

bike train



Join the biketrain and cycle to work.

What

Biketrain is all about getting a group of people on their bikes and commuting from home to work - **it's that simple.**

Why

It's good for you - regular cyclists enjoy a fitness level equal to that of a person ten years younger.

(Source: National Forum for Coronary Heart Disease Foundation, Sharp)

It's good for the environment - bicycles produce absolutely no pollution.

It's good for your wallet - Bicycles require no road tax, no MOT, no insurance, no licensing, no breakdown recovery services, and above all no fuel bills.

Where

The biketrain will run from Kendal to Staveley, Staveley to Kendal and Staveley to Windermere. Departing/arriving: Kendal Library and the Spar shop at Staveley.

When

The biketrain will leave from Kendal and Staveley at 8am to arrive at approximately 8.40am. The return leg will leave Kendal and Staveley at 5.15pm to arrive at 5.55pm. **Biketrain will run on the third Friday of each month.**

Are you thinking...

I enjoy cycling but feel like I'd be too slow.

Biketrain will be a relaxed ride into work and a great way to finish off the week. You can also ride one way and take the bike back on the train.

Work doesn't have a shower

The ride will be relaxed with moderate exercise so you shouldn't need a shower once you get to work

Cycling is too dangerous

The ride from Staveley to Kendal will be along quiet town and country roads via Bowston and Burneside. Cycling is safe and Cycling in a group is even safer.

Kendal to Staveley is too far to ride

The route is 4.5 miles and at an average speed of 7 miles per hour will take 38 minutes.

I don't have lycra/a helmet/a pump.

Wear casual, comfortable clothes. Legally you don't need to wear a helmet - it's your choice. The ride leader will have pump and emergency tool kit.

Interested? Email us

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Call **01539 822202** or visit **biketrain.org.uk**