



i-cycle you cycle, we all cycle...

York is a compact city and its medieval streets mean it has more than its fair share of traffic problems. That's why City of York Council launched the i-Travel York programme, in order to cut congestion and promote alternative ways to get around our city, like cycling.

Getting you from A – B

Whether you're cycling to work, school, or just for leisure, getting around York by bike is easy. Our extensive network of off-road cycle paths and on-road cycle lanes offers safe access into and around the city.

Why cycle?

As one of the fastest ways to travel for short urban trips, cycling is proven to save you time as well as money on your journeys in and around the city. It's not just good for your pocket either; it's also a great way to stay active and healthy.

It is under three miles (around 18 minutes on a bike) from the outer ring road to the city centre, so York is easily accessible on two wheels.

For more information please visit www.itravel.york.info



Cycling to work

Most employers in York are now committed to cutting the number of car trips made to their site and encourage the use of more sustainable forms of transport such as cycling, taking the bus, walking or car sharing schemes.

Cycling to work has never been easier

Ask your employer about:

- Free cycle parking
- Secure lockers
- Cycle purchase schemes
- Showers

Urban Cycle Skills

Whether you are a commuter or someone who cycles for leisure, City of York Council can offer personalised training sessions covering skills from beginner level up to advanced. All sessions are practical and delivered to nationally recognised bikeability standard Levels 1 – 3.

To book a training session please call **01904 551646** or email cycle.training@york.gov.uk



Cycling with Park & Ride

If you have a bike, you can now Park & Ride from any of our Park & Ride sites:

Askham Bar **Grimston Bar** **Rawcliffe Bar**
Designer Outlet **Monks Cross** **Poppleton Bar**

Park your car for free and then cycle the remainder of your journey into the city centre.

Alternatively, you can cycle to a Park & Ride site, park your bike and take advantage of the fast and frequent bus links into the city centre.

Cycle parking is available at all sites. Cycle lockers can also be hired for a small charge. Ask at the site office for details.

www.itravel.york.info/park-and-ride

Cycle to school

As part of the i-Travel York programme, all schools in York provide dedicated cycle parking for staff and pupils and actively promote cycling to children and their families.

Choosing to cycle to school means you won't have to fight for a parking space and you will spend less money on fuel and get there quicker too.



We know that parents' main concerns with cycling to school are around safety. Therefore, City of York Council offers cycle training during term-time to all pupils in York starting from Year 5. (We also offer family cycle training sessions for all abilities)

The training gives pupils the confidence to cycle independently when starting secondary school and provides them with road awareness skills.

Some facts to consider:

- In Denmark around 50% of children cycle to school. In the UK it is just 2% – we'd like to see that figure increase
- York schools enjoy higher than the UK average levels of cycling; some have up to 29% of their pupils regularly cycling to school. (Sustrans Bike-It)
- Children who cycle to school are more alert, perform better in class and are likely to be happier too
- Adult cyclists are on average as fit as someone 10 years younger (National Heart Forum)

For more information about cycling to school visit www.itravel.york.info/cycling

Cycling for health

According to a British Medical Association report, cycling will improve your fitness, help you maintain a healthy weight, lower your risk of a heart attack and help to reduce stress.

A British Heart Foundation study concluded that cycling at least 20 miles per week reduced the risk of heart disease to less than half that for non-cyclists who take no other exercise.

For the latest on cycle rides and events in the York area please visit www.itravel.york.info/cycling

Did you know?

Just 20 minutes of gentle cycling burns 100 calories (2 biscuits) or nearly half a bag of crisps.



i-Travel York

City of York Council's i-Travel York programme works with local communities, schools and businesses to deliver an integrated programme of interventions, events, information and travel planning to help promote sustainable modes of transport.

