

Cycle London

There's never been a better time

# How we're helping

## Planning your journey

London has 300 kilometres of streets with cycle lanes, 200 kilometres of traffic free routes (many running through parks and alongside waterways), and over 4000 kilometres of other signed and recommended routes for cycling.

## Get trained, get confident!

Build your confidence, learn basic safety tips and how to be streetwise by booking onto a training course. Across the city we're increasing training opportunities and developing them to national standards. Click on Safety and security at [www.tfl.gov.uk/cycling](http://www.tfl.gov.uk/cycling)

To find the cycle network near you:

Pick up one of our 19 free **London Cycle Guides**.

Order your maps from [www.tfl.gov.uk/cycling](http://www.tfl.gov.uk/cycling) or by calling London Travel information on 020 7222 1234.

Cycling is part of Transport for London's online Journey Planner, giving you information at your fingertips about the best routes, station cycle parking and public transport you can take your bike on. Log on to [www.tfl.gov.uk/journeyplanner](http://www.tfl.gov.uk/journeyplanner)



'You know London far better than you do if you travel around by tube or by bus or whatever – and you always get a seat!'  
– a London cyclist

## Pedal power

Cycling is a quick, healthy, affordable and clean way of getting around town and it's fun too. There's never been a better time to take your bike out for a spin and see the Capital.

On behalf of the Mayor, we at Transport for London want to make cycling a travel option for you – we aim to provide people of all ages, abilities and cultures with the incentive, confidence and facilities to cycle whenever it suits them.

## Park it!

We've provided 10,000 free cycle parking spaces across London, including 5000 in schools and colleges. And we're developing a long term plan for secure 24-hour patrolled parking at major interchanges. We also provide guidance for schools, education establishments and businesses on providing cycle parking. Click on Initiatives and projects at [www.tfl.gov.uk/cycling](http://www.tfl.gov.uk/cycling)

'It's really good exercise – it gets the chest going and you get to see the town, you get to see the city.'  
– a London cyclist



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