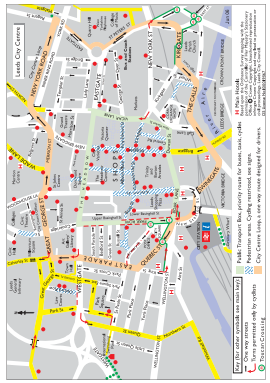

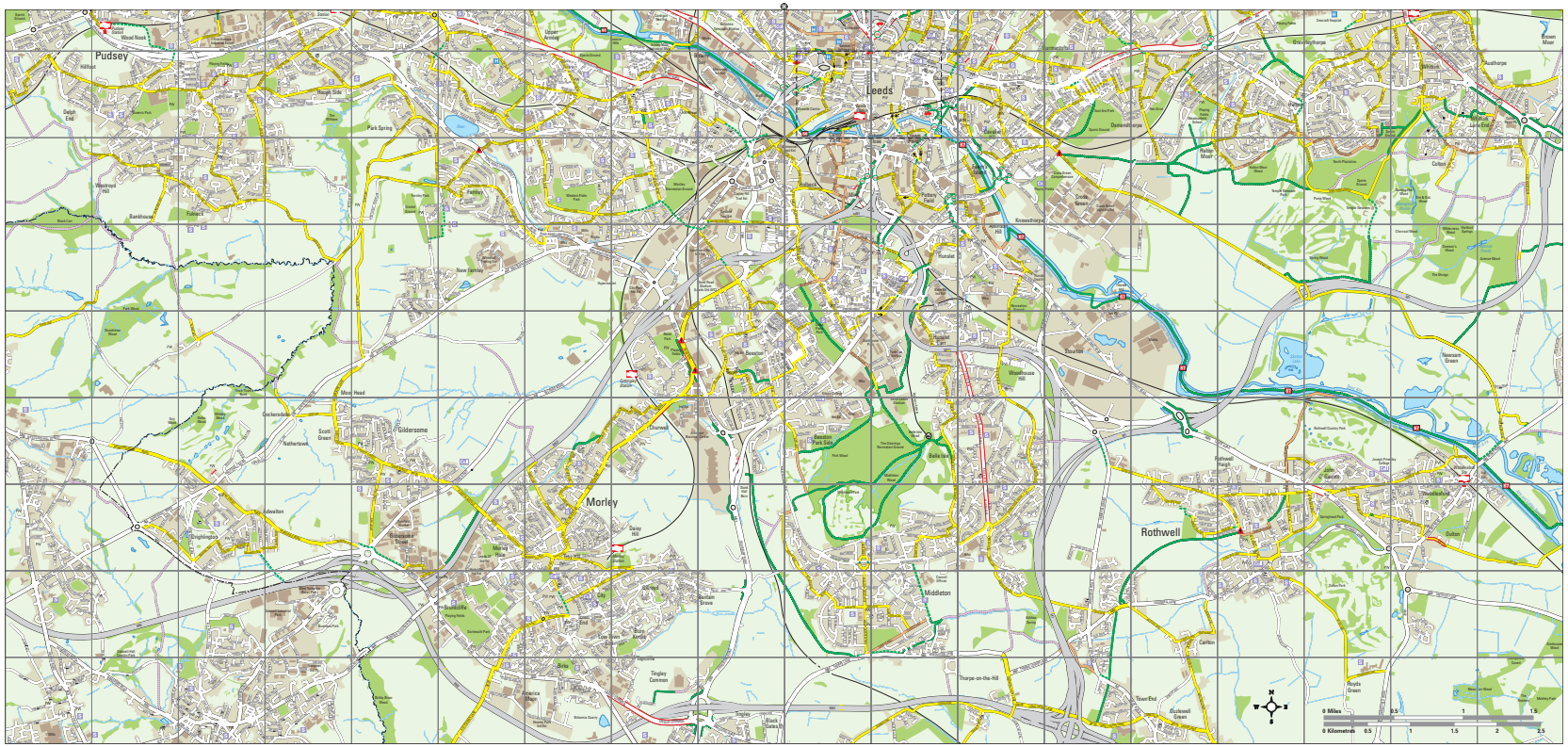

Bike shops

The Bike Shop
78-84 Crossgates Road, Crossgates, LS15 7NL
0113 232 8483 www.bikeandits.com

Bikology
154 Hyde Park Road, Hyde Park Corner, LS6 1AG
0113 224 0882

Bob Jackson Cycles
320-322 Stanningley Road, Bramley, LS13 3EG
0113 255 0844 www.bobjacksoncycles.co.uk

Crossroads Cycles
22 Bradford Road, Drighlington, BD11 1AB
0113 285 3659 (pm only)

Crosstrax
50 Oaklands Road Trading Estate, Rodley, LS13 1LQ
0113 239 7211 www.crosstrax.co.uk

Dave Rayner Cycleport
20 Harrogate Road, Rawdon, LS19 6NI
0113 250 8812 www.daverayner cycles.co.uk

Drake's Cycles
148 Harehills Lane, LS8 5BD
0113 249 0326 www.drakescycles.co.uk

Edinburgh Bicycle Cooperative
140 Woodland Lane, Chapel Allerton, LS7 4QG
0845 207 0808

Emmaus
St Mary's Street, Mabgate, LS9 7DP
0113 248 4288 www.emmaus.org.uk

Halfords
Meadow Road, LS11 9BX
0113 242 8700 www.halfords.com

Halfords
Melbourne Park, York Road, LS14 6AX
0113 264 8311 www.halfords.com

Halfords
10 Leeds's Mill Way, Kirkstall, LS5 3BP
0113 278 0144 www.halfords.com

Recycle Engineering
2 Norwood Mount, Headingley, LS6 3DU
0113 276 5229 www.rewak.co.uk

Stif Mountain Bikes
77 Otley Road, Headingley, LS6 3PS
0113 225 1111 www.stif.co.uk

Street Lane Electrical and Cycles
231 Lidgett Lane, Moortown, LS8 1RB
0113 266 1204

Top Gear
80 Lowtown, Pudsey, LS28 7AA
0113 256 2353

Triangle
85 Nine Road Side, Horsforth, LS18 4QD
0113 259 0477

Waste Recycles
107 Gipton Approach, LS9 6NN
0113 249 7774 www.waste-recycles.co.uk

Woodrup Cycles
345-347 Kirkstall Road, LS4 2HD
0113 263 6212 www.woodrupcycles.com

Cycling organisations

Leeds Cycling Action Group

Leeds Cycling Action Group has two objectives: to ensure that the needs of cyclists are considered at all stages of planning developments in Leeds, and to make Leeds a better place to cycle.

We are involved in all aspects of promoting cycling in the city from lobbying central government and Europe to reporting potholes and promoting child-friendly rides during National Bike Week. In addition to our monthly meetings, at which anyone is welcome, we produce regular newsletters to keep members informed. Membership includes cycle shop discounts, trailer loan, a free magazine with prize competitions plus support and advice.

Meetings: First Thursday of the month at Civic Hall
Email: contact@leedscyclists.org.uk
Web: www.leedscyclists.org.uk
Tel: *Barry Hughes 0113 257 0450*

CTC

The CTC is Britain's largest cycling organisation, with over 55,000 members. It provides travel and technical advice, legal aid and insurance to members, and it campaigns to improve facilities and opportunities for all cyclists.

0870 8730060 www.ctc.org.uk

Sustrans

Sustrans is the UK's leading sustainable transport charity, working on practical projects so people can choose to travel in ways that benefit their health and the environment. The charity is behind many ground-breaking projects including the National Cycle Network.

Over 10,000 miles of safe and attractive cycling and walking routes have been completed bringing the figure to also a third. Trade of 50% of the population.

0845 113 00 65 www.sustrans.org.uk

Cycle training

Leeds City Council provides on-road cycle training courses for those aged 10 and over. The majority of training is given to school children in primary schools, although an increasing number of pupils are trained by accompanying them on their route to high school. The training team also provide training in leisure centres around the city over the school holidays.

In addition, training courses are held for families and adults. There is an increasing demand to help adults in the city centre. The cycle training team is based in the Road Safety Unit.

Tel: 0113 247 5198/5601 or e-mail: road.safety@leeds.gov.uk

Bikes and trains

In combination, bikes and trains can be a winning solution to commuting problems. Taking bikes on trains also allows rapid access to Yorkshire's magnificent countryside. Cycles are carried free on most local trains, but various rules and restrictions apply. Check before you travel. Rail travel enquiries: 08457 48 49 50 or www.nationalrail.co.uk

Cycle lockers

Free cycle lockers have been provided at the King Lane Park and Ride car park in north Leeds and at Horsforth and Woodlesford railway stations. Lockers are also available at New Pudsey Station for a small charge. Within Leeds but outside the area of the map, lockers are also available at Guiseley and Garforth Stations. Use you own lock to secure locker doors.

Leeds City Council recognises that encouraging more people to cycle will bring benefits to the whole community.

This will come about through:

- Improved health through increased fitness, reduced risk of heart attack, weight control and reduced stress
- Reduced noise, air pollution and congestion, leading to enhancement of the local environment
- Less consumption of finite resources and reduced CO_2 emissions
- Economic gains through cycle tourism and leisure
- Independence for those people who cannot or do not wish to use a car, including children
- In urban areas, cycling can be the quickest and most convenient form of transport.

TravelWise

Working in partnership with businesses and the community to promote travel awareness and sustainable transport in Leeds and throughout the country.

Useful Contacts in Leeds City Council

All Leeds City Council contacts can be found at www.Leeds.gov.uk

For potholes, street lighting, traffic signal faults, street sweeping and blocked gulley issues, please call the Highways Helpline - 0845 124 0113

Public footpaths and bridleways - 0113 232 9422

Leeds Travelwise - 0113 24 76334

Cycling matters (including this map) - 0113 3955470

Why cycle?

Going by bike is not only good for the environment but it is good for your health too.

Gentle exercise provided by regular cycling increases stamina and general fitness and helps keep weight down. Cyclists doing a modest five miles a day are said to have the body of someone ten years younger – a great benefit from the daily ride to work.

Coronary heart disease is the greatest single cause of death in Britain. Much heart disease can be prevented and a daily cycle ride to work totalling as little as 20 miles weekly reduces the risk of coronary heart disease to less than half that for non-cyclists.

Many car drivers who have switched to cycling will say they no longer get stressed out sitting in the daily grind of traffic queues. Taking moderate exercise is a good way to reduce stress while the pleasure of riding a bike is a tonic in itself.

Cycling is one form of exercise which can easily be incorporated into a daily routine as part of regular transport. There is no need to make a special journey to take exercise.

Tips

General

- Always abide by the highway code.
- Rely on your own judgement.
- Avoid riding to the ability of other cyclists.
- Check over your shoulder regularly.
- Make eye contact with motorists when possible.
- Signal clearly the direction you intend to travel.
- Keep off the footway unless you are permitted.
- Where you are sharing space with pedestrians remember that they can be frightened by cyclists passing too closely and too quickly.
- Use horse-riders and their horses and do not pass too quickly, especially from behind.

Defensive cycling

- Be aware of cars crossing cycle lanes from the left on right at side roads.
- When approaching junctions be wary of lorries which might turn left across you.
- Be aware that motorists often misjudge the speed of cyclists and may change lane and manoeuvre without signalling, particularly in slow-moving traffic.
- Watch out for doors opening from parked cars.
- Be aware of vehicles pulling out of side roads - they may not have seen you.

Lane position

- Cycle about a metre away from the kerb.
- When approaching junctions it can help to occupy the middle of your lane.
- Think ahead to your next turn and position your self appropriately in good time. Assert your position on the road.

Cycling at night

- Check that you have reflectors fitted and that they are clean. Fit and use legal lights. Use of supplementary lights is also a good idea.
- Wear something bright and reflective.

Cycle equipment

- Consider wearing a helmet (Conforming to BS EN 1078). Modern designs are light and comfortable. Children are especially vulnerable to head injury and are prone to falls.
- Cycle gloves can protect your hands and improve grip.
- Some accidents can be prevented by good bicycle maintenance.
- Keep your tyres inflated to maximum pressure for road cycling to make pedalling easier and puncture-less likely. Think about fitting road tyres to mountain bikes.

Insurance

- It is wise to have full insurance cover.
- Household policies can often be extended to cover cycle theft.
- A specialist policy may be needed for more expensive bikes.
- Personal liability often has to be covered separately.

Advanced stop lines

- Enable cyclists to negotiate junctions safely.