CAMPUS CYCLING MAP

Routes and facilities for students and staff

CYCLING AND WALKING MAP

2011

Velocampus Leeds supports cycling through the bike hub on campus, providing student bike hire along with cycling advice, training, maintenance facilities and expertise for all.

Velocampus Leeds
www.leeds.ac.uk/velocampus

Leeds Primary Care Trust

For most city commutes, a bicycle is quickest door-to-door. Walking and cycling helps you to be punctual because you're not affected by traffic levels. Walking burns as many calories as jogging over the same distance. Active travel is good for your heart and lungs, is great for strengthening your muscles, bones and joints and helps to control weight. By walking and cycling regularly, you can greatly reduce your risk of stroke.

Cycling is inexpensive and walking costs nothing at all! Walking and cycling does not produce any additional pollution - the only fuel you'll need is food!

Active travel helps improve your mood and boosts your brain power. It is even more enjoyable to walk or cycle with a friend.

Cycling allows you to carry your shopping, books etc. All you need are some panniers or a basket.

Individual bike lockers can be hired for an annual charge of £25 by emailing transport@leeds.ac.uk.

Useful contacts

UTravelActive
www.leeds.ac.uk/utravelactive
www.leeds.ac.uk/velocampus

Bike Hub (hire, support and maintenance)
transport@leeds.ac.uk
0113 343 9179

Bike Hire
transport@leeds.ac.uk
0113 343 7255

Cycle Training
transport@leeds.ac.uk

Cycle Buddying
transport@leeds.ac.uk

Cycle to work scheme
www.leeds.ac.uk/hr/benefits/travel.htm

Transport Enquiries
www.leeds.ac.uk/environmental
transport@leeds.ac.uk

Estates Helpdesk (report a fault)
esthelp@leeds.ac.uk
343555

Security (report bicycle damage and theft)
security@leeds.ac.uk
3435494/5

Bicycle Users Group
www.leeds.ac.uk/leedsbug

Environmental Coordinators
www.leeds.ac.uk/environmental

For more routes see the Leeds City Cycle map, available from the velocampus bike hub or from www.leeds.gov.uk

This map is produced by CycleCity Guides for University of Leeds
www.cyclecityguides.co.uk
info@cyclecityguides.co.uk

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