

## Why cycle to work

Cycling can save money and time, is environmentally friendly, and keeps you fit and healthy.

- + You can cycle around 12 miles in an hour at a leisurely pace
- + By cycling to work you will be saving money on petrol or train fares
- + Improve your fitness and weight control
- + Cycling helps to reduce road traffic pollution, noise and its emission free
- + Cycling can make you feel happier by increasing your serotonin levels
- + Cycling takes you from door to door

## Cycle facilities

Covered cycle parking and showers/changing facilities will be provided at London Medway Commercial Park. Please consult the site plan for each development on the park.



## Cycling tips

- + Use the extensive cycle routes provided.
- + Goodman recommends always wearing a correctly fitted cycle helmet, which is securely fastened and conforms to current regulations.
- + When on the road, ride positively, decisively and well clear of the kerb - look and signal to show drivers what you plan to do and make eye contact where possible so you know drivers have seen you.
- + Avoid riding up the inside of large vehicles, like lorries or buses, where you might not be seen.
- + Always use lights after dark or when visibility is poor.
- + Wearing light coloured or reflective clothing during the day and reflective clothing and/or accessories in the dark increases your visibility.
- + Follow the Highway Code including observing 'stop' and 'give way' signs at all junctions and pedestrian crossings and traffic lights.

## Haven't got a bike?

### Cycle to work scheme

Ask your employer about a new way to get to work quickly, get fitter and save money. Occupiers at London Medway Commercial Park are encouraged to sign up to the cycle to work scheme and to encourage their employees to partake.

More cycle to work information can be found here:



## Route finder's



## Haven't got a bicycle?

Buying a bike is easy, visit your local bike shop or buy online:

