



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 - led cycle rides

Providing a friendly, well-organised and easy-going group bike ride will ensure a range of staff can participate, not just those who are more used to cycling regularly.

Cycle rides can be a great way of providing a team-building activity or be a part of an induction process. They are a company-wide opportunity to bring staff together for a leisure activity. A led ride can also be a business's charity or fundraising event.

- Choose a route that starts and ends at your workplace so you can encourage as many staff as possible to join in.
- Plan a route or routes that are not too difficult or physically challenging. It would be best to consider catering for a range of riders as you want it to be fun and accessible for all.
- Take into account all your employees in this ride. Some may use non-standard cycles, such as cargo bikes or handcycles. The routes chosen should accommodate all.
- Consider hiring bikes for those without their own. This can be through a local company or a city bike hire scheme, for example, Santander Cycles.
- It is a good idea for someone to do a practice run of the route to make sure it is suitable for many cyclists and types of cycles at once. You should try and avoid busy roads and pedestrianised areas where it might be busy.
- Have one of your employees complete the Cycling UK Bike Leader course, which provides training and confidence to lead the cycle rides. Contact training@cyclinguks.org to find out more about our training courses.



The
BIG BIKE
Revival

we are
cycling
UK



Department
for Transport

Getting started

- Involve your employees in the planning process, find out what they'd be motivated to do, where they'd like to ride and how far. If you have many riders, consider splitting these into different rides.
- Get in touch with Cycling UK to see what support is in your area. Our community clubs and groups across the country may be able to help.
- Affiliate your cycle group to Cycling UK; our organisers' liability cover will give you peace of mind when arranging bike rides for your staff.