For more cycling advice and cycle route planners please visit www.itravel.york.info

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WELCOME TO CYCLE HEAVEN

Cycle Heaven of York Destination cycle store and cafe largest in North Yorkshire 31 Hospital Fields Rd York, YO10 4FS	Cycle Heaven at the Station Folding bike specialists, cycle hire and repairs York Railway Station	Cycle Heaven at the Angel Cafe/bar and neighbourhood cycle workshop 2 Bishopthorpe Rd, York, YO23 1JJ
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Mon - Fri 8.30am - 6pm • Sat 9am - 5pm • Sun - 10am - 4pm



YORK

Travel York

Cycle safety

Tips for safe cycling

- ✓ Be visible: wear bright or contrasting clothes and always use lights and reflective gear in low light. Make sure your lights aren't blocked by bags or clothing.
- ✓ Be heard: Use your bell to let other road users know that you are approaching. Make sure you can also hear what's going on around you.
- ✓ Cycle at a steady pace about one metre away from the kerb so that you can anticipate and respond to road situations easily.
- ✓ Make eye contact with other road users at junctions and crossings; make sure they have seen you.
- ✓ Please consider wearing a helmet.
- ✗ Don't cycle on pavements or through red lights.
- ✗ Don't move alongside long vehicles, HGVs or buses at junctions or at traffic lights when they are turning left; stay behind or go ahead of them into the cycle box.

For cycling advice and more tips on safe cycling please see www.itravel.york.info



Visit your local cycle retailer for advice on choosing reflective cycle clothing and lights for your bike.

www.itravel.york.info/cycling

Bike security

A good bike should be an investment: protect yours from theft.

Did you know?

Over 1000 bikes are stolen each year in York. A significant proportion of these have been left unsecured.

It only takes a few seconds to steal a bike, so lock it up whenever you leave it, even at home.

Make sure you lock the frame and both wheels tightly.

Secure your bike to a stand or an immovable object.

Take a photo of your bike and note down the frame number so you can give the Police an accurate description if it is stolen.

Your local cycle retailer can advise on:

- Security marking
- Quality locks (Gold and Silver standard)



For more information please visit www.itravel.york.info

York's Cycling Community

York has a vibrant and welcoming cycling community offering a wide range of rides, support and volunteering opportunities.



York Bike Belles

www.facebook.com/yorkbikebelles
Easy Social Rides every month plus bike maintenance workshops, bike loans, cycle friends, #travelwithtots sessions and more! Everyone welcome.

York Breeze Rides

www.letsride.co.uk/Breeze
British Cycling trained Breeze Champions organise a range of free rides for women around the York area. Rides take place most weeks and explore local routes in small friendly groups.

Clifton Cycling Club

www.cliftoncc.org
Founded in 1895, we have Road, MTB and Junior (Go-Ride) sections. Weekend social and training rides plus our own road-racing and time-trialling events

Cycling UK (CTC York)

www.cyclinguk.org/local-groups/york
CTC York, founded in 1976, offer regular rides throughout North Yorkshire and beyond.

Velo Club York

www.veloclub.york.co.uk
A long standing and highly respected British Cycling affiliated racing cycling club in York. Home of York's Tuesday and Thursday chaingangs, Saturday rivet ride and Sunday cafe ride.

York Rouleurs

www.yorkrouleurs.co.uk
A friendly cycling club, based in York

For more information please visit www.itravel.york.info

York's Cycling Community

Wednesday Wheelers

www.yorkww.org.uk
We go cycling any day of the week, not just on Wednesdays!

York Tandem Club

www.opencountry.org.uk
Helping people with disabilities to access the countryside by tandem bike.

York Rally

www.yorkrally.org
An annual event, bringing York's cyclists together since 1945. Grand gathering on the Knavesmire in June. Free, family-friendly and volunteer-run, with rides, racing, trade show and more!

York Greenways

www.yorkgreenways.org
A group of volunteers caring for the traffic free greenways in York used by walkers, runners and cyclists. We always need volunteers!

Sustrans

www.sustrans.org.uk/volunteer
Sustrans volunteers carry out a range of activities from looking after the National Cycle Network to leading rides and walks.

