

PUTNEY CYCLING GUIDE

Follow our Cycle to Work journey to get on your bike

Have you always liked the idea of cycling to work but something has been stopping you?

Are you keen to avoid public transport?



CYCLING CONFIDENCE

Do you feel like you have a lack of confidence in your abilities, or a fear of the London roads? Help is at hand.

Wandsworth Council

Cycle Training Courses for adults who live and work in Wandsworth. Sessions cover cycle safety, handling, road procedure, and the importance of wearing bright clothing and helmets. The courses will observe latest rules on PPE and social distancing. This means only level 2 and 3 cycle training can be offered, which is suitable for adults who can already cycle independently. The courses are free of charge but are very popular so you may have to go on a waiting list. You will need to bring your own bike. For more information visit



www.wandsworth.gov.uk/cycletraining



Did you know?

Cycling helps reduce weight, high blood pressure, the risk of heart disease and the most common form of diabetes



Bike Buddies

Encourages nervous cyclists by introducing them to an experienced rider who will help them practice or ride their regular journey with them to build up confidence. They can help you plan a route that you feel comfortable with and build your confidence to cycle it.

For the bigger Putney businesses we can help you set up a Bike Buddies scheme within your work place. For the smaller businesses we can find an experienced rider locally to buddy up with.

Or are you an experienced cyclist* who would like to help a nervous rider discover the joy and freedom of getting about by bike?



Apply to be a Buddy at: <https://bit.ly/BikeBuddies>

or email **wandsworth.bikebuddies@gmail.com**

for more information



You can join our Facebook group at

www.facebook.com/groups/WandsBikeBuddies/



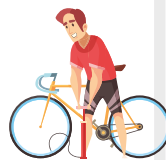
*This isn't a formal scheme so you don't need any specific training to be the "experienced rider", just road sense and a passion for helping others!



Did you know?

Cycling will reduce your carbon emissions, help reduce congestion and improve the air quality in your area

BUYING & MAINTAINING



Buying a Bike

Ask your employer if they have a Cycle to Work Voucher scheme which means you will be able to spread the cost of the bike over monthly payments and will be tax free.

Then head to Velosport, 252 Upper Richmond Road where they have a range of bikes to choose from.

▶ www.velosport.co.uk/

Bike Maintenance

If you have not used your bike in a long time then it is a good idea to have it serviced.

Velosport have a workshop on site where you can book your bike in, or Dynamo 200-204 Putney Bridge Road have a regular Saturday and Tuesday bike cleaning service. For more info and to book your bike in

▶ www.rideclean.cc

Did you know?

Research suggests that staff walking or cycling to or from work reduces absenteeism, with active staff taking 27% fewer sick days

Did you know?

Studies show that cycling schemes in the workplace reduce staff turnover



Dynamo also has it's own coffee shop & restaurant

PARKING & ROUTES

Cycle Parking

Putney has new covered secure cycle parking on Disraeli Road photographed here.

There are also cycle parking hoops dotted around Putney – if you cannot find one close to your place of work you can submit your suggestions to the Council using the website

▶ www.wandsworth.gov.uk/roads-and-transport/transport/cycling/cycle-parking/

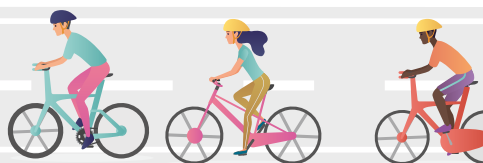
Or we could work with your employer to help them install one in your work place.



New cycle parking on Disraeli Road.

Cycle Routes

▶ If you type in your home or work postcode on www.map.bikecitizens.net – it can tell you how far you can get to in a 10, 20 and 30 minute cycle.



CYCLE SHARING



Santander Cycles

Want to cycle but don't have a bike? Santander Cycles cycle-sharing scheme is a great way for you to get around. We have lots of docking stations in Putney. Simply hire a cycle, ride it wherever you fancy, then return it to any docking station, 24 hours a day, 365 days a year. For more information

▶ tfl.gov.uk/modes/cycling/santander-cycles/

PUTNEY PEDALS SCHEME

Positively Putney are using Electric bikes to remove vehicle traffic from our busy roads and improve air quality. Both services will be available for Putney BID businesses.

Launching in September 2020 – *Putney Pedals Recycling*. Would your business like to reduce your trade waste costs and increase your recycling rate? Do you struggle with putting your waste and recycling out within the Council time bands? Do you want to help improve the air quality in Putney and reduce traffic congestion? If so get your business to sign up to Putney Pedals Recycling now. A Positively Putney employed operative will collect the waste and recycling from your premises and it will be transported by our electric bike to a consolidation collection point in Church Square where it will be collected in one van.

Launching soon Putney Pedals Delivery – would you like to offer local deliveries to Putney customers using our E Cargo bike? We will be offering a free delivery service to Putney BID businesses. More details to follow soon.



Did you know?

You can reduce your company's carbon footprint by using our E-bikes. Local deliveries by E-bike has so many benefits.