



Spring 2009-2010

for Recreation in Haringey
Includes a map of cycle and shared walking routes and calendar of grouped routes

Cycling

<p>Fransais</p> <p>Ce prospectus concerne l'utilisation de bicyclettes à Haringey. Si vous souhaitez un exemplaire de cette information dans votre langue ou sous un autre format, veuillez remplir et renvoyer le coupon à l'adresse ci-dessous (inutile de timbrer l'enveloppe).</p>	<p>Soomaali</p> <p>Warqaddani waxay ku saabsantahay baaskiil fuulista Haringey. Haddii aad rabto macluumaadkan oo ku qoran luqaddaada ama ku daabacan qaab kale buuxi foomkan oo ku soo celi cinwaanka kharashkiisa boostu lacag la'aanta tahay ee hoose.</p>
<p>Polski</p> <p>Broszura ta dotyczy ruchu rowerowego w dzielnicy Haringey. Jeżeli chcesz dostać tę informację w swoim języku lub innym formacie, odeślij wypełnioną aplikację na bezpłatny adres, zamieszczony poniżej.</p>	<p>Türkçe</p> <p>Bu broşür Haringey'de bisiklet kullanmakla ilgilidir. BU bilgileri kendi dilinizde veya başka bir formatta isterseniz lütfen bu formu doldurup aşağıdaki ücretsiz posta adresine gönderin.</p>

Please tell us if you would like a copy of this leaflet in another language that is not listed above or in any of the following formats, and send the form to the Freepost address below.

In large print On audio tape In Braille In another language, please state:

Name: _____
Tel: _____
Address: _____
Email: _____

Please return to: Freepost RLXS-XZGT-UGRJ, Haringey Council, Translation and Interpretation Services, 8th Floor, River Park House, 225 High Road, London N22 8HQ

It's quicker by bike!

A 4 mile trip in London takes on average:

- 40 minutes by car
- 30 minutes by public transport
- 22 minutes by bike (TfL 2007)

Cycling for health and wellbeing

- effective aerobic exercise regardless of age
- burns 400 calories in an hour
- firms and tones the body
- helps lower blood pressure and standing heart rate
- raises metabolic rate, which helps lose weight
- less stress on joints compared to running
- helps reduce stress
- improves confidence
- regular cyclists enjoy a fitness level of a person 10 years younger (National Forum for Heart Disease Foundation)
- cycling 20 miles a week reduces risk of heart disease to half that of non-cyclists (British Heart Foundation)
- you can cycle nearly 3000 miles on the energy equivalent of one gallon of petrol
- you can make 100 cycles from the materials to make just 1 car
- cycling uses 1/25th of the energy of public transport and 1/50th of the energy of a car
- you can park 20 bikes in 1 car parking space
- pollution free

Choose the right bike for you

Mountain bike (MTB)

Designed for off-road cycling with good manoeuvrability and lots of gears. Knobbly tyres means pedalling is harder and usually mudguards and carrier racks are not supplied.



City hybrid bike

Lighter, smoother tyres and a modified MTB frame with a more upright riding position and is especially adapted for urban cycling. This bike usually comes with mudguards and other utility fittings and can cope with a wide range of terrains - a good option for everyday use.



Utility bike (Dutch Style)

Very popular in northern Europe, a sensible, no frills upright bike intended for short journeys to work or the shops with 3-7 hub gears, full mudguards, and a chain guard.



Road or racing bike

Drop handlebars, light wheels, thin, slick tyres and the most efficient and fastest of the bikes listed here. Racing bikes are prone to punctures and are not suitable for uneven surfaces.



Folding bikes

Made for those combining bus, tube and train journeys. These bikes have small wheels and sometimes a lack of gears limits them to short urban journeys.



Electric bicycles

A moped that uses a lithium battery with up to 30 miles on one charge, motor-assisted front wheel with speeds up to 15mph, fully functioning pedals and requiring no license, no MOT, no road tax and no insurance. Visit www.50cycles.com for more information.



