



## GETABOUT BY... BIKE

Cycling is a great way to be active and keep healthy.

A comprehensive network of on and off-road cycle routes have been established across Aberdeen City and Shire, and more projects are being completed all the time.

You can find out more information about cycling, whether you are a regular cyclist or would like to start:

Why not add cycling to part of your journey?

Aberdeen Rail Station now has a Bike Rental Scheme

*Bike & Go is a quick, easy and cheap way to get about Aberdeen. To hire a bike go to [www.bikeandgo.co.uk](http://www.bikeandgo.co.uk) to register. Once you are registered, you can then hire a bike at any Bike & Go location across the country for just £3.80 a day, one Bike & Go card allows you to hire two bikes so it is perfect for friends. Bike & Go bikes can be found at Aberdeen Station and hired via the station travel office.*

If you are new to cycling or not cycled for a while. Why not go on a Bikeability course?



## USEFUL LINKS

**JOURNEY PLANNER**