Enjoy London by bike

Take in the sights and get active by cycling around Queen Mary University of London with our customised cycle routes.

We want you to see how easy it is to make cycling part of your life, and how enjoyable and useful it can be. So we’ve put together some helpful info to give you the tools to get cycling.

Don’t have a bike? Don’t let that stop you! There are plenty of ways to hire one cheaply.

Feel nervous or want to improve your skills? You can take free lessons from an experienced instructor. Whether you just need a refresher course, want to learn commuter skills or can barely stop you! There are plenty of opportunities to accompany you from your accommodation to university to demonstrate the quickest or quietest route to campus.

For more information or to request cycle training in your borough please email: cycletraining@tfl.gov.uk quoting the code ‘QMUL’ in the email subject line.

Social cycling

Social group and guided rides are becoming really popular. They’re a great way to meet new people and spend time with your friends.

Here are some guided free ones from British Cycling:

- Sky Ride Local
- Breeze

Ride Social

Find cycling buddies, groups or rides. Join Britain’s biggest cycling community. Ride together, discover more! ride-social.co.uk

Breeze

Join Breeze Champion on friendly, organised, local bike rides for women. goskyride.com/breeze

Explore London with Santander Cycles

Santander Cycles is London’s self-service bike-sharing scheme for short journeys.

You can hire a bike from as little as £2. Simply go to any docking station with your bank card and touch the screen to get started. For even quicker access, download the official Santander Cycles app, the fastest way to find and hire a bike.

There’s no need to book – hire a bike, ride it where you like, then return it to any docking station.

For more bike rental options visit tfl.gov.uk and search ‘rent a bike’.

Useful contacts

Cycling at QMUL

If you have any ideas or questions about cycling at QMUL, contact the sustainability team via email on sustainability@qmul.ac.uk and follow them on Twitter @QMULTravel @QMULSustain

QMUL cyclists’ group

QMUL has an active cyclists’ group. Keep up to date with cycling news and information from around the campus by following them on Twitter @QMCyclists

For more cycling information, including parking and shower locations, bike maintenance sessions dates and other cycling news, go to: www.qmul.ac.uk/about/sustainability/campus/transport

Everyone’s doing it

Over 9,000 cyclists travel across London Bridge every day...

One in four road users in central London’s morning rush hour is a cyclist!

Good for your health

Steady cycling burns around 300 calories per hour that’s goodbye to at least one doughnut!

The cost of a decent bike and equipment is £648 less than an annual bus pass and £1,660 less than an annual zone 1-4 rail pass

A 5% increase in cardiac fitness from cycling can lead to an improvement in mental capacity of up to 15%

1.4 tonnes

The amount of CO2 an average car emits per year

Cycling just 20 miles a week can reduce the risk of coronary heart disease by 50%}

Good for the environment

Make sure you’re not distracted unnecessarily. Don’t listen to music on headphones or use your mobile phone while cycling.

Steer clear of cycling on the pavement to avoid pedestrians.

And some sensible advice...

Consider wearing a helmet.

Stay safe by wearing bright clothes and fit your bike with lights and use them after dark to ensure you are always visible to vehicles.

Remember riding through red traffic lights is hazardous and illegal.

Free cycle skills

Discover your city on two wheels and pick up tips on cycling safely and with confidence in a two free two hour one-to-one session. Learn new skills and receive assurance from a fully qualified instructor. Sessions are tailored to your needs so ask your instructor to accompany you from your accommodation to university to demonstrate the quickest or quietest route to campus.

For more information or to request cycle training in your borough please email: cycletraining@tfl.gov.uk quoting the code ‘QMUL’ in the email subject line.

Some cycling tips

Whether you’re a complete beginner or an experienced cyclist, it’s always important to ride in a way that takes care of yourself and others.

Communication

Always use clear hand signals to show you intend to turn. Look back and make eye contact with other road users to check they’ve seen your signal.

Observation

Be aware of what is happening all around you. Watch out for traffic turning ahead of you or from upcoming junctions. Pay extra attention around large vehicles. Drivers of lorries, buses and vans cannot always see you, so it’s best to stay back and keep a safe distance. If you cannot see the driver of a large vehicle, they cannot see you. Always look back before changing direction.

Speed

Adjust your speed depending on traffic and type of road.

And some sensible advice...

Make sure you’re not distracted unnecessarily. Don’t listen to music on headphones or use your mobile phone while cycling.

Steer clear of cycling on the pavement to avoid pedestrians.

Plan your own route

Looking to plan your own route? You can order free cycle guides from TfL. These printed fold-out guides are recommended by experienced cyclists.

- Signed cycle routes
- Quieter, less busy routes
- Greenways through parks and along canals
- Stations with cycle parking

Alternatively use our Journey Planner to give you the best routes between stations, bus stops, parks, places of interest, addresses or postcodes.

tfl.gov.uk/cyclerguides

tfl.gov.uk/cycletraining

tfl.gov.uk/journeyplanner

Queen Mary University of London

Cycle guide

Queen Mary
University of London

GREENMARY
WORKING FOR A GREENER UNIVERSITY

Transport
For London

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