

Transport for Greater Manchester is helping people to get on their bikes and reap the benefits of cycling more.

Our aim is for 10% of all journeys in Greater Manchester to be made by bike by 2025, so we're doing everything we can to make cycling easier.

We offer:

Free cycle training and courses whatever your level of experience.

New and improved cycleways and cycle parking for streamlined journeys.

Our cycle team offers practical support and resources including free Greater Manchester cycle maps and an information-packed newsletter.

www.tfgm.com/cycling

We're not the only ones passionate about cycling in Greater Manchester.

There's lots of information, help and advice available to get your cycling journey started:

- www.sustrans.org.uk
- www.britishcycling.org.uk
- www.cyclinguk.org
- www.gmcc.org.uk
- www.manchesterfoe.org.uk/loveyourbike

Wellbeing

Cycling ticks all the boxes of the five recognised ways to improve your wellbeing*:



Connect

Being part of a cycling community makes you feel valued and connects you to others.



Be Active

Whether a family ride or organised event, cycling boosts your mood and is generally a great all round form of exercise.



Take Notice

Cycling makes you aware of what's around you, noticing sights and sounds help you savour both the moment and your surroundings.



Keep Learning

Trying new things promotes wellbeing – learn to ride a bike, fix one, or brush up on your road safety skills.



Give

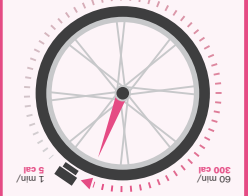
Cycling offers opportunities to give back to your community – helping those new to cycling and volunteering at events is very rewarding.

*Five Ways to Wellbeing, national framework (New Economics Foundation)



Physical Health

Cycling burns around **5 calories** a minute



300 calories an hour



Cycling helps you sleep better and for longer. 150 minutes of moderate to vigorous exercise a week can improve your sleep quality by 65%.



Cycling helps to reduce high blood pressure and your chance of having a stroke.



Cycling helps tone your legs and bum without putting stress on your joints.



People who cycle regularly are as fit as those 10 years younger...



...and live two years longer than those who don't.

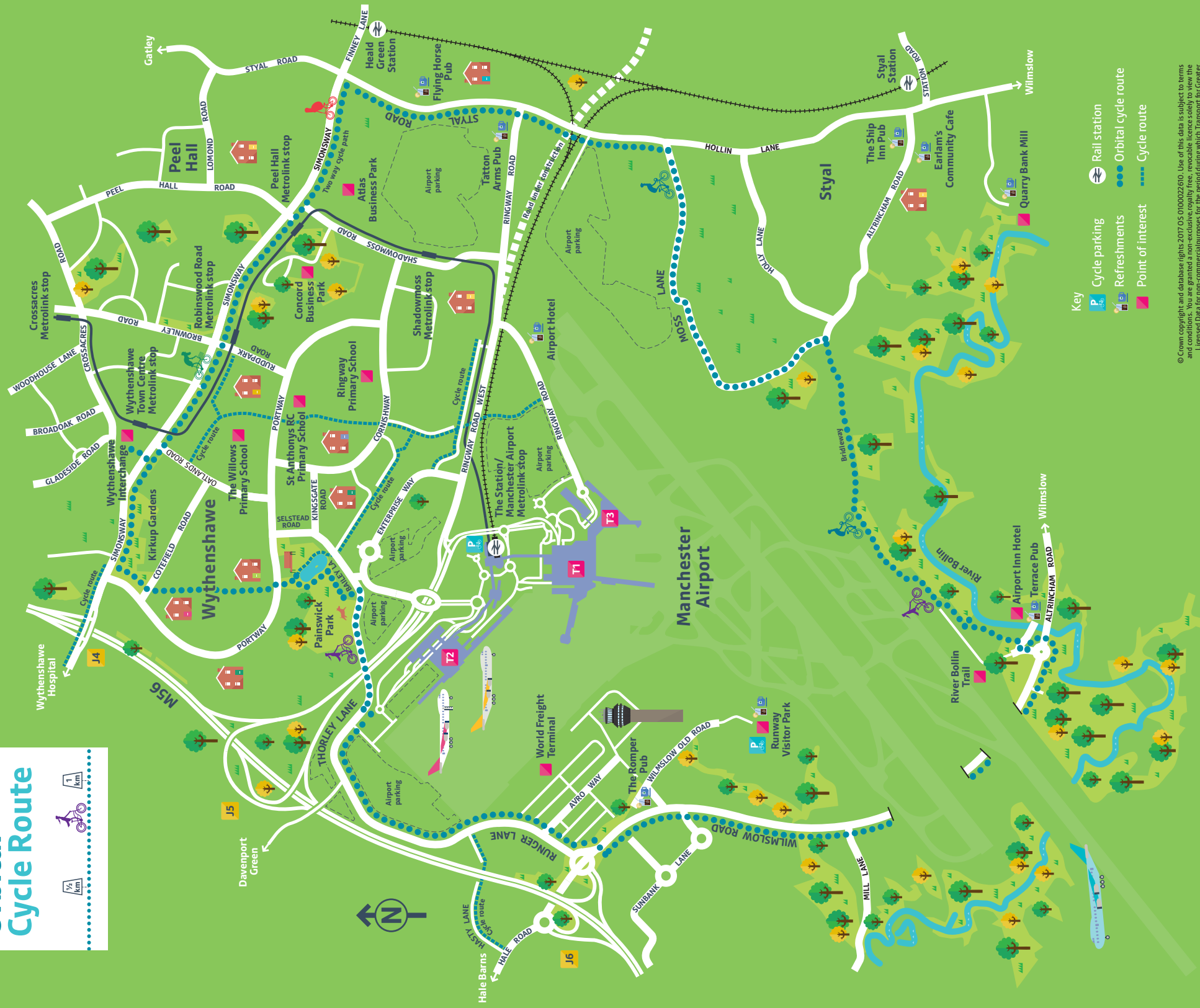
Manchester Airport Orbital Cycle Route



Manchester Airport Orbital Cycle Route



Distance: 8.64 miles
Duration: 48 minutes
Difficulty: Easy



Key

- Cycle parking
- Refreshments
- Point of interest
- Rail station
- Orbital cycle route
- Cycle route

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