



fionajmorgan · Jan 22 · 2 min read



Keep fit, climate friendly transport: Cycling and walking in Birmingham and the West Midlands region

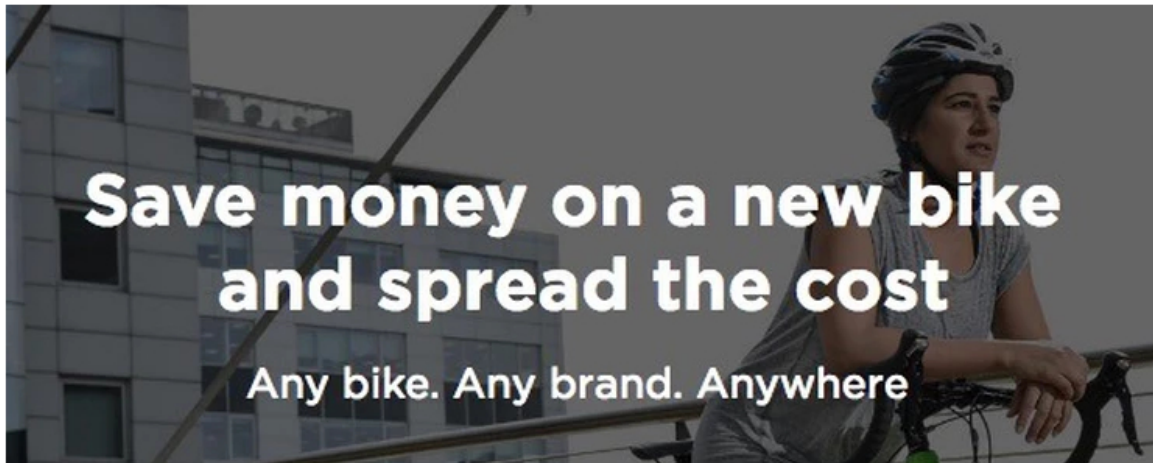
Updated: Feb 27



If you think now is a good time for you to cycle or walk to work in the West Midlands here are some links and tips. Both are a great ways to keep fit and be kinder to the planet.

Cycling, walking and public transport

- There is a network of safe cycle routes in the region - to find the ones near you use [Sustrans](#) National Cycle Network mapping service. These are the [West Midlands Routes](#).
- West Midlands Police [blog about safe cycling](#).
- Cycling the UK has a [forum for the West Midlands](#) including links to clubs and enthusiasts across the region, including [Dudley](#), [Wolverhampton](#), the [Joyful Bellas and Fellas of Solihull](#) and many more.
- [Google maps](#) will tell you how long it will take you walk. When you set directions from one place to another there is a walking figure you choose.
- To get the train, tram or bus instead: use the [Network West Midlands Journey Planner](#) to find out the best public transport routes. There's also information on [taking your bike on public transport](#).



If you don't have a bike there are some sources to help you

- [Cycle Scheme](#) is a way to work with your employer: "an employee benefit that saves you 25-39% on a bike and accessories (or even more with our [offers](#)). You pay nothing upfront and the payments are taken tax efficiently from your salary by your employer."
- Some cities provide some bikes for free. [The Big Birmingham Bike](#) scheme is now closed but ask your local council if they have a similar plan.

You can also campaign for greener transport options

- Sign up to [Friends of the Earth Clean Air Campaign](#) and consider their actions for

improving air quality in the UK

- Email TfWM, the transport arm of the West Midlands Combined Authority, and demand the new [Movement for Growth, Delivery Plan for Transport 2026](#) focuses on investing in a rapid and massive shift towards low carbon, affordable public transport. Email: DeliveryPlan@tfwm.org.uk.

Get involved with us.

To find out more about taking positive climate action on transport: Come along to the *CANWM Low Carbon Transport Workshop on February 28th, 5pm-7:30pm at the John Lewis Community Hub, Birmingham B2 4AU* - its right above New Street Station in the heart of Birmingham. Click [here to book your place at the event via Eventbrite](#).



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