



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

Travel to work

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

We offer a FREE, dedicated travel planning service for businesses. We can work with you to help develop and deliver a tailor-made plan for your organisation that can achieve real targets towards cutting car use and increasing the uptake of other forms of travel by staff. You can talk to us about travel planning at www.itravel.york.info/contact-us.

Cycle Training

If you are new to cycling, would like to feel more confident or would like to brush-up on your cycling skills our team of qualified cycle trainers can offer you personalised training at the subsidised rate of just £5 for one 90 minute training session.

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 & Pedal 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 are also available to rent. Ask at the site office for details.

www.itravel.york.info/park-and-ride/cycling-with-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:

- Children who cycle to school are more alert, perform better in class and are likely to be happier too.
- Cycling helps to reduce air pollution in York which can damage the health of children.
- Cycling reduces congestion especially around school gates making journeys safer.
- Cycling helps to build confidence in children and encourages independence.
- Cycling improves fitness and helps children to maintain a healthy weight.

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.

Another British Medical Association 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

CYCLE SALES WORKSHOP BIKE FITS ACCESSORIES

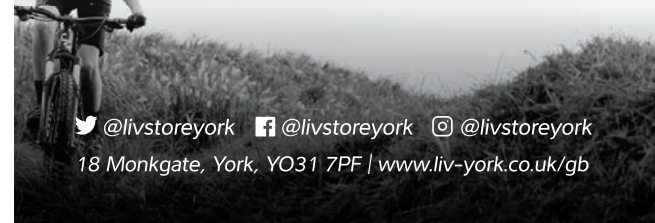
GIANT YORK, 13-15 Lord Mayor's Walk, York YO31 7HB
T: 01904 622868 W: giant-york.co.uk
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York's Cycling Community

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.veloclubyork.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

Wednesday Wheelers

www.wyork.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.



York's Cycling Community

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



York Cycle Campaign

yorkcyclecampaign.bike
York Cycle Campaign is a volunteer-run community group which works to make York a better place for cycling for all.

York Bike Belles

www.yorkbikebelles.com
Monthly social rides, walks, bike loans and training, bike maintenance workshops, bike buddying, Cycling Family support, a Walk Cycle Festival, and more! All free. Always fun. 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.

Get Cycling

www.getcycling.org.uk
Relaxed and friendly rides for senior cyclists running every month plus inclusive tryout sessions for cyclists of all ages and abilities.

York Cycleworks

www.yorkcycleworks.com/team-cycleworks
York Cycleworks run regular social rides, club rides and mountain biking sessions.

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

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

WELCOME TO CYCLE HEAVEN

Cycle Heaven of York
Destination cycle store and cafe
York YO10 4FS
T: 01904 651870

Cycle Heaven at the Station
City centre urban cycling store
York Railway Station
T: 01904 622701

Cycle Heaven at the Angel
Neighbourhood workshop and cafe-bar
York YO23 1JJ
T: 01904 654183

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cyclestreet (york) ltd.
87 Laverthorpe, York, YO31 7UZ • tel: 01904 655063
Mon - Fri 8.30am - 6pm • Sat 9am - 5pm

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 are working and 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/cycling



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?

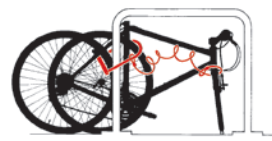
Over 1000 bikes are stolen each year in York.
A significant proportion of these have been left unsecured.

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 cycling information please visit www.itravel.york.info/cycling/bike-security/



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Cycle Route Map

YORK



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



Cycle Yorkshire

If you are keen to venture beyond the boundaries of York you will be pleased to know that several long-distance cycle routes pass through York.

The Way of the Roses and the Trans-Pennine Trail are two classic coast-to-coast trails accessible to York-based cyclists. Other routes running out of York include **Route 65** and **Route 66** which will take cyclists to the towns and villages surrounding York. For more information see www.sustrans.org.uk/ncn/map.



