



# Tips on cycling to work



So you've just got yourself a new bike, or brought your steed from the garage or shed. Great start! The following information will assist you to enjoy your commute to work by bike; as you'll quickly find it becomes very addictive.

## Plot your route

Try to avoid using busy roads if you're not experienced cycling on them. If you're new to it, there is nothing more daunting than being passed by relatively fast moving traffic (however, you quickly get used to it, and nearly all drivers are considerate). Try using cycle paths where available, and quieter estate roads with traffic calming and other measures.



Why not try using the online journey planner here to assist you in plotting a route? Cycle maps covering all of the Tees Valley areas are also available electronically or hard copies can be requested via

[this weblink >](#)

Have a trial run of the route(s) - this will help you gauge how long it will take, and also help you identify the exact route to take.



## Parking

If you are travelling into the Town Centre, Middlesbrough Cycle Centre is a free cycle parking facility located in Middlesbrough Bus Station. Open Monday to Friday (8am - 6pm), and Saturday (9am - 5pm) - the centre offers indoor, secure cycle parking along with showering / changing facilities, lockers and helpful advice from keen cyclists.

The cycle centre can be contacted on 01642 219620, or email [info@mencity.org.uk](mailto:info@mencity.org.uk) for more information.

Your workplace may have access to cycle parking facilities - speak with your building manager for access to any facilities. Regardless as to where you leave your bike, always use a good quality lock. A general tip is that your lock should cost 10% of the value of your bike.

## Clothing

Depending on your length of commute, you may feel comfortable cycling in your work clothes. For longer commutes, it may be beneficial to change at work / where you park your bike. A pair of shorts and t-shirt is more than adequate for this.



# Equipment

It is a good idea to carry a spare inner tube and pump should you get a puncture on your journey. The best way to avoid punctures is by maintaining the correct tyre pressure, which can be found on the sidewall of your tyre.

For tips on how to fix a puncture, [please click here](#)>



Other useful tools include a set of allen keys, a pair of pliers and a pair of different screwdrivers. These tools will allow you to fix the majority of roadside maintenance problems. Try and leave your work shoes and any other heavy items at your work / parking place, including your lock. This will reduce the number of items being carried and make your commute more enjoyable.



# The Highway Code & safety

Ensure that your bike is roadworthy. This includes working brakes, tyres free from damage and tightly fastened wheels, handlebars and seat. Middlesbrough Cycle Centre can give your bike a free check to ensure that it is roadworthy, and show you how to fix minor problems.

Helmet wearing is not mandatory in the UK. However, they are proven time and time again to save lives. At night, a white front light, and rear red light are legal obligations - please ensure that you keep yourself legal, and more importantly safe. Hi-visibility clothing is also an advantage.

When cycling on the carriageway, always cycle on the left-hand side of the road (with the flow of traffic). You must not cycle against the flow of traffic, unless there are signs (usually on one way streets) that specifically state otherwise. Be vigilant, and considerate to other road users. Try and make eye contact, ensuring that you have been seen. Thank good drivers, or where people give way to you at junctions - this helps cyclists everywhere build good rapport.

# Finally...

**Enjoy your commute!**

If you require any further information relating to cycling, Middlesbrough Council can assist - please contact [cycling@middlesbrough.gov.uk](mailto:cycling@middlesbrough.gov.uk), or call 01642 728196. Happy cycling!



The Middlesbrough Cycle Centre offers  
**FREE SECURE** cycle parking  
Monday to Friday 8am to 6pm  
Saturday 9am to 5pm  
Lockers and a shower facility are also  
available to Centre users.

In addition, the Cycle Centre also provides:

- Help and advice on cycle routes
- Bike health checks
- Training in cycle safety
- Training in basic cycle maintenance

**Call - 01642 219620**

Unit 4, Middlesbrough Bus Station  
(Newport Road Entrance)

[www.middlesbroughcyclecentre.co.uk](http://www.middlesbroughcyclecentre.co.uk)



**MIDDLESBROUGH**  
CYCLE CENTRE

## sustainable Middlesbrough *a place for business*

Sustainable Middlesbrough - A Place for Business - sets out a programme of strategic investment targeted at tackling congestion; enabling access to key employment sites, and supporting independent travel; all of which will grow the local economy, cut carbon and contribute towards a better quality of life for people living and working in Middlesbrough

Middlesbrough Council successfully submitted a bid to the Department for Transport (DfT) to fund the Sustainable Middlesbrough project, which comprises of 4 packages covering:

### 1. Access to Employment

Supporting the Town Rider bus service extension for the Riverside Park and Middlehaven employment zones of the Town Centre (which previously had no public transport provision), subsidised transport tickets, and a personalised travel planning employment service in partnership with Job Centre Plus.

### 2. Cycling to Employment

Infrastructure improvement schemes, the creation of a Bike Academy to deliver accredited cycle maintenance training courses, recycled bike scheme, a business pool bike scheme, and cycle parking facilities.

### 3. Independent Travel

Conducting community access audits and the creation and delivery of a travel training programme – equipping Middlesbrough residents with the skills to travel independently to education, employment and training.

### 4. Travel Behaviour Change

The creation of commuter route maps, providing a transport advice service to, and in partnership with Middlesbrough Business Forum and Skyride Local employment and community led guided rides programme.

