

Cycling

- A bike can be an enjoyable and practical choice for many of the shorter journeys we make.
- It is healthy, economical, good for the environment and can even save you time.
- Some people have concerns about cycling on roads in today's traffic although the actual risks are much less than most people think and greatly outweighed (20:1) by the health benefits.

What can we do for you?

- Our qualified cycling instructors can help to reduce the risks even more and improve confidence so that you feel more confident and in control.
- They can also give advice on how to make cycling an easy and efficient part of your life.

For further information please contact the Road Safety Partnership:

roadsafety@gloucestershire.gov.uk or telephone 01452 425600.