North Yorkshire is the only county in the UK with two National Parks.

The **North York Moors** are only 14 miles from York. The National Park has a variety of scenic cycle routes suitable for a range of abilities. For more information about cycling in the North York Moors see www.northyorkmoors.org.uk/visiting/enjoy-outdoors/cycling/our-cycle-routes

The **Yorkshire Dales** are 25 miles from York and can also offer visitors many opportunities for a great cycling experience. Both short and long-distance routes can be enjoyed. For more information about cycling in The Yorkshire Dales see cycledales.org.uk.

Cycling Apps

A wide variety of apps are now available for cyclists. Popular apps include **Strava**, **Better Points** and **Ride Report**. There is also a **Bike Doctor** app covering basic bike repairs and a **St John Ambulance First Aid for Cyclists** app available for free.

Download Apps on the App Store and on Google Play.



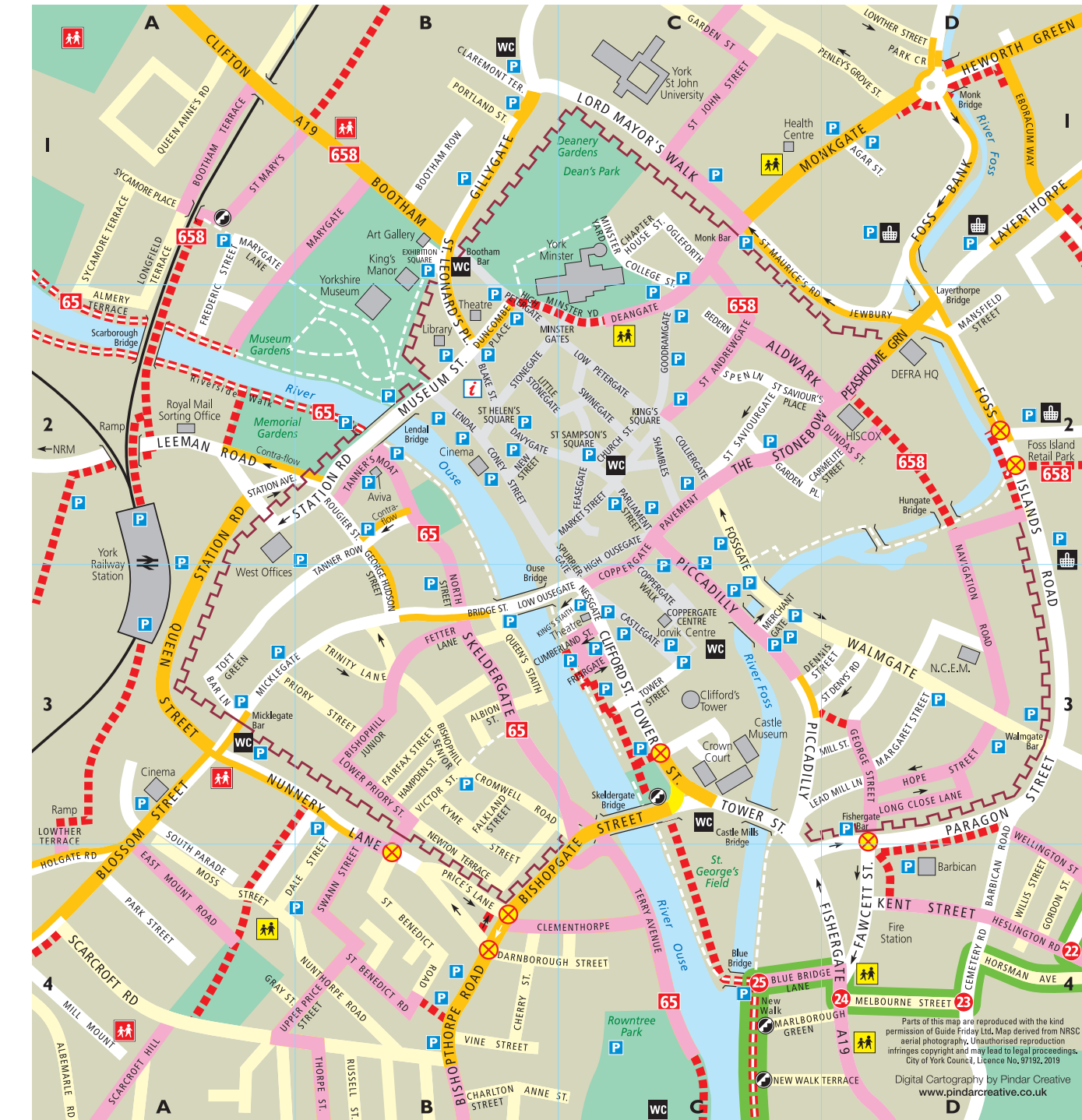
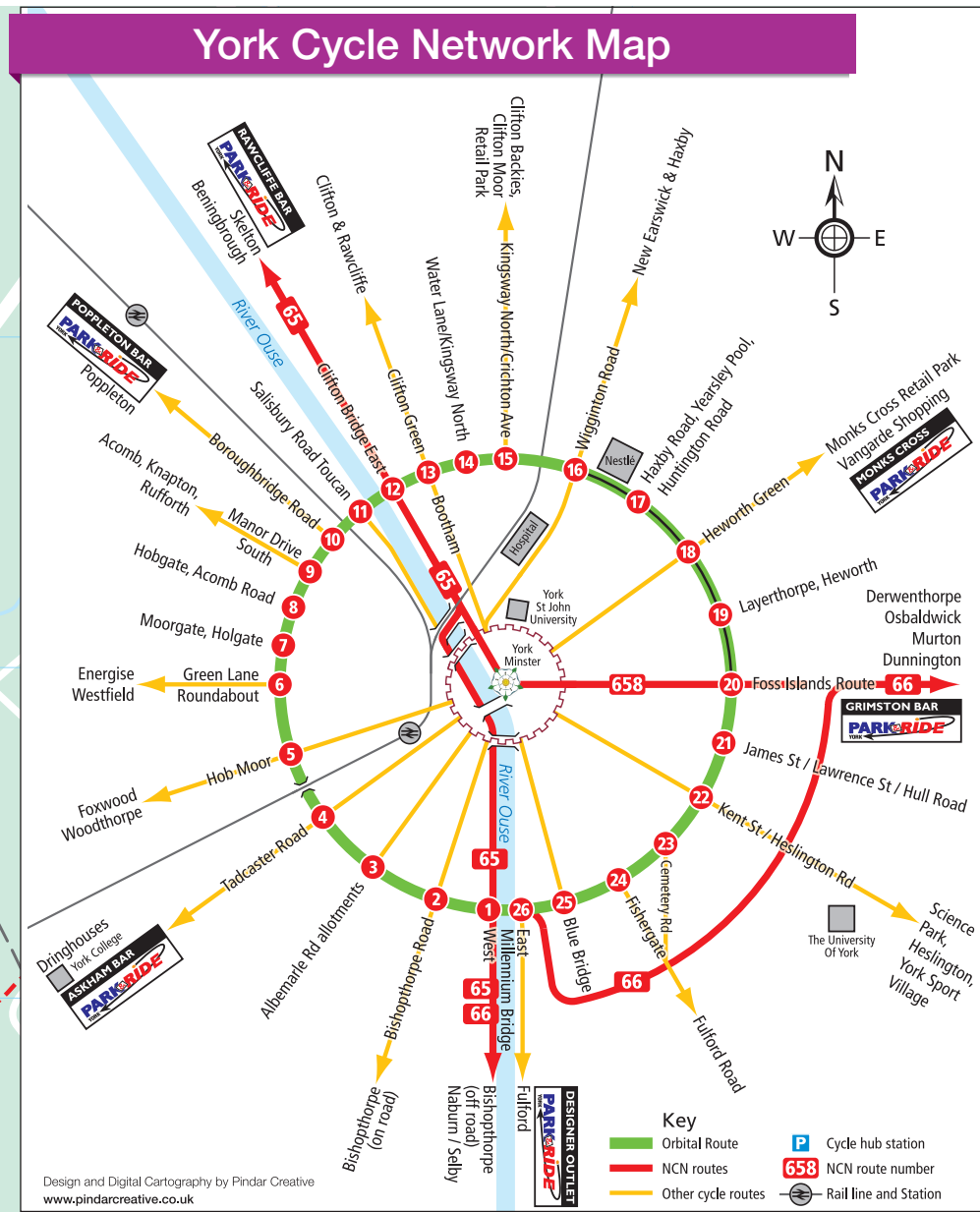
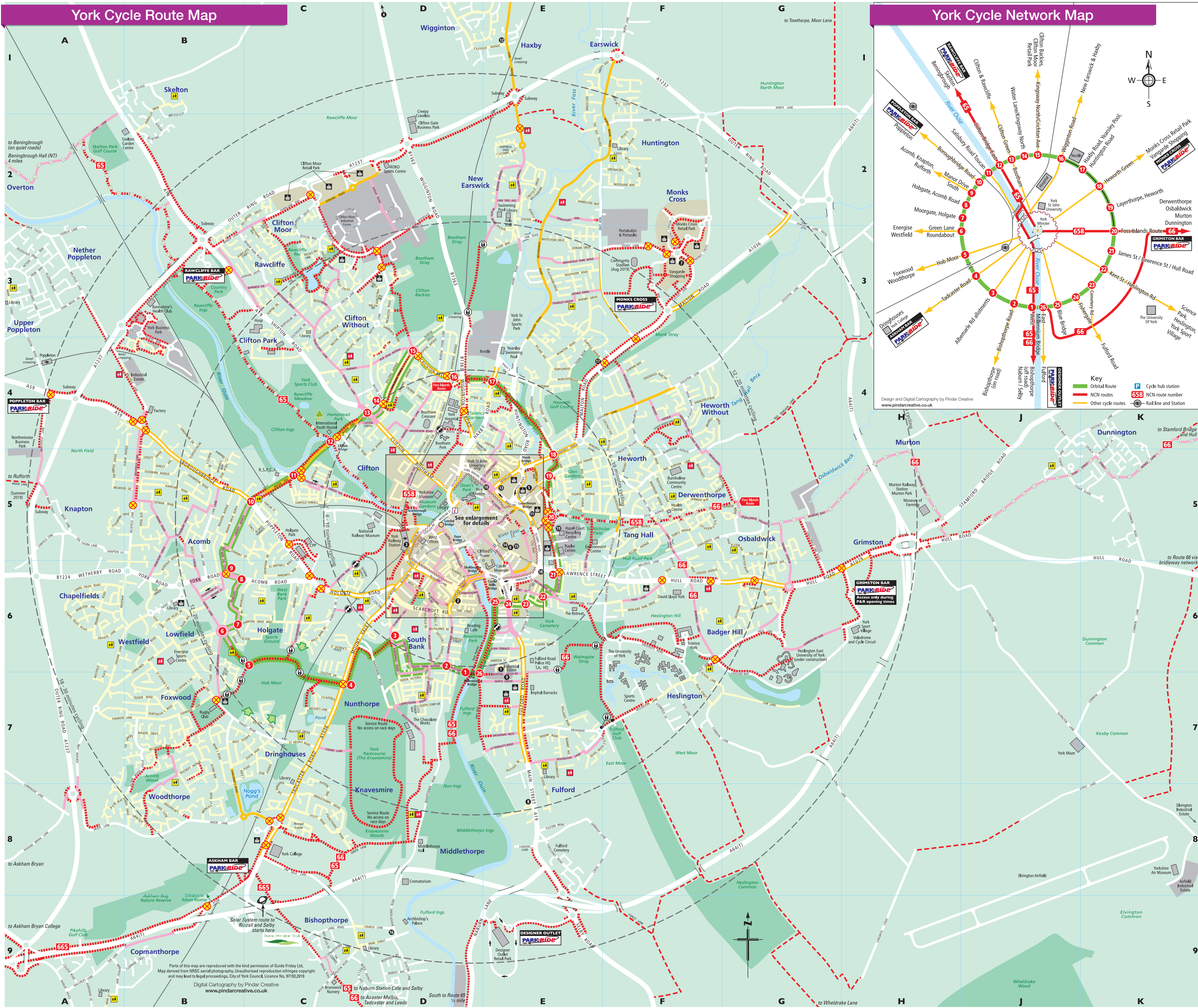
Bike Hire • Inclusive Bikes Shop • Repairs • Courses

