



# YOUR GUIDE TO CYCLING IN BRENT

[www.brent.gov.uk/cycling](http://www.brent.gov.uk/cycling)



**Brent**



01

# IN THIS GUIDE:

# WELCOME TO YOUR GUIDE TO CYCLING IN BRENT.



**01** WELCOME TO YOUR GUIDE TO CYCLING IN BRENT.

**02** ROUTES AND PARKING.

**03** YOUR BIKE.

**04** CYCLE ON PRESCRIPTION.

**05** SAFETY TIPS.

**06** EVENTS.

**07** LOCAL COMMUNITY AND WORKPLACE CYCLE EVENTS.

**08** CYCLIST AWARENESS TRAINING FOR HGV DRIVERS.

**09** DO YOU KNOW YOUR SIGNS?



The guide has been compiled to provide you with lots of useful information about cycling in the area. Brent is a Biking Borough and is committed to implementing measures designed to increase cycling in the area.

Brent Council supports and encourages everyone who lives and works in the borough to cycle. Choosing to cycle can help your health, wellbeing and fitness levels and as well as offering benefits to your local community by reducing the congestion and pollution caused by vehicle travel.

Cycling is a cheap, healthy and non-polluting mode of transport that is often the quickest way to make short journeys around Brent. It's a great way to get to work or college, to the shops and is an easy way to fit some exercise into your day.

**DID YOU KNOW...**

**IT TAKES JUST 30 MINUTES TO CYCLE FIVE MILES?**

**SO WHY NOT GIVE CYCLING A TRY?**

**CYCLE PARKING CAN BE FOUND IN CONVENIENT LOCATIONS NEAR SHOPS, WORKPLACES AND TRAIN STATIONS ACROSS BRENT.**

# ROUTES AND PARKING.



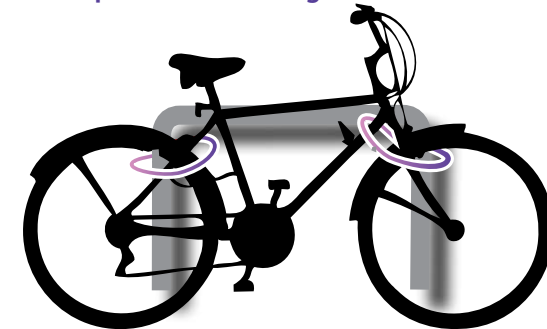
You can find information about cycling routes and a cycling Journey Planner for London at [www.tfl.gov.uk/cycling](http://www.tfl.gov.uk/cycling). Using TfL's online cycling journey planner, you have a choice of 'easy', 'moderate' or 'fast' routes to your destination. If you don't want to cycle the whole way, you can also discover the Tube services you can take your bike on, and the stations where you can park it.

Try to use routes that avoid heavy traffic. Throughout Brent there are plenty of safe cycle routes that provide access to many key local destinations such as to shops, workplaces and train stations. In addition to cycle routes found along main roads, you can find quiet routes running through parks, along the canal and through residential streets – perfect if you're new to cycling or want to build your confidence. Look out for new routes coming as part of the Brent Biking Borough programme.

