

Guide to cycling

It's easy to travel round Aylesbury by bike as there are nine innovative and exciting Gemstone cycleways which run through the town providing safe and direct access. The routes are signed and the maps can be found by visiting www.cycleaylesbury.co.uk as well as in the map at the front of this pack. These cycleways can be used for cycling to work, to the shops and also for leisure with the whole family. You can download maps from the website as well as keeping up to date with news, events and competitions. If you and your family need to increase cycle confidence, there are many courses you can attend and the details of these can also be found on the website.

Why cycle?

There are many benefits to getting on your bike – it's a great way to get around as well as giving you that all important weekly exercise. Cycling not only improves blood circulation, it burns fat and also increases the body's protection against various forms of diabetes and high blood pressure. It can also be a great stress-buster – exercising releases what are known as endorphins into your blood, creating a feeling of contentment and happiness, therefore helping to reduce stress. If you cycle in pleasant surroundings - your contentment level will be even greater! Regular cyclists also enjoy a fitness level equal to that of a person ten years younger.

...and the greatest benefit – it's free! Bicycles require no road tax, no MOT, no insurance, no licensing, no breakdown recovery services, and above all no fuel bills. A good bicycle will last for years, if not decades and it can be parked for free just about anywhere! There's cycle parking all around Aylesbury with secure parking at the station and in some car parks.

