



[What](#) [Why](#) [How](#) [FAQs](#) [Resources](#) [Contact Us](#)

Why

Bikeability is government-recognised, practical and professional training, and we know that cyclists are more skilled and more confident once they've taken part.

Getting skilled-up for cycling has big
benefits.

Great way to get around

Cycling is a great way to get around, get some exercise, and reduce the amount of time spent stuck in a car, or on the bus.



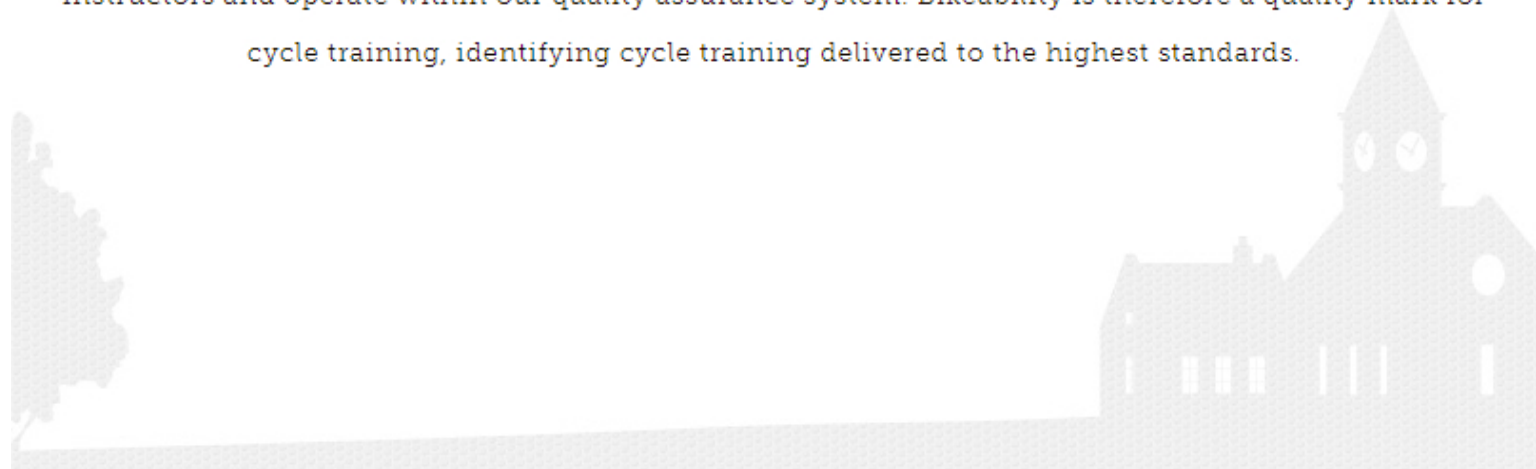
Quicker, low-cost journeys

Taking part in Bikeability means that you'll be getting ready to enjoy all the benefits of cycling – quicker and low cost journeys, fun rides you can make with friends and family, and less time wasted in the car, or waiting for a lift.



Government-recognised cycle training

Bikeability is the only government-recognised cycle training scheme, underpinned by national standards. Cycle training providers delivering Bikeability must use professional National Standard Instructors and operate within our quality assurance system. Bikeability is therefore a quality mark for cycle training, identifying cycle training delivered to the highest standards.



Find a course provider near you

Try your city council, county council or your London borough e.g. Essex, Kent, Lancashire

Your school may already have signed up to receive Bikeability sessions! Contact your school direct to find out if sessions are scheduled for this year. If not, search for Bikeability providers in your area.



The National Standard for Cycle Training



Department
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Looking for Bikeability training in Scotland? Visit the [Bikeability Scotland website](#).

[TO TOP](#)