Bikes and parts suppliers

Archway Cycles

183 Archway Road, N6 5BN
020 8340 9696

Finsbury Cycles

185 Seven Sisters Road, N4 3NS
020 7263 0007

Halfords

Broad Lane Retail Park, N15 4QD
020 8365 1810

North London Autocycle

29 Great Cambridge Road, N17 7LH
020 8801 6996

Two Wheels Good

143 Crouch Hill, N8 9QH
020 8340 4284

Keep your bike safe

- register your bike online at www.immobilise.com
- add your bike to your home insurance
- get your bike post coded by police
- take pictures of it and record the frame number
- buy a quality 'D' lock
- lock your bike when leaving it unattended
- lock your wheel and frame together
- choose parking places where there are people and natural surveillance
- take any quick release parts with you e.g. lights, saddles, wheels
- report any theft to police
- at home, keep your bike out of sight
- fix an anchor point in the garage/shed/garden

Did you know?

London has 300kms of cycle lanes, 200kms of traffic free routes (parks, waterways), and 4000kms of other signed and recommended cycle routes. Order your maps from www.tfl.gov.uk/cycling or www.tfl.gov.uk/journeyplanner or call 020 7222 1234.

London Underground

- fold-up cycles are free to take on all tubes at any time
- non fold-up cycles are free during off-peak on some lines but are not allowed on escalators
- check your route online at www.tfl.gov.uk or call 020 7222 1234 or pick up a map from any major tube station

London Buses

- fold-up cycles are allowed onboard the bus at the driver's discretion and is treated as luggage/pushchairs

Economies

- average annual car running costs are £6000, compared to £50 for a bike
- the cost of a buying a bicycle is about 1% of the cost of a car
- no road tax, no MOT, no insurance, no licensing and no breakdown recovery bills
- no parking costs

National Rail Services

Get a free "Cycling by Train" leaflet from stations or visit www.nationalrail.co.uk

Cycling Clubs

Haringey Cycling and Triathlon Club

White Hart Lane Community Sports Centre
White Hart Lane N22 5QW
New members of all ages and abilities welcome. Contact Terry O'Connell on 020 8889 6704 or email toc06@btinternet.com

The Brakethru Cycling Cub is a club open for people with disabilities, with many adapted cycles for people to use on their own or with support. For more information contact Ken Shaw or Pauline Simpson on **020 8880 3515** or **07815 410 390** email Pauline.Simpson@haringey.gov.uk

The Cycleable Cycling Club is a club open for people with disabilities, with many adapted cycles for people to use on their own or with support. For more information contact Alex Papamichael **020 8802 5642** or Marco Messere **020 8365 0251**.

Two Wheels Good Cycling Club is a non competitive friendly cycling club every Sunday morning whatever the weather. 50 to 60 mile bike ride. We never leave anyone behind.

Cycling helmet is obligatory. For more information contact Jonathan Boyce at Two Wheels Good on **020 8340 4284** or **020 7249 2200**.

Useful contacts and Information

Haringey Sports Development Trust
07595 315 520

Islington ecology centre
ecologycentre@islington.gov.uk

Haringey Council
www.haringey.gov.uk/cycling

London Cycling Campaign
www.lcc.org.uk

Haringey Cycling Campaign
www.haringey.lcc.org.uk

The Bicycle Maintenance Co.
www.bicyclemaintenancecompany.co.uk

Transport for London
www.tfl.gov.uk/cycling

Sustainable transport
www.sustrans.org.uk

Cycle routes
www.londoncyclenetwork.org.uk

Cycle Training
www.cycletraining.co.uk

Additional Information

Freedom for £5
Subsidised cycle training available for anyone living, working, or studying in the Borough of Haringey. For more information please contact Cycle Training UK on 020 7231 6005, info@cycletraining.co.uk or visit www.Haringey.gov.uk/cycling.

Report a road problem email
streetscene@haringey.gov.uk

Lee Valley Canoe Cycle

www.lvcc.biz
07747 873831



Adult and Child Cycle Hire on Tottenham Marshes

Come and find us at: The Watersedge, Stonebridge Lock, Tottenham Marshes, N17 0XD

Bring some Photo ID and take a cycle ride around the marshes or along the Lee Valley Park. See our web site for prices. Groups welcome.

