost of a refurbished bike
after completing the course!

Tuesday, 1 May & Friday, 4 May
10am - 1pm

**FREE course if you have less than a full Level 2 qualification
or receive certain benefits**

**At the Sub Station, The Information Station
St Andrews Parade, Weston-super-Mare, BS23 3SS**

To book your place on the course please contact

Victoria on 01934 426 196 or text 07917 581710

email victoria.barvenova@n-somerset.gov.uk

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Lifecycle UK delivers

Bikeability Level 3 training

- Year 7, 8 (or 9) students in secondary schools
- On-road training, how to negotiate difficult junctions
- Low student – instructor ratios (max. 1:3)
- During school time
- betterbybike.info/bikeability
- lifecycleuk.org.uk/northsomerset

Led Rides

- = Instructors lead organised group rides (1-4 hours)
- ≠ Not a teaching session
- Beginner & intermediate
- For community groups & businesses (incl. mixed abilities & children)
- Increase confidence and familiarity with local area
- sustainable.travel@n-somerset.gov.uk



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