



The
BIG BIKE
Revival

we are
cycling
UK



Department
for Transport

Cycling UK, the UK's cycling charity, believes everyone has the right to cycle, access to safe routes and to be given the skills to ride with confidence.

This series of guides provides useful tips and advice to help businesses provide the best support to staff, so they can cycle to work with confidence.

Tips for workplace cycling - cycling for new employees

When joining a new organisation, cycling can be both the preferred and easiest option for commuting to work. Providing helpful information and local knowledge about how to reach your workplace by bike is extremely useful for staff - both new and existing.

- If you are creating new information, speak to employees who already cycle to work. Find out which routes they recommend to avoid congested hot spots, go traffic-free or enjoy the scenery.
- Your local council may have maps and information about cycling infrastructure in your area.
- Create a pack for all staff, containing a range of information to cater for different levels of cycling experience, include things like:
 - Share a [trip planner](#) with information about cycle routes to your workplace.
 - Create a map of the area around the business, include traffic-free routes and landmarks.
 - Details of your bike facilities, such as what bike parking and storage is available at work.
 - Detail any bicycle funding schemes you provide, such as the Cycle to Work scheme.
- Highlight the health and wellbeing benefits of cycling to encourage staff to travel by cycle.
- If people are new to cycling, consider providing information on different types of inclusive cycles, such as e-bikes, and cycle equipment, to ensure employees are aware of the options for cycling.

Getting started

- Review what information you may already have available related to active travel and see what else may support staff to cycle to work.
- Update key documents and resources for staff, such as induction packs or your staff handbook, so everyone knows where to find details.

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