

top cycle2work 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 car, bus or train. Websites like Google Maps or MapMyRide can help you find your safest and easiest route to work! Still worried? Why not join Cycle2Work with a friend and cycle together to boost your confidence!

“I LIVE TOO FAR AWAY”

False! No matter where you live, 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! If you are used to driving a long commute but still want to take part, drive part of the journey and cycle the rest!



“I’M TOO UNFIT”

If you are worried, 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 SWEATY”

We don't expect you to race to work! Most of us 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 would be the perfect option, as it's electric motor completely takes the sweat out of cycling!



TOP TIP



Worried about creased shirts? Try bringing all of your shirts in for the week on a Monday and hanging them up fresh and ready! Alternatively, there are plenty of retailers who supply travel friendly clothing.



“I’M A HYBRID WORKER SO WON'T BE ABLE TO TAKE PART”

FALSE! Hybrid workers can still join the scheme. As long as 50% of the bikes usage is to cycle to work, it doesn't matter whether you work onsite everyday or pop in now and then!

“I HAVE A COMPANY CAR, ALLOCATED PARKING OR TRAIN TICKET”

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



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“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.

halfords  tredz Independent Bike Shops

“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”

Everyone's commute is completely different, so we offer every type of bike on Cycle2Work – from mountain to electric.

“I CAN ONLY TAKE PART ONCE”

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

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“I CAN'T CYCLE IN BAD WEATHER”

Of course, you can! But if you wake up and don't want to face the rain, feel free to use a different mode of transport and get back on your bike when you feel like it.

“DRIVING IS QUICKER”

This is not necessarily true. 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!



“I NEED PROPER CYCLING CLOTHING”

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

“I HAVE TOO MUCH TO CARRY”

Even if you have a heavy laptop or lunchbox to bring to work, you can still cycle. Backpacks, bags, panniers and racks are available on Cycle2Work - and you can even get laptop specific ones!



www.halfords.com/cycle2work