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 over £250 – 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 around a kilo of CO2 every time you pedal to and from town
- Save Waiting – Never get stuck in a traffic jam again. Get from campus to town in about 15-30 mins.

For further cycle routes in the Lancaster area see the Lancaster & Morecambe Cycling & Walking Map.

To report a fault on campus please use the Facilities Helpdesk:

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For further information please see www.lancaster.ac.uk/cycling

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.
• Rideassertively – 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, gullies, 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 tool and make sure that they’re clear)
• 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.

For the latest information please see facebook.com/greenlancaster

GreenLancaster - Used Bicycle Sales & Bike Repair Workshop

GREEN LANCASTER - CYCLING SERVICES
The following services are available at the Thursday market in Alexandra Square during term time:
• Sales of reconditioned used bicycles at low prices
• Sales of cycling accessories such as lights, helmets and pumps
• Free Dr: Bike safety checks and minor adjustments
• Bike repair work at discounted prices

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