Your Bike Shed

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Cycle Yorkshire: Ride the Routes

Cycle Yorkshire: 'Ride the Routes' follows the two stages of the 2014 Tour de France Grand Départ and subsequent Tour de Yorkshire routes.

This free mobile phone app includes information and videos about the routes, hints and tips on how to cycle specific sections, and general rural cycling advice.



Download for FREE on the App Store and on Google Play.



Cycle Yorkshire
York



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GET CYCLING

UNIVERSITY BARRACKS BARRACKS
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www.itravel.york.info

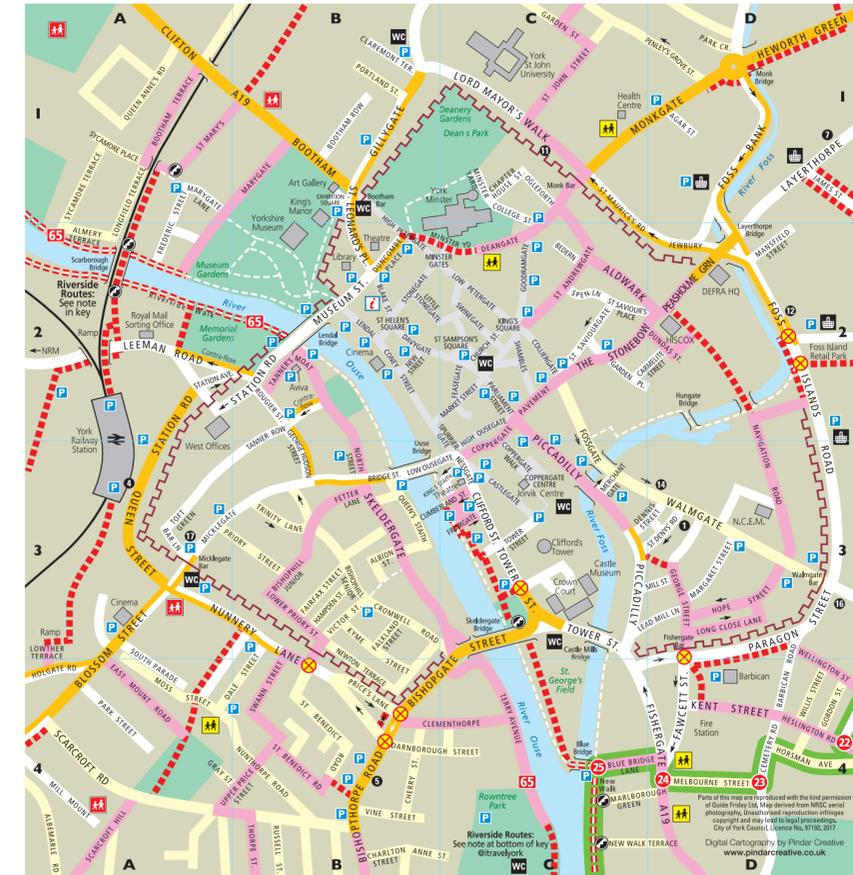
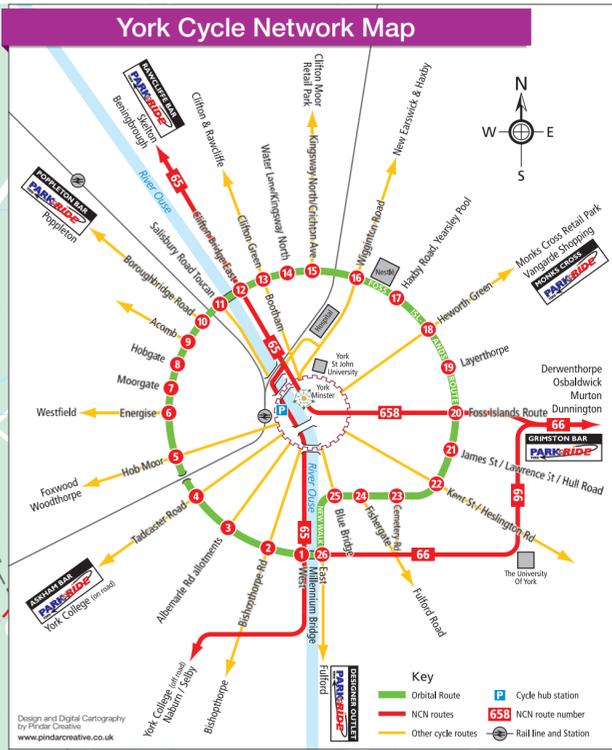
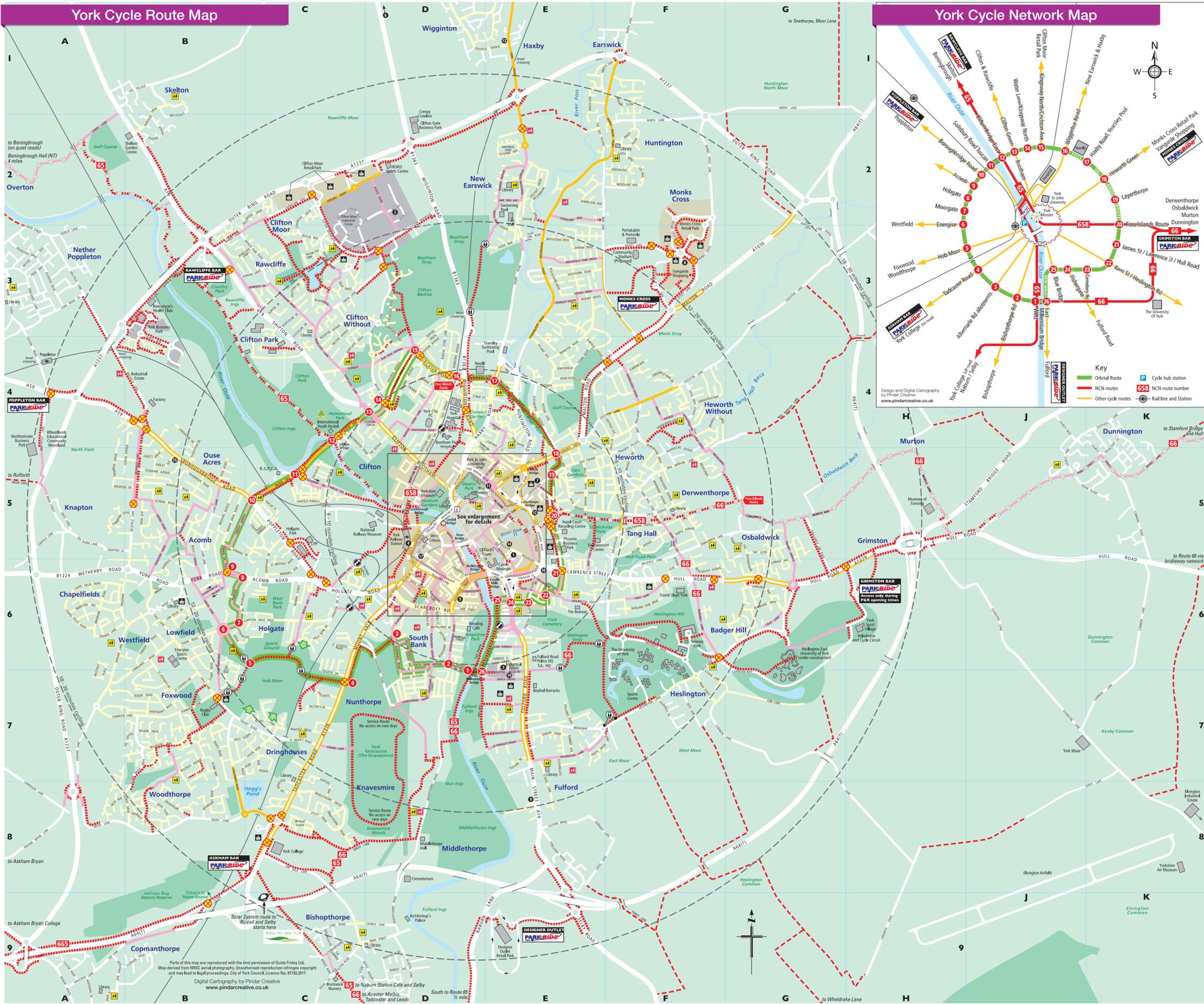
Tweet us: @itravelyork
 Follow us on Facebook: www.facebook.com/itravelyork

To report any faults on the cycle route network please visit www.york.gov.uk/reportproblems

This information can be provided in your own language:
 我們也用你們的語言提供這個信息 (Cantonese)
 Ta informacja może być dostarczona w twoim własnym języku. (Polish)
 Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

01904 551550

YORK **i cycle**



Cycle Shops & Hire

Shop Name	Address	Phone	Map Ref.	City Map
1 Bicus y Mas	59 - 63 Walmgate	01904 658100	E5	D3
2 Cycle City York	Unit 3, Auster Road	01904 690019	D2	—
3 Cycle Heaven of York	31 Hospital Fields Road	01904 636578	E6	—
4 Cycle Heaven at the Station	York Rail Station	01904 622701	D5	A3
5 Cycle Heaven at the Angel	2 Bishopthorpe Road	01904 654183	D6	B4
6 Cycle Scene	Windmill House Ind Est, Wigginton	01904 766566	D1	—
7 Cyclestreet (York) Ltd	87 Layerthorpe	01904 655083	F5	D1
8 Evans Cycles	Unit 3, Julia Avenue	01904 629473	F3	—
9 Fulford Cycles	98 Main Street, Fulford	01904 620349	E8	—
10 Get Cycling	22 Hospital Fields Road	01904 636812	E7	—
11 Giant Store York	13 Lord Mayors Walk	01904 622868	E5	C1
12 Halfords Superstore	Foss Islands Road	01904 611844	E5	D2
13 Haxby Cycles	202 York Road, Haxby	01904 762961	E1	—
14 Re-Cycle York	3 Enterprise Complex, Walmgate	01904 848100	E5	C3
15 Shannons Cycle Centre	171 Boroughbridge Road	01904 791610	B5	—

Cycle Shops & Hire

16 York Cycleworks	14 - 16 Lawrence Street	01904 626664	E6	D3
17 Your Bike Shed	148 - 150 Micklegate	01904 633777	D5	A3

Key to Cycle Facilities

- Off-road cycle track
- On-road cycle lane
- Advisory route for cyclists
- Orbital route and waypoint marker
- Residential streets with 20mph signed limits and/or Traffic calmed streets (the majority of residential roads within the outer ring road have signed 20mph speed limits)
- Bridleway (accessible to cycles, possible uneven surface, some paths may not be suitable during winter and wet weather)
- Footpaths
- Way of the Roses
- One-way streets
- Cycle parking
- Wheel ramp up steps for cycles
- Cycle shop (see listings for details)
- Signalled cycle crossing
- Foss Islands Route access
- Hob Moor access
- Park and Ride sites (cycle parking available)
- National Cycle Network (NCN) route
- Secondary School
- Primary School
- Supermarket
- Trans Pennine Trail (follows Route 65)
- Footstreets - Cycling is prohibited (except Minster Yard) between 10.30am - 5pm, seven days a week
- Locked Gate on Cycle Routes - Normal bikes can pass through. To obtain a key to allow access for bike trailers/wheelchairs please telephone City of York Council's Cycling Officer on (01904) 551550.

Flooding
Note: Some riverside routes are potentially liable to flooding in severe weather. Please check before travelling - 0845 988 1188
For more info on cycle paths likely to be affected by flooding please see www.itravelyork.info/cycling