Why Cycle?

It's good for you: It's recommended that adults take part in 30 minutes of physical activity every day to keep fit and healthy.

Cycling can be easily incorporated into your daily routine. Instead of using the car for short journeys, take the bike. During peak traffic times it's often quicker than driving. Journeys under 5 miles are ideal for cycling and in Harlow most places are less than 6 miles away!

It's good for your family: Cycling with the family is fun and also brings you closer together whilst also helping children towards their recommended daily activity of 1 hour a day. Children can incorporate cycling into their daily lives by cycling to school, to the shops or out with friends. In your free time take the children for a ride to the park, Pets’ Corner or the town centre.

It’s good for your wallet: Did you know, the average cost of maintaining a car each year is £2,073 and that’s before petrol costs, compared to just £75 for a bike? If you’re looking to tighten your belt, cycling can be an affordable option. With an average household in the UK spending one in every six pounds on travel, think how much you’ll save if you make some journeys by bike.

It’s good for the environment: Cycling is a fast and efficient way of travelling. Quicker than walking, it’s almost carbon neutral, so you don’t need to worry about the impact your journeys are having on the environment. According to Sustrans, 2kg of carbon is saved for every short journey that is made using a bike instead of a car.

It’s good for the town: Bikes take up less space than cars to park, and one car space could provide parking for 5-10 bikes. Whilst a cyclist parking for 5-10 bikes. Whilst a cyclist cannot carry as much shopping as a motorist, they make more visits to local shops, but will have different needs than if you are planning to cycle on foot or for sport. If you’re unsure which type of bike to buy, talk to the sales assistant in your local bike shop and ask them which bike they would recommend. They will also be able to advise you on the size of bike you need, particularly when buying for a child.

Make sure any bike you buy is fitted with a helmet, reflectors, a bell and a good lock so that you can park your bike securely. It’s recommended that you wear a helmet and high visibility clothing whenever you cycle.

Why not cycle to...

Harlow Town Park
Harlow Town Park covers 164 acres and is a great place to visit in any season. There are attractive scenic landscapes, river walks and views, a paddling pool (open in the summer season), skateboard park, Pets’ Corner, Harlow Showground, café and an adventure playground. The outdoor bandstand provides public entertainment including jazz, pop and rock concerts.

Harlow Leisurezone
Facilities include: swimming pool, indoor tennis courts, gym, fitness class studios, spinning studio, sports hall, squash courts and health spa.

The Gibberd Garden
The garden is recognised as an important contribution to 20th century garden design and it is listed on the English Heritage Register of Parks and Gardens of Special Historic Interest in England.

The Water Gardens
The Water Gardens are open air with spacious and wide walkways, where you can wander freely, browse and shop - all at your leisure.

River Stort
The towpaths provide a pleasant off-road leisure route just to the North of the Town. More adventurous cyclists can follow the towpath to Roydon Mill or the Olympic site at Stratford.

Mark Hall Sports Centre
Facilities include: sports hall, athletics track, all weather pitches, tennis courts and fitness suite.

Getting Started
Don’t know where or how to start? Not known on a bike for years?

Getting started
The Cycle Harlow Club run Bike Basics workshops for returning or new cyclists, aimed at giving you the confidence to get going. They cover the basics of maintenance, how to ride safely and include a short led off-road ride. As part of the workshop you’ll be given information about other schemes and clubs to help you cycle. The workshops are run in small groups by professionals, who are there to ensure that you have the right support and encouragement to either take up or return to cycling. Contact Cycle Harlow on info@cycleharlow.net for more information.

Buying a bike
It’s really important that you buy the right bike for you. That means choosing a bike that is not only the right size, but one that is designed to meet your cycling needs. For example, if you are planning to use your bike to travel to school or work, you will have different needs than if you are planning to cycle off-road or for sport. If you’re unsure which type of bike to buy, talk to the sales assistant in your local bike shop and ask them which bike they would recommend. They will also be able to advise you on the size of bike you need, particularly when buying for a child.

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Cycling the Way Ahead in Towns & Cities
• cycling is 50% safer than walking.
• there are 6 times as much compared to vehicles.
• revenue generated by cyclists is up to £33 billion
• motorists, they make more visits to local shops, but will have different needs than if you are planning to cycle on foot or for sport.

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