Why Cycle?

Cycling is one of the best forms of exercise, helping to keep fit and slim while also providing a great way to travel. It is free and does not rely on a car, which many people choose to use. It is good for the environment and the health of individuals, but also for the wider community.

Benefits

- People who cycle regularly rather than drive tend to weigh less and have a lower risk of becoming overweight or obese.
- The likelihood of developing heart disease or stroke is reduced.
- Hunting and fishing are both enhanced through exercise.

Time and cost

- Cycling is the cheapest form of transport, where the only cost is the purchase of a bike.
- Most people’s journeys, particularly those traveling short distances, can be made by bike without any extra cost.

Getting a bike

- Most people have a bike at home. If you need a new bike, you can post-up your current one for free on www.freecycle.org.
- If you need a new bike, you can visit bike shops in the area.
- You can buy a second-hand bike from local bike shops or online.

Choosing a new bike

- Check the bike shop for advice on choosing, setting up and maintaining a bike.
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Cycling Signs

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