Doctor Bike Sessions

Every month at Fairland Park, corner of Wightman road and Fairfax road N8 for more details please contact Adam Coffman, adam@tao.org.uk .

Haringey Cycling Campaign monthly planning meeting

To encourage more people to cycle, come along and have your say for dates and times, please contact Adam Coffman, adam@tao.org.uk .

Prime Coaching

Thursday training and skill sessions 2009

At Hillingdon Cycle Circuit, Minet Park, Springfield Road, Hayes, Middlesex, UB4 0LF

Every Thursday commencing 16 April 2009. Open for warming up from 6.00 PM, session starts at 6. 30pm. Suitable for Novices to Elites

- Riders will be split into ability groups of approximately 8
- Sessions will be lead by qualified BC coaches
- Signing on and light refreshments available in Minet Lodge
- Changing facilities available in Goals
- Minimum age 12 (Parental consent required for 12 to 18 years of age)
- Helmets must be worn

This leaflet is provided for information only and is not an endorsement of any product or supplier.

Haringey Council is in support of Change4Life. In order to maintain a healthy weight we need to both eat better and move more. Many families are making changes that will help them live healthier and longer lives. Visit www.nhs.uk/change4life or call 0300 123 4567 for more information.



Calendar of events

Weekly Cycle Sessions

Haringey Cycling and Triathlon Club

Every Sunday at 10am
Meet: White Hart Lane community sports centre, N22 5QW

Two Wheels Good Cycling Club

Every Sunday at 9:30am
Meet: Two Wheels Good Crouch End, N8 9QH

The Brake Thru Cycling Club

Every Monday – Friday from 10.30am -3.00pm
Meet: the rear of Broadwater Farm Community Centre.

Cycleable Cycling Club

Every Monday - Friday from 10.30am -3.00pm
Meet: side of the athletics track in Finsbury Park

Haringey Recreational Cycling Club

Coming to Haringey all are welcome for more information please contact Haringey Sports Development Trust on **020 8489 5326**.

One off cycles

Haringey Cycling Campaign Family Rides

For young people on their own bikes or being carried on a bike seat or trailer-bike meeting (unless otherwise stated) at the café in Finsbury Park at 10.45am for an 11am departure. All riding abilities are welcome for more information on these rides please contact Adam Coffman at adam@tao.org.uk

3 May: River Lea ride- meet at The Salisbury Hotel, corner of Green Lanes, N4 and St Anns Road at 10.45am

7 June: – TBC contact Adam Coffman

5 July: train to Richmond Park, from Haringay Green Lanes via Gopsel Oak

6 Sept: train to Hertford North to explore the Cole Green Way

4 Oct: – TBC contact Adam Coffman

10 May Haringey Secondary Schools Time Trials Championships (Year 7 – Sixth form)

Meeting point: Finsbury park café at 9am for registration limited amount of bikes available for those participating without a bike. Contact Terry O'Connell.

16 May Haringey Cycling Club Recreational fun ride

Recreation ride, bring your bike and helmet
Meeting at White hart lane community centre, limited amount of bikes available. Meet at 10.45am for an 11am start please contact Terry O'Connell for more information.

Biodiversity Bike Ride

Islington Ecology Centre
Saturday 13 June, 12noon-4pm
Free

Help us to celebrate Bike Week by enjoying a gentle cycle ride around Islington, taking in some of our nature reserves and parks on route, and learning about our local wildlife. Suitable for families.

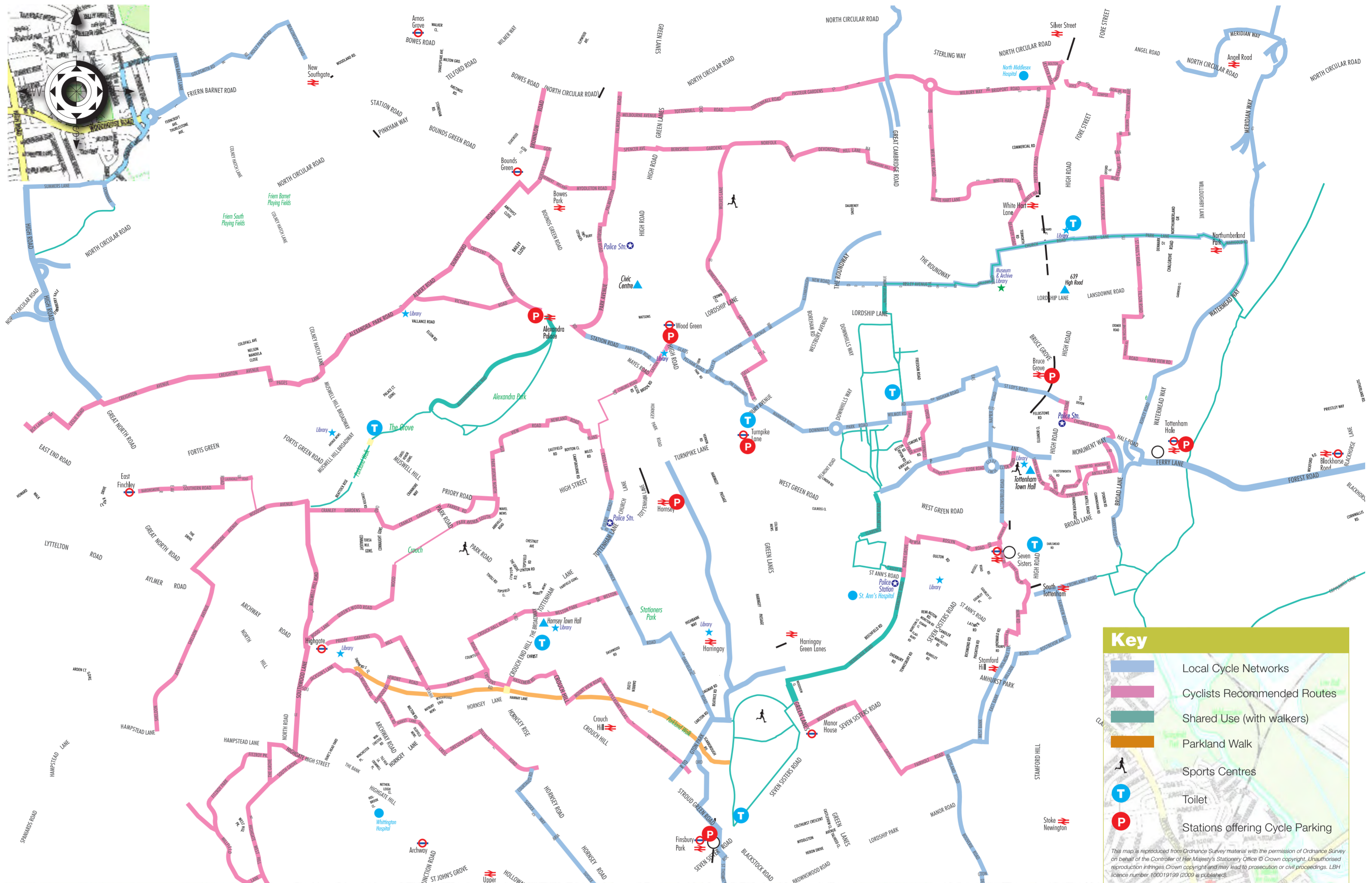
For more information email ecologycentre@islington.gov.uk or call 020 7527 4462

Bike week

13 - 21 June for more information on local events visit bikeweek.org.uk.

Bike Week 2009 charitable bike ride

All Ability Charitable Ride
June 17, - 10am – 4pm
Victoria Park E3



Key

- Local Cycle Networks
- Cyclists Recommended Routes
- Shared Use (with walkers)
- Parkland Walk
- Sports Centres
- T Toilet
- P Stations offering Cycle Parking

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