North Solihull Strategic Cycle Network

An improved network of cycle routes is coming to North Solihull. Funded jointly by the European Regional Development Fund and Solihull Council, the scheme aims to get more people riding their bike and will work with local employers to make cycling more accessible and easy to do.

13km of new high quality cycle routes in the North of Solihull will be created through the scheme with grants of up to £2500 being made available to businesses that employ up to 249 people to promote and encourage cycling to places of work.

Due for completion in 2015, work on the scheme began in June 2011. The scheme is also being partly funded by Centro's Smart Network, Smarter Choices programme.

For further information on the scheme and to apply for funding please contact us at:
cyclenorthsolihull@solihull.gov.uk

Employer Benefits

- Fitter, healthier and more productive staff
- Healthy staff are less likely to be absent through stress or illness
- Assists staff retention and reduce turnover
- Reduce your business carbon footprint
- Cycling to work reduces congestion and demand for parking

Employee Benefits

- Save money on travelling costs
- Reduce your carbon footprint
- Lose weight and tone up
- Improve your general health and well-being
- Improve mental health and help reduce stress levels
- Look good, feel great, save money and help save the planet!
Cycling hints and tips

**Yourselv**e to travel under your own steam. Your route will seem more interesting and rewarding if you plan it carefully.

**Reliability**

Most cyclists find their journey times are more reliable than those of bus or coach. This is particularly true for those with a regular journey routine.

**Experienced cyclists** who are assertive and anticipate potential problems are the safest riders. Aim to develop your confidence and skill to a high level.

**Batteries** are a good investment for regular night cyclists.

**Wear a helmet** and make sure you are visible by wearing high visibility clothing.

**Stay safe** plus a varying number of thin layers, will keep you warm whatever the weather conditions.

**Modern bikes** have better suspension and brakes and lights. Make sure that your tyres are properly inflated and that your brakes and lights are working. Check moving parts often, giving special attention to the brake and chain mechanism.

**The UK weather** is relatively cycle-friendly as it rarely gets too cold or hot for cycling.

**Coping with the weather**

- **Cold conditions** can be safely undertaken with a few simple precautions.
- **Potholes, tarmac edging, glass, debris and floating objects** may be encountered in urban areas.
- **Icy or snowy conditions** make the road surface slippery and difficult to control. Slow down and avoid stopping on these surfaces.
- **Windy conditions** may cause a cyclist to lose control of their bike. Use cycle clips if you have them to secure your belongings. Take care when approaching roundabouts.
- **Embankments** should be avoided if possible.
- **Pot holes** should be given a wide berth.
- **Sudden dips** are a hazard and should be avoided.
- **Advanced stop line** for cyclists is required by law. Always come to a complete stop when passing this line and pull out to the right as soon as possible. Maintain a gap of around 60cms from the kerb. This is better than waiting for a gap in the traffic.
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- **Drinking water** can be a problem when cycling. Carry a water bottle or use a public water fountain.
- **Emergency kit** should contain a first aid kit, a spare inner tube, a multi-tool, a puncture repair kit and waterproofs. It is also advisable to carry a portable charger for your mobile phone.
- **Assistance** can be given by the police or other emergency services if necessary.

**Plan your route**

- **Route planning** is important if you later decide to buy a new one. Make sure a new bike has been correctly adjusted.
- **Check over your shoulder** regularly.
- **Be seen** and rear lights and a red rear reflector. Make sure they're working. Be visible!
- **Check your brakes** and lights.
- **Check your bike** after each journey. It is your responsibility to make sure it is safe.
- **Take a look** at our series of guided walks leaflets.
- **Consider other people** and their feelings - you are not always in control of the road. It may be safer to stop and wait for traffic to clear or to move to the right and let vehicles pass.
- **Be careful** when crossing the road, especially at roundabouts. Clear hand signals are essential.
- **Crossing point**.
- **Keep off footpaths** unless you are allowed to be.
- **Stop** at red lights unless you are allowed to go.
- **Stop** at crossings unless you are allowed to go.
- **Protect plants and animals** and take your litter home.
- **Leave gates and property** as you find them.
- **Being safe**, plan ahead and follow any signs.
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