



Spring 2010-2011

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

Cycling

<p>Français</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 (insérer le timbre l'enveloppe).</p>	<p>Soomaali</p> <p>Waqo'dani waxay ku saabsantahay basakill fuulata Haringey. Haddii aad rabto macluumaadkan oo ku qoran luqaddaada ama ku darsadaan qaab kale buud foomkan oo ku soo cell ah waxaan ka xushaydaa booska laagga la'aaninta 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 kullanmada 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

Haringey Council offers this translating and interpreting service to Haringey residents. We can translate the document into one language per resident ONLY. Cycling information and map

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**.

The Trax - the off road cycling club of Lordship Rec, Tottenham, North London. Weekly rides and various school holiday events throughout the year for children.

For more details please contact Daniel Mintz on **07990577206** or daniel.mintz@ibikeride.com www.thetrax.co.uk

Useful contacts and Information

Haringey Sports Development Trust
mitchell.browning@haringey.gov.uk

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@cycletrain.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 2010

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 5WQ

The Brake Thru Cycling Club

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

Haringey Recreational Cycling Club

Coming to Haringey all are welcome, for more
information please contact Mitchell Browning at
mitchell.browning@haringey.gov.uk

One off cycling events

The Trax Youth Club Summer programme.

Eight off road cycling sessions in Lordship Rec
every Saturday morning from the 3rd July to the
21st August, 10am to midday. Open for riders off all
abilities aged between 8 - 16 years of age. The
courses are free of charge.

The course will develop your cycling skills across
cornering, gear changing, climbing, descending,
braking, riding over obstacles and rough surfaces
and group riding etc. There will also be fun group
activities and races. Everyone attending will receive
a course certificate.

Bicycle maintenance sessions

Free bicycle maintenance sessions are scheduled
to take place every Saturday through out the summer
2010, from 11am to 2pm in either Finsbury Park,
Downhills Park, or Priory Park. For more information
contact Cycle Training UK on **020 7231 6005** or
visit www.haringey.gov.uk

Cycle training

Haringey residents can obtain cycle training, for a
fee of £10. Competent cyclists are trained in groups
of up to six people with two instructors, and are
given two 2-hour training sessions. Complete
beginners are eligible for one to one training, and
this assessment is made over the phone by our
experienced bookings team.

To book a cycle training session call Cycle Training
UK (providers of cycle Training for Haringey Council)
on **020 7231 6005** or visit www.cycletraining.co.uk
and click on REQUEST A LESSON

Monthly Family Bike Rides

monthly family rides from March to October.
Remaining dates for 2010:

July 11th

Sept 5th

Oct 10th

For more information on these dates and also dates
for 2011, please contact Adam Coffman on :
adam@tao.org.uk

