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Cycling



Feel stronger, think clearer and live longer

Cycling is a cheap, easy way to commute to and from work or school. It's a fun way to get your exercise (and cheaper than a gym membership!). Too far to travel by pedalling? You can combine your cycling travel with public transport! It's easy! Cycle to your nearest station, lock up your bike at one of our facilities and hop on board for the rest of your journey. Find out more below.

West Midlands Cycle Hire



Cycle hire is coming to the West Midlands! Whether you are commuting, exercising or exploring, there will be lots of places to pick up a bike and go.

[Find out more](#)

Cycle hubs

We have state of the art cycle storage at Longbridge, Selly Oak, Rowley Regis and Stourbridge rail stations.

[Find out more](#)

Cycling offers

We've partnered up with regional and local projects to offer you free cycling advice and events.

[Find out more](#)

Find a cycling route

What you need to know to find a route around the West Midlands, including maps.

[Let's Go](#)

Safety and maintenance

Make sure your bike is road ready and find out on how to keep your bike more secure.

[More information](#)

Bikes on public transport

Make cycling part of your journey. Find out about taking bikes on public transport and the storage facilities available.

[Find out more](#)

Bike shops, hire and clubs

Find out where you can buy or hire bikes in the West Midlands, including folding Brompton bikes.

[Find out more](#)

More information

- [Jobseekers](#) >
- [Young People](#) >
- [Transport accessibility](#) >
- [Disabled person's pass](#) >

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Swift Pay As You Go

If you pay cash fares to travel, PAYG is the smarter and cheaper way to travel by bus and tram in the West Midlands.

Find out more



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