

Why not ask your council about training to repair your bike? Most councils organise local training events.



Your local council might arrange guided cycle rides or walks in your local area.



Your workplace can help you buy a tax-free bike for you to cycle to work using the Cycle to Work Scheme.



Why not try walking or cycling to school with your children?



Where can I find out more?

British Cycling	www.britishcycling.org.uk
Living Streets	www.livingstreets.org.uk
Sustrans	www.sustrans.org.uk
Cycle to Work Scheme	http://bit.ly/cycletoworkimplementation
Cycling UK	www.cyclinguk.org
The Big Bike Revival	www.bigbikerevival.org.uk
Bikeability	www.bikeability.org.uk
Local Councils	www.gov.uk/find-local-council
The Cycling and Walking Investment Strategy	http://bit.ly/cyclingandwalkinginvestment

Department for Transport. © Crown copyright 2017, on paper 75% recycled fibre content minimum



Department
for Transport

Cycling and Walking Investment Strategy

What is it and how can you get involved?



The Government's Plan

The Government's plan to increase cycling and walking is called the Cycling and Walking Investment Strategy.



The Government wants more people to cycle and walk, and to make these options more accessible.

By 2040 the Government wants to make cycling and walking the natural choice for short journeys or as part of a longer journey.



The Government is working with councils, businesses and charities to make it easier to walk and cycle.



The Benefits



There are many benefits to cycling and walking. They are great ways to improve health and are cheap ways to travel.



Increasing cycling and walking can help to reduce traffic and also improve air quality.



How can I get involved?

Teaching children to ride a bike safely can encourage them to continue cycling into adulthood.



You could ask your local school or council about Bikeability training. Some councils also offer cycle training for adults and families.

