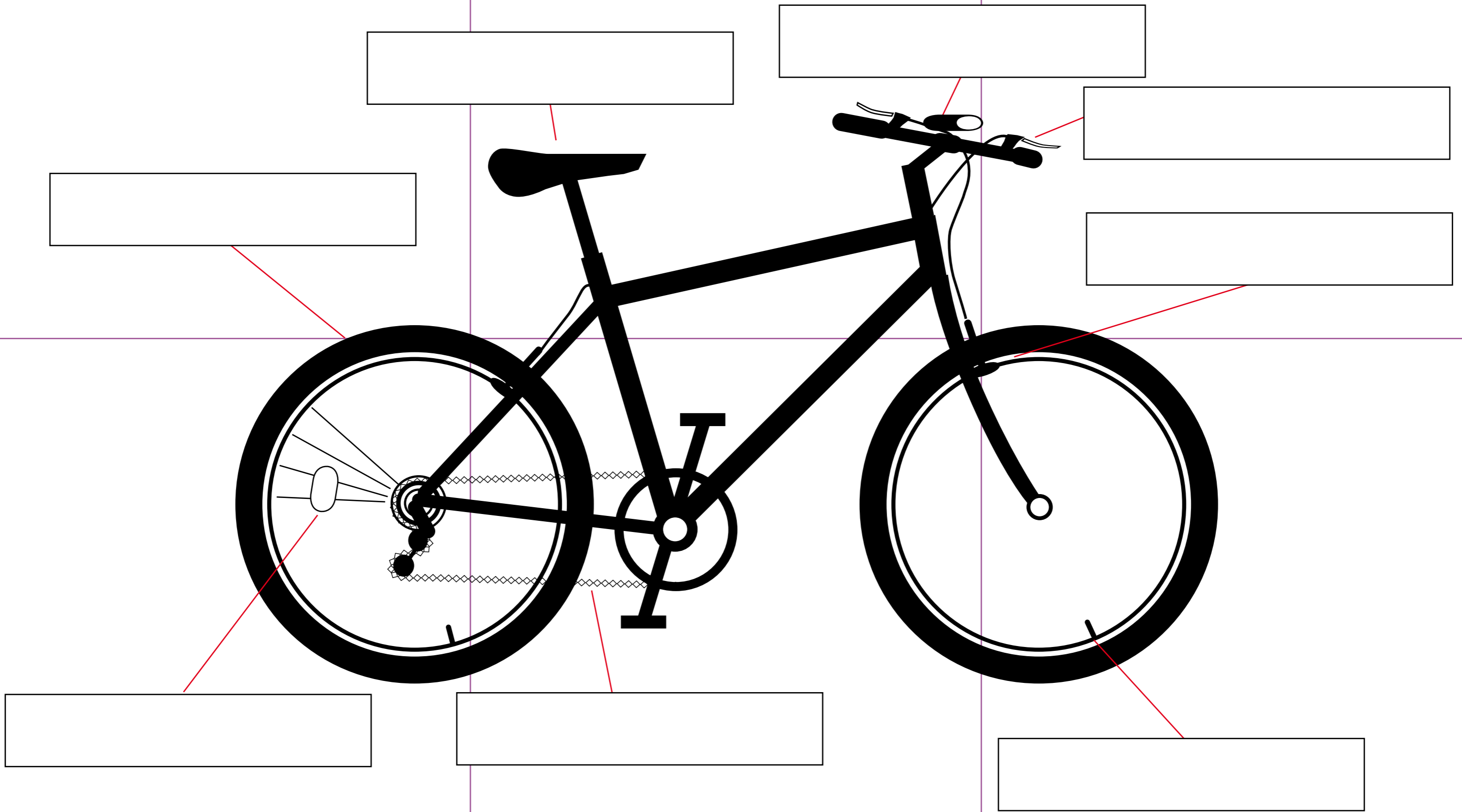




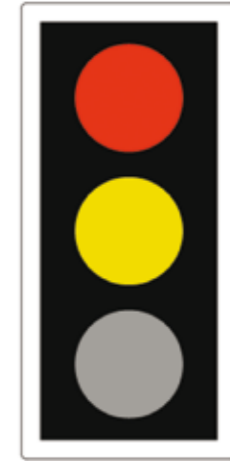
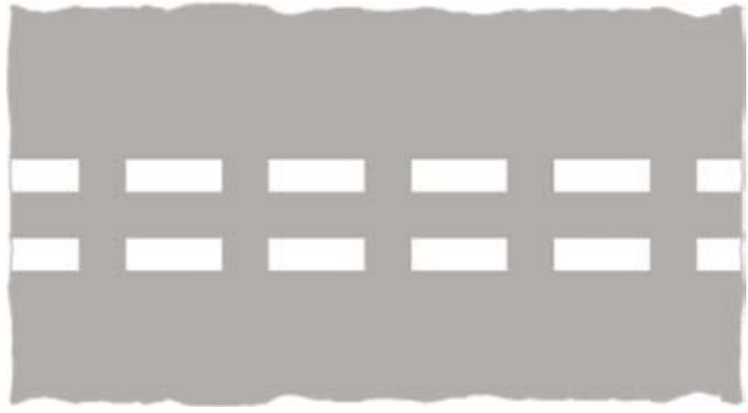
# Try Cycling!



# Doctor Bike



# Signs and road markings - what do they mean?



# Sustrans routes

Did you know that 75% of you live within two miles of a National Cycle Network route?


# Cycling can make a difference

I haven't got time to cycle!

What is the average speed of rush hour traffic in London?

mph

What is the typical speed limit in towns and cities?

mph

It's great to get a lift in the car!

How many planets do we know of that sustain human life?

planet

On average how many planets would we need to sustain life if everyone lived like us?

planets

I can't be bothered to walk!

What's the average distance people walk, per person per year?

miles

What percentage of all journeys we make are under 5 miles?

%

Cycling safely

BE HEARD

BE ALERT



WEAR A HELMET



Load Safely

GET TRAINED

Choose your route carefully



Look after your bike



BE SEEN

