

CYCLING IN YORK



York has a long held tradition of cycling and our current levels of cycling are certainly higher than the UK average, so you are bound to be in good company if you choose to explore York by bike

Research indicates York has the third highest levels of cycling per population size in the UK (second to Oxford and Cambridge) at 16% of population with a 50/50 split of women to men cycling compared to the national average of 70% male cycling.

It's also a pretty safe place to cycle too. Research by the CTC (Cyclist Touring Club) showed that York was in fact the safest place in the UK in which to cycle.

GETTING AROUND YORK BY BIKE

With less than three miles – or around 18 minutes by bike – between the outer ring road and the city centre, getting around York by bike is fast and easy. Our extensive network of off-road cycle paths and on-road cycle lanes offers safe access into and around the city.

Pick up a FREE copy of 'York's Cycle Route Map' from Visitor Information Centres, local libraries or leisure centres, or download from www.york.gov.uk/cycling. This handy guide shows details of all cycle routes in the York area including on and off-road tracks, bridleways accessible to cyclists and useful details of local cycle retailers for bike repairs or accessories.

CYCLE PARKING

Cycle parking facilities are located throughout the city centre and at all major shopping, leisure, education or employment sites. York is also home to one of the UK's first Secure Cycle Hubs alongside Lendal Bridge at the cycle 'Hub Station' on Wellington Row. This facility has 100 spaces for bikes and provides puncture repair, all part of community bike rescue project. Large parking facilities are also located at York Railway Station, opposite the end of platform 1. This facility is a combined scheme run by Cycle Heaven and York Station.

HIRING A BIKE

Now that you've chosen York for your cycling getaway, you'll have to find where to get the right bike to hire for you. Here is a list of some of the bike hire facilities that are here in York.

Cycle Heaven at the Station

Hire biked by the day. Junior hire also available.

York Railway Station

York

YO24 1AY

Tel: 01904 622701 / 630378 Email: cycleheaven@yorkstation.co.uk,

www.cycle-heaven.co.uk.

Get Cycling York

A community interest company - Get Cycling's aim is simple: to promote cycling, in all its varieties, for leisure, transport, health, happiness and the environment. They work for local authorities, health promotion services, regeneration agencies, businesses, schools, universities and the leisure industry.

Tel: 01904 636812 Email: hire@getcycling.org.uk, www.getcycling.org.uk.

York Cycling Tours

Guided tours taking in the best sights of the city.

48 Gillygate,

York, YO31 7EQ

Tel: 07866 049 082 / 07908 245439, Email: info@yorkcyclingtours.com, www.yorkcyclingtours.com

YORK CYCLING TOURS

Explore the ancient city of York on a thoroughly modern bike with an entertaining, knowledgeable guide. **York Cycling Tours** will take you off the beaten track to fascinating historic places you won't see on a typical bus or walking tour. Tours go at a safe and leisurely pace, staying on cycle paths and designated lanes for most of the ride.

Hop on one of their bikes and join a cycling tour in and around this unique city. Although factual, cycle tours are designed as a good humoured look at the fascinating and often grisly past of York. The tours take about two hours, and average travelling speed is 900 years an hour.

Contact Andy Collings/Cecil Pugh. Guided tours include, bike, helmet and guide. Duration 2 to 2.5 hours. Private tours available. Tel: 07866 049 082 / 07908 245 439, Email: info@yorkcyclingtours.com, www.yorkcyclingtours.com

EXPLORING YORK BY BIKE

Discover more of York on two wheels. Explore more of York's green spaces - and uncover some of its hidden history - with a short cycle ride around the city. Pick up a copy of one of a new series of leisure ride maps produced by the Cycling City York project, available from Visitor Information Centres or local libraries, or download from www.york.gov.uk/cycling

CYCLING EVENTS

York has a rich cycling culture and is proud of the accessibility for cyclists.

The **2014 Tour de France Grand Départ** set off from York Minster; this inspired the new annual 'Tour de Yorkshire' event which takes place in April. Keen cyclists from around the world flock to the city and its surrounding areas to come and compete in or spectate what has swiftly become one of cycling's biggest events. More information can be found at www.letour.yorkshire.com.

Tour de Yorkshire

A legacy of the tour de France in Yorkshire, this annual cycling event is organised by Welcome to Yorkshire and the Amaury Sport Organisation (A.S.O.) For more details www.letour.yorkshire.com

York Cycle City Races

York Cycle City Races are road races set up by Clifton Cycling Club where their riders compete against each other. For more information please at look on their website www.cliftoncc.org.

Sky Ride York

An opportunity to discover or rediscover cycling and the many joys and benefits it brings including all sorts of family activities including cycle tryouts for all; whether young, or old, or disabled or just never ridden a bike before. Takes place in September with various joining points across the city. Find out more at <http://www.itravelyork.info/events/sky-ride-york-2016>

CYCLE FRIENDLY ACCOMMODATION

Quality in Tourism provides a scheme for accommodation to be awarded with a cyclist friendly accreditation. This shows you that the accommodation welcomes cyclists and has followed and met the following standards and criteria that are required for this specialist title and more:

- Lockable undercover area for safe overnight storage of bicycles and panniers, with an unobstructed entrance
- Access to water point for washing bicycles and outdoor clothing
- Emergency cycle and puncture repair kit
- Information on local attractions and events and/or local tourist information centre number and directions supplied

Some accommodation that hold this accreditation in York:

Galtres Lodge

www.galtreslodgehotel.co.uk

Ascot House

www.ascotouseyork.com

The Lawrance

www.thelawrance.com

Pavilion Cottage

www.pavilioncottage-holidayinyork.co.uk

Safestay York

www.safestay.com

YHA York

www.yha.org.uk

YORK CITY COUNCIL - CYCLING

The York City Council website has information on cycling. Detailed cycle routes of the whole of York city and routes and maps of the surrounding areas of York. All of these are downloadable for PDF.

I Travel York is a website dedicated to providing visitors with all the travel information on York.

www.york.gov.uk or www.itravelyork.info/cycling

FAST CYCLING FACTS

- One of the premier cycling cities in the country – with 12% of the working population of the city cycling to work, well above the national average .
- An extensive network of over 100km of cycle routes.
- On and off-road routes provide a safe environment for both functional and leisure use. Facilities for cyclists within the city include high quality cycle parking at popular visitor destinations, combined cycling/pedestrian routes, signalled crossings, advanced stop lines at traffic signals and Bike and Ride – in conjunction with the Park and Ride scheme.
- Routes pass through the heart of the city and along the River Ouse, giving access to some of the city's most attractive landmarks and extending out in to the surrounding countryside.
- Travelling out of the city centre, the Millennium Bridge – built for cyclists and pedestrians – links important routes on both sides of the River Ouse and the Planets of the Solar System route runs south of the city.
- York is linked to several regional and national cycle networks including:
 - Trans Pennine Trail – a coast to coast route linking the major towns and cities of the North.
 - The Sustrans National Cycle Network Routes 65 and 66 also pass through the city, linking urban and rural routes.
 - In addition the North Sea Cycle Route passes through the city. The impressive 6000km route links Norway, Sweden, Denmark, Germany, Netherlands, Scotland and England.
 - York is also one of several destinations in the Way of the Roses cycle route, which crosses from Morecombe to Bridlington an impressive 170 miles from the West coast to the East coast.

For more information on cycling in York visit www.york.gov.uk/cycling/ or www.itravelyork.info/cycling.

The full cycling routes of York can be found on this website:

www.itravelyork.info/uploads/2013_York_Cycle_Map_WEB_Whole.pdf.

For more information and to book your stay in York:

Visit www.visitYork.org

Twitter @visityork #yorkadventure #onlyinyork #visityork

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