



Cycling has health and environmental benefits and is cost effective. New cycling lanes and secure cycle parking has been introduced to Team Valley making it easier for cyclists to travel safely. Most people living within 5 miles of the Team Valley could cycle to work in less than 30 minutes and would arrive alert, focused and keen to embark on their daily duties.

How to Promote Cycling

If you are an employer who would like to promote cycling as a healthy way to travel to work, the Department for Transport Cycle to Work Scheme could provide you with an opportunity to offer staff tax-free cycles, which includes electric and folding bikes. This is an excellent flexible staff benefit. Links to the Cycle to Work Scheme can be found on the teamvalleylinks.com CIC website.

Another important measure for supporting cycling is the provision of secure cycle parking. Cycle Stands are cheap to install, or if you have space staff could be allowed to store cycles securely within the building. Providing shower and changing facilities will also encourage cyclists, as does providing somewhere to store equipment. You may be entitled to a grant from Gateshead Council to assist with the costs of improving cycling facilities, such as secure parking and showers. The Travel Plan Team can offer assistance to obtain a Cycle Grant.

You might also consider introducing a specific mileage rate for staff who cycle to meetings rather than using their car. Mileage rates for cycling are usually around 20p per mile. Visit the HMRC link on our website for more information.

Staff could also be encouraged to visit the teamvalleylinks.com CIC discussion forum **Get Involved**, where staff can discuss cycling to, from and on Team Valley with others.

Finally, you could also encourage staff to participate in the organised teamvalleylinks.com cycling events which are promoted on the teamvalleylinks.com CIC website and to our contacts.

If you would like more information to support staff Cycling, please contact info@teamvalleylinks.com

Motorcycles, Scooters and Mopeds

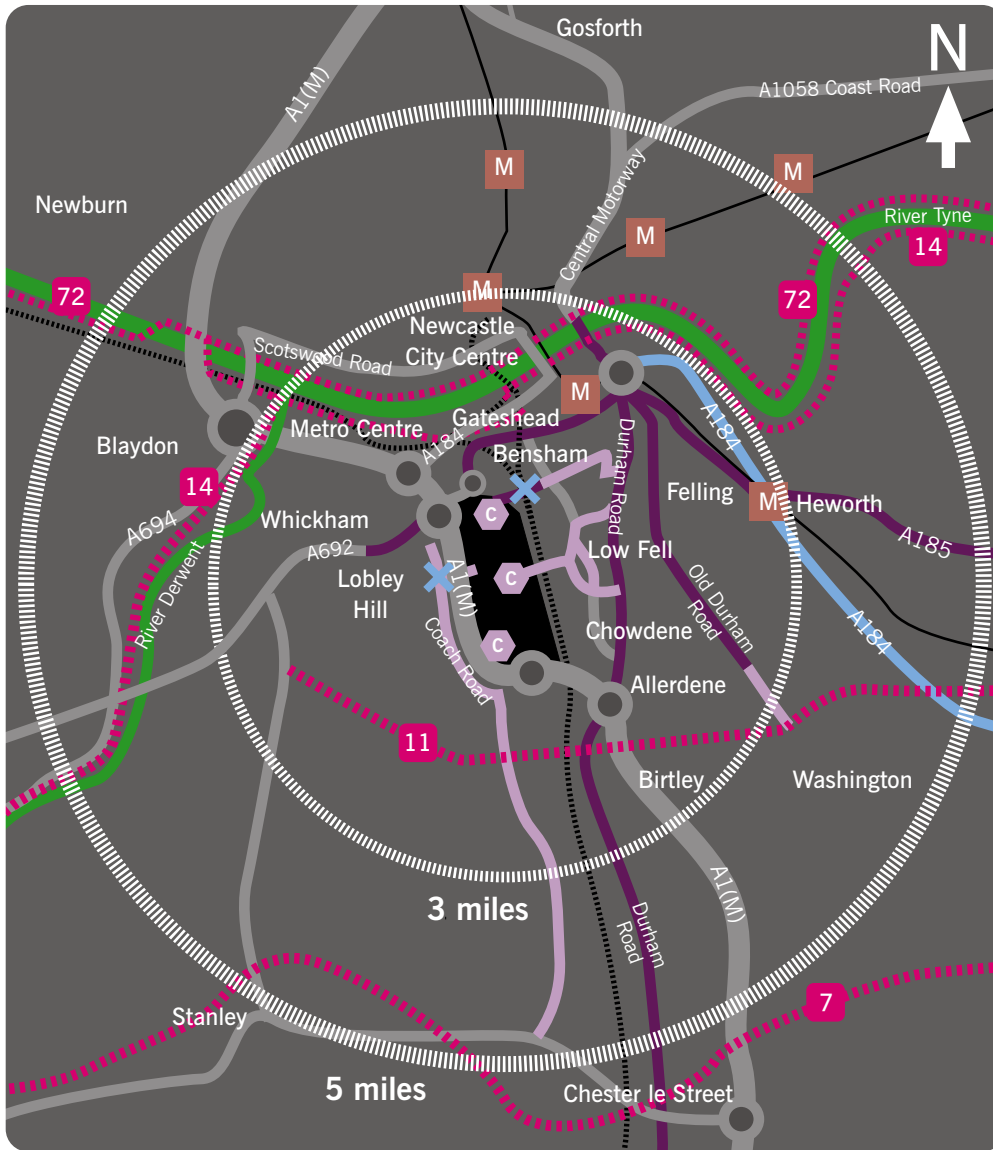
As a mode of transport, motorcycles, scooters and mopeds offer a number of benefits. They are an affordable alternative to the car, providing independence and mobility, and widening employment opportunities, especially in rural areas where public transport may be limited.

The most important measures for supporting bikers is offering secure parking and somewhere safe to store their clothing and helmets. Both of these measures can be achieved at little or no cost. You might also consider introducing a specific mileage rate for staff who use their motorcycle, scooter or moped to attend meetings rather than using their car.

Staff could also be encouraged to visit the teamvalleylinks.com CIC discussion forum **Get Involved**, where staff can discuss biking to, from and on Team Valley with others.

If you would like more information to support staff using Motorcycles, Scooters and Mopeds, please contact info@teamvalleylinks.com

A Practical Guide to Cycling to Team Valley



Key to Map

- Team Valley
- National Cycle Network
- On road signed cycle route
- Advisory on-road cycle route
- Public cycle parking
- Traffic free cycle and walking path
- Pedestrian and cycle route only
- Railway line
- Other roads

The speed limit on Kingsway is 40mph. Cyclists are advised to use routes other than Kingsway on Team Valley (where speed limits are 30mph).

Staff wishing to plan cycling journeys to work can visit the Cycling Pages of www.teamvalleylinks.com to use an electronic cycling journey planning service, or follow the link to local and regional cycling maps.

For other advice on cycling please contact info@teamvalleylinks.com

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