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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)

Choose the right bike for you

Mountain bike (MTB)

Designed for off-road cycling with good manoeuvrability and lots of gears. Knobby 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



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.



Safety and comfort

- choose the right size bike
- try before you buy
- buy a helmet with the CE kite mark
- ensure the helmet fits snugly
- young children can be carried on a bike seat, or a trailer
- older children can use a trailer bike
- teach your children away from traffic
- buy a child's bike without a crossbar
- adjust handlebar and saddle height for comfort
- buy a bell so off-road pedestrians can hear you

- be seen, wear bright reflective clothing
- show front and rear lights at night
- plan your routes and avoid congested traffic
- use bus lanes
- be aware, give clear hand signals and look around you
- avoid personal stereos and mobile phone use
- comply with the Highway Code

Training

For free or subsidised training in Haringey visit www.haringey.gov.uk/cycling or call 020 8489 5575

Maintenance

- perform a general check daily
- lubricate moving parts, gears, brakes, levers and chain weekly
- check tyres and wheels, brakes, gears, steering, pedals and frame monthly
- have your bike checked by a professional annually

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

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)

Go green

- 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

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

Cycle parking/taking your bike on public transport

Parking

- 5,000 free public cycle parking spaces across London
- 5,000 in schools and colleges
- locally, use parking hoops located on pavements

Haringey Rail/Tube Stations with Cycle Parking

- Finsbury Park rail and tube (secure and bookable)
- Alexandra Palace
- Bruce Grove
- Hornsey
- Tottenham Hale rail and tube
- Turnpike Lane
- Wood Green

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

National Rail Services

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

Clubs

Haringey Cycling Club

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

The Brakethru Cycle Club offers rides for adults from across Haringey who have learning disabilities. Adapted bikes are available, for more information contact 020 8880 3515 or visit www.haringey.gov.uk/cycle_club.htm

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.

Useful contacts

- 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

Report a road problem email

streetscene@haringey.gov.uk

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



Cycling for Recreation in Haringey

Includes a map of cycle and shared walking routes