We are a non-profit community interest company

PICK YOUR BIKE PICK YOUR ROUTE GET CYCLING

01904 636812
getcycling.org.uk
22 Hospital Fields Road, York YO10 4DZ

GET CYCLING BIKE HIRE



Cycle Shops & Hire

Ref.	Shop Name	Address	Phone	Map Ref.	City Map
1	Cycle Heaven of York	31 Hospital Fields Road	01904 636578	E6	—
2	Cycle Heaven at the Angel	2 Bishopthorpe Road	01904 654183	D6	B4
3	Cycle Heaven at the Station	York Rail Station	01904 622701	D5	A3
4	Cycle Scene	Windmill House Ind Est, Wigginton	01904 766566	D1	—
5	Cyclestreet (York) Ltd	87 Layerthorpe	01904 655063	E5	D1
6	The Electric Transport Shop	32 Walmgate	01904 848988	E5	D3
7	Evans Cycles	Unit 3, Julia Avenue	01904 629473	F3	—
8	Fulford Cycles	98 Main Street, Fulford	01904 620349	E8	—
9	Get Cycling	22 Hospital Fields Road	01904 636812	E7	—
10	Giant Store York	13 Lord Mayors Walk	01904 622868	E5	C1
11	Halfords York Foss	Foss Islands Road	01904 611844	E5	D2
12	Haxby Cycles	202 York Road, Haxby	01904 762961	E1	—
13	LIV Store	18 Monkgate	01904 404572	E5	C1
14	Poetry in Motion Cycles	Unit 1, Franks Yard, 28a Fossgate	07917 696749	E5	C3
15	Re-Cycle York	3 Enterprise Complex, Walmgate	01904 848141	E5	D3
16	Twisted Cogs	Main Street, Bishopthorpe	01904 849180	D9	—
17	Wilco Motosave	Malton Road	01904 431951	E4	—

Cycle Shops & Hire

18	York Cycleworks	14 - 16 Lawrence Street	01904 626664	E6	D3
19	Yorvik Tricycles	Unit 6, Yorvale Business Park	01904 848988	E5	—

Key to Cycle Facilities

- Off-road shared use 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 Coast to Coast route
- One-way streets
- Cycle parking
- Wheel ramp up steps for cycles
- Cycle shop (see listings for details)
- Signalled cycle crossing
- Foss Islands Route access
- Access points to Hob Moor on foot
- Park and Ride sites (cycle parking available)
- National Cycle Network (NCN) route and number
- 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 - Standard bikes can pass through adjacent barrier. Users of non-standard bikes, bike trailers, wheelchairs or mobility scooters can obtain a key by phoning City of York Council's Cycling Officer on 01904 551550.

Flooding
 Note: Some riverside routes are prone to flooding after prolonged or heavy rainfall. Please check the river's status before travelling - 0345 988 1188
 For more info on cycle paths likely to be affected by flooding please see www.itravelyork.info/cycling