

GET CYCLING in Aberdeenshire

Cycling can help the environment!

Motor vehicles contribute to around 27% of all Greenhouse Gas emissions. Replacing a car journey with one by bike can help reduce air pollution caused by motor vehicles. Unlike the car, cycling does not:

- Produce greenhouse gases
- Produce air pollutants
- Cause congestion

Aberdeenshire Council aims to encourage cycling by seeking to improve or install facilities for cyclists at all major centres of employment. This may include covered cycle parking, cycle lockers, clothes lockers and shower and changing facilities.

For more information on how to start cycling check out Arcadia or speak to:

The Travel Planning Officer
Aberdeenshire Council
Tel: 01224 664773
Fax: 01224 662005
www.aberdeenshire.gov.uk

The average cost of travel per mile by car is £2.40.
The average cost of travel per mile by bike is £0.04!



You should cycle to work!

Cycling is often overlooked as a way of commuting to work, yet it is inexpensive and a great way to improve your health.

Cycling makes you look better!

- Gentle exercise such as cycling can help you to lose weight and stay in shape.
- Depending on your speed, cycling for an hour burns between 375 to 600 calories.
- Cycling is an ideal low impact exercise and it is an excellent complement to other sporting activities.
- It is easy to control how hard you pedal making it suitable for those unable to take exercise regularly.

Cycling makes you feel better!

- Being in a car exposes you to around 25% more pollution than if you are walking or cycling.
- Starting the day with some light exercise such as cycling can help you become more alert and better able to process information and handle tasks.
- Every time you exercise you boost your immune system, helping you to fight off illness.

Cycling can also make you live longer!

- Regular exercise such as cycling can help reduce your risk of heart disease, cancer, obesity, respiratory disease and diabetes.
- People who do regular exercise such as cycling to work can enjoy the well being of people ten years younger.

Cycling saves you money!

Apart from walking, cycling is the cheapest way to travel. It is far cheaper per mile than public transport or driving. The local journeys most suited to cycling are also the worst for your car, your bank balance and the environment. Cycling helps you to avoid:

- Fuel costs
- Parking Charges
- Wear and tear on your car

