



## Get cycling

Cycling is great for staying in shape. It helps to combat serious illness and can even give you the fitness levels of someone up to 10 years younger. There are lots of great reasons to get on your bike...and we've got loads of tips, tools and free services to help you get pedalling!



### Secure your bike – Lock it or Lose it!

Mark it, register it, lock it and keep it safe.



### Safe cycling

Follow our simple steps to stay safe on your bike.



### Bike maintenance

It is important to keep your wheels in good working order.



### Improve your skills

It's never too late to learn how to ride a bike or brush up on your existing skills.



### Cycle hire

Why not hire a bike or a Citycard Cycle?



### Route planning – Bike

Find out more about maps, apps and journey planners.



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#### Journey planning

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2015  
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the environment