Why Cycle?
- It’s quick, direct, cheap, good for you and the environment...
- What more can we say?
- Save Pounds – Save on bus fares. A three term UniRider costs £199 – just think what you could do with that
- Save Kilos – Cycling is a great low impact exercise, tones the thighs, bum and abs as well as helping to keep your weight down
- Save the Planet – Save about a kilo of CO2 every time you pedal to and from town
- Save Waiting – Never stuck in a traffic jam again. Get from campus to town in about 15-30 mins

For more cycle routes in the Lancaster area see the Lancaster & Morecambe Cycling & Walking Map. To report a fault on campus please use the Facilities Helpdesk: www.lancs.ac.uk/facilities/help_desk

For any further information please use the following websites:
Lancaster University - www.lancs.ac.uk/facilities/travel
Lancaster & Morecambe area - www.cyclingforall.org

Be safe • Be seen • Be secure
Cycling is a safe mode of transport. Accidents are rare but it pays to stay cycle safe.

Be safe
- Make sure you clearly indicate your intentions to other road users and avoid putting yourself in a position where a mistake by others might put you at risk
- Ride assertively – claim your road space! Ride in a way that demands others give due recognition to your right to use the public road – this means don’t ride too close to the kerb
- Follow the Highway Code (see http://bit.ly/HCode)
- Practice – the more often you ride the safer you’re likely to be
- Watch out for parked cars, gutters, pedestrians and large vehicles
- Ensure that your clothing is not trailing and don’t carry bags etc. on the handlebars
- You may wish to wear a cycle helmet
- Ensure that your bike is well maintained

Be seen
- The law states that you must have at least two lights attached to your bike – a white light at the front and a red light at the rear
- You must have a red reflector at the rear. Reflectors are important so make sure that you have a white reflector on the front (have them fitted to your pedals too) and make sure that they’re clean!
- Wear something fluorescent/bright so that you are seen during the day and reflective at night. There’s a whole range of accessories available from high-visibility jackets and vests to stickers and patches

When using traffic-free paths
- Slow down when approaching walkers or horses, pass slowly and give them plenty of room
- Cycle at a relaxed pace
- Where there is a white dividing line, keep to your side. Otherwise try to cycle on the left-hand side
- Remember that some people are hard of hearing or visually impaired. Do not assume everyone can see or hear you

GreenLancaster - Used Bicycle Sales & Bike Repair Workshop
Used reconditioned bicycles can be bought cheaply on campus from GreenLancaster along with cycling accessories. Cycling freebies and other cycling information is also available. Pop in to the GreenLancaster outlet on campus next to the Venue Café or see our website for more details.

GreenLancaster also offers a free Dr Bike service at the Bike Workshop in Bowland College, shown on the map. Please check the GreenLancaster website for bike times. Staff requiring access to the Bike Workshop for bike repairs should also contact GreenLancaster.

www.greenlancaster.org