

## **TOP MYTHS**



#### "IT'S TOO DANGEROUS"

You may be used to fast moving roads, but the chances are you can cycle to work a different way to your usual journey. Use Google Maps or MapMyRide to find your safest and easiest route to work!



#### "LIVE TOO FAR AWAY"

You can still take part in Cycle2Work. If you don't feel like you can cycle the whole way, you can just use the bike to assist your journey. Try cycling to the train or bus station, or even to a colleague's house to car share!



#### "I'M TOO UNFIT"

Start off small! We recommend just cycling part of the way to work and then build it up as and when you feel ready.



Electric bikes are actually less effort than walking and can help you up those hills!



### "I'M GOING TO TURN UP

Most riders wear light clothes and take it easy although we may pick up the speed if we fancy a challenge. If you are conscious about arriving hot and bothered, we recommend scoping out the showering and changing facilities and getting ready when you arrive. Need to get ready at home? An e-bike's electric motor completely takes the sweat out of cycling!



### "I'M A HYBRID WORKER SO WON'T BE ABLE TO



#### "I HAVE A COMPANY CAR, ALLOCATED PARKING OR TRAIN TICKET"

This doesn't matter! You can still take part in Cycle2Work!



#### "I CAN ONLY SHOP AT HALFORDS"

This couldn't be further from the truth! You can also shop at Tredz or at one of our hundreds of independent bike shops across the UK. You can access 98% of UK bike brands



#### "I DO THE SCHOOL RUN"

There are plenty of ways to get the kids involved! Child seats and child trailers are available on Cycle2Work - or if they have their own bike, ride together!



#### "I CAN ONLY GET A **COMMUTER BIKE**

No. Because everyone's commute is completely different, we offer every type of bike on Cycle2Work from mountain to electric



## "I CAN ONLY TAKE PART

Nope! You are able to apply again as soon as you have completed your deductions.



# "I NEED PROPER CYCLING

Absolutely not! You can wear anything from your work shirt to gym gear while cycling - whatever you feel comfortable and safe in



#### "DRIVING IS QUICKER"

Traffic is the main cause of long commutes, and by cycling to work you can often find quicker shortcuts to get to work. Don't forget that electric bikes can go as fast as 15mph, making cycling to work a breeze!

### halfords



Independent Bike Shops



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