



The benefits of cycling

Compared to travelling by car, cycling benefits both the cyclist and society as a whole in a number of ways:



Produces zero emissions

Cycling is easier on the environment as it produces very little noise and no harmful emissions.



Makes space for greenery

The promotion of cycling can help cities to preserve their historical and cultural monuments, due to its compatibility with green spaces.



Needs minimal infrastructure

As smaller paved areas are needed for travel and parking, cycling contributes to the more efficient use of urban spaces.



Creates friendly cities

Having fewer cars on the roads improves the appearance of town centres and allows better pedestrian access to shops, entertainment venues and community and cultural centres.



Cuts congestion

Going by bike helps to eliminate traffic jams and the related economic losses due to stalled vehicles, late arrival at work and general air pollution.



Lets the traffic flow

Reducing the number of cars on the road increases the average speed of other road users, including public transport vehicles.



Boosts the buses

With fewer people driving cars, there is scope to improve the volume and capacity of public transport services.



Keeps you in touch

Cycling keeps you connected to your local community and gives you easy access to amenities and services.



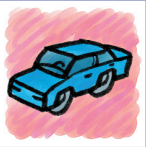
Improves resource efficiency

Relief from the need to transport children to and from school saves parents time and money.



Gets you there faster

Bicycles can travel faster than other modes of transport over short distances.



Eases family finances

Changing to bikes means families can get rid of their second car, easing the family budget as a result of savings on fuel and lubricants, maintenance, repairs, insurance etc.