



I'm looking for ...



[Home](#) [Plan a Journey](#) [Walking](#) [Cycling](#) [Buses](#) [Car Sharing](#) [Driving](#) [About](#) [Contact Us](#) [My Travel York](#)

Cycling » [Why cycle?](#) » [Benefits of cycling](#)

Benefits of cycling



Whether you're starting to cycle for the first time, getting back in the saddle after a number of years away, or already cycle but would just like to cycle more, you'll enjoy lots of benefits by choosing cycling for some of your everyday trips:

- It's a fast, cheap and stress-free way of getting from A to B
- It's the perfect way to fit more activity into your daily routine – cheaper and much more fun than driving to work or going to the gym
- It's a great way to spend time with family and friends or to meet new people
- It increases your life span – on average, cyclists live two years longer than non-cyclists
- It gives you a natural healthy glow and the endorphins make you feel great
- It allows you to enjoy those little pleasures guilt free – a 20-minute bike ride burns off the same number of calories as in a cappuccino, a bar of chocolate or a 175ml glass of wine!

See also our [Top Tips for getting back into cycling](#).

Actions



Share



Cycling

[About cycling](#)

[Why cycle?](#)

[Benefits of cycling](#)

[Top tips to get you cycling](#)

[Cycle maps and routes](#)

[Plan a journey by bike](#)

[Cycle parking](#)

[Cycle + Rail](#)

[Cycling with Park & Ride](#)

[Buying a bike](#)

[Bike security](#)

[Bike maintenance](#)

[Cycle training](#)

[Inclusive & disability cycling](#)

[Cycling for leisure](#)

[Cycling community groups](#)

[Reporting issues](#)



Join Love to Ride's Bike Week challenge for the chance to win great prizes!



My Journey to work - watch our series of short films.

Quick Links



[About Journey Planning](#)
[Travel Options](#)
[Mobility and Accessibility](#)



[About Walking](#)
[Why Walk?](#)



[About Cycling](#)
[Why Cycle?](#)
[Routes and Journey Times](#)



[About Buses](#)
[Why Take the Bus?](#)
[Routes and Journey Times](#)



[About Car Sharing](#)
[Why Car Share?](#)

Business

[Travel Planning](#)
[Business Events and Challenges](#)

About Us

[Programme](#)
[Contact Us](#)

Education

[Travel Planning](#)
[Travel2Campus](#)

This Website

[Accessibility](#)
[Site Map](#)
[Privacy & Cookie Policy](#)



iTravel York
West Offices, Station Rise, York, YO1 6GA
01904 551 550

