**WINTER 2023/24.**

Sustrans Leading the Way team is always on hand to answer questions, offer support, advice, free cycle skills training, route planning, bike loans and much more. Get in touch [dianne.whyte@sustrans.org.uk](http://?) or 07812 470791

Save money, reduce Co2 emissions and enjoy a stress free commute by joining [NI Car Share.](http://?)  It’s free to register and super easy to find a travel buddy and at the same time reduce traffic and parking congestion.

A blue sign with white text

Description automatically generated

A sign on a pole

Description automatically generated

['Park and Ride/Share'](http://?) car parks can be found at key road junctions throughout Northern Ireland. Save money, time and travel stress by completing part of your journey on public transport.

A person in a garment

Description automatically generated

Get better connected with train & bus travel. Convenient and cheaper than car travel with a variety of discounted ticket options, contactless payments, comfy seats, free wifi, phone charging and much more. Work on the go or simply sit back and relax. Find your route with [Translink](http://?) and [Belfast Glider](http://?)

A person with a bicycle

Description automatically generated

Pedal power journeys by bike! For shorter journeys, cycling is a brilliant way to travel with (saddle) bags of benefits.

Save money, quicker and easier than travelling by car, a cheap way to build exercise into the daily routine, better for physical and mental health, help tackle air pollution and it’s loads fun. Pick up a [Belfast Bike](http://?) from as little at £1 for 30 mins, 50 locations to choose from.

[Plan a route](http://?) and check cycle parking provision at your workplace before you get in the saddle.

Not sure where to park your bicycle in Belfast? There are lots of [cycle hoops](http://?), [stands](http://?) [covered cycle shelter](http://?#covered) and [Translink secure cycle shelters](http://?) dotted cross the city and more than you think!

Belfast’s first free 24 hour secure cycle parking facility [‘The Bike Yard’](http://?) can be found in Castlecourt Shopping Complex is perfect for access to shops, nightlife and Ulster University campus. [Always remember to lock up the right way.](http://?#:~:text=Always%20lock%20your%20bike&text=Remember%20that%20two%20locks%20are,the%20saddle%20or%20front%20wheel.)

A person holding a child in her arms

Description automatically generated

A group of bicycles parked in a row

Description automatically generated

Bikes to suit your budget; new or pre-loved?

Do your research, [buy a bike that’s right for you.](http://?) Before parting with any money.

Did you know you can make a saving of up to 47% via [Cycle2Work schemes](http://?). Check with your employer to see what they offer. Giving a pre-loved bike a new lease of life is good for the planet & you. Grab a deal on FreeCycle, Facebook Marketplace, local ads and [social enterprises](http://?)

**Did you know there’s a huge potential for people to ride bikes in Belfast​**

​

**64.7 million** car journeys in Belfast were <3 miles (2021)​

**9.5 million**trips were made on bicycles in Belfast (2021)​

**50** Belfast Bike docking stations​

**39 miles**of traffic free routes​

Pop up cycle lanes and shared paths (**only 2 miles**of protected lanes!)​

**43%**of residents have an adult pedal cycle​

**23%**of men cycle every day compared to 11% of men​

**47% of adults**would cycle more with access to cycle training and led rides​

(Data taken from Belfast Walking & Cycling Index 2021)