

Sustainable Campus



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Why Cycle?

Cycling is better for you than driving or getting public transport. It can help you lose weight, reduce stress and improve fitness. Cycling into University is an easy way to include exercise in your daily life.

Health benefits:

- An 80kg person will burn more than 650 calories riding a bike for an hour

Tips:

- Wearing a helmet is important
- Remember to obey traffic lights and road signals
- Don't ride on the pavement unless a sign says you can
- Use lights and reflectors so you are clearly visible
- Don't use headphones or a mobile while cycling

Bicycle Users Group (BUG)

BUG includes University staff and students who travel by bike. The group aims to improve facilities around campus, providing an up-to-date website of important information for cyclists and co-ordinating various cycling events.

To add to the BUG mailing list, please contact sustainable.campus@ncl.ac.uk with the subject "Join BUG".



Cycle to Work

Cyclescheme was introduced by the Government and works with the University to hire bikes and safety equipment for employee use. The University purchases the equipment and leases it out to the employee over 12 months. As payments are taken from gross salary, the employee makes savings of 30.4-52% on the purchase amount.



More Information:

Contact Jane Elliott-Simm at jane.elliott-simm@ncl.ac.uk or +44 (0) 191 208 6311 for information relating to the scheme at Newcastle University

For more general information contact Cyclescheme on info@cyclescheme.co.uk or 0844 879 5101, or visit the website at <http://www.cyclescheme.co.uk/>

Cycle security

Make sure to use a D-lock to secure your bike and consider getting your bike frame security marked. Further guidance can be found on the [Estate Support Service Security website pages](#).

Where to park your bike

Find out where to [park your bike on campus](#) (PDF 5657KB).

Cyclist's Charter

You can sign up to the Charter to help promote responsible cycling and in order to receive future information and offers.

Cyclists at Newcastle University will:

- Cycle in a responsible manner and give priority to pedestrians
- Warn pedestrians of their presence
- Not park bikes on disabled access routes
- Use designated cycle parking facilities
- Adhere to road signs and markings and obey the Highway Code
- Secure bikes when they are to be left unattended (even for a short while)
- Report loss/damage to cycles to the University's Security Team on 0191 208 6917

- Report loss/damage to cycles to the University's Security Team on 0191 208 0017
- Wear helmets and protective clothing
- Use lights and wear bright colours in the hours of darkness

Sign up here <http://forms.nd.ac.uk/view.php?id=1437>

Sustainable Campus
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[Email Webmaster](#)

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