

CYCLING TO WORK

As the West End begins to reopen, cycling can be a great transport choice for those returning to the workplace.

We have produced a short guide for employees on cycling tips and support, so you can choose cycling.

FOR NEW CYCLISTS

Confidence Training

Free cyclist confidence training for all ages is available, both where you work and in your home borough. For more details or to book a session, visit the Transport for London (TfL) [Cycle Skills Hub](#).

Bike Buddies

For new cyclists, buddying up with a confident cyclist can be invaluable to help you:

- Plan the best route to your workplace
- Learn about cycle safety
- Accompany you on your first ride to work

Thousands of people volunteer with Bike Buddy and to find one close to you, visit the [British Cycling Buddy Finder](#).

Online Cycle Skills course

TfL's Cycle Skills course is suitable for new cyclists or those wanting to brush up on their skills.

Once you've completed the four short modules, you will be rewarded with a 24-hour access code for Santander Cycles, with all 30-minute journeys included. Visit the [TfL Cycle Hub](#) to find out more.

FOR ALL LEVELS

Route Planning

Plan your route with the new [TfL Go app](#) or you can use other cycle route apps, such as [CycleMaps](#), [CityCyclist](#) or [Strava](#).

Theft

Double locking your bike with secure locks when using cycle parking stands is an essential deterrent against theft. The London Cycling Campaign (LCC) provides [useful guidance](#) on how and where to lock your bike.

Cycle Parking

For the latest information on cycle parking locations in the Heart of London area, please visit our map [here](#).

Dr Bike Maintenance and Security Marking

We are providing free drop-in sessions throughout September for your bike to have a maintenance check and free cycle security marking provided by the police.

No need to book, just bring your bike to us at Panton St, SW1Y 4DN during the following times:

- Tues 1st Sept – 15:00 - 18:30
- Thurs 10th Sept – 15:00 - 18:30
- Tues 15th Sept – 11:00 - 14:30
- Thurs 24th Sept - 15:00 - 18:30

For the full list of locations and times, please [click here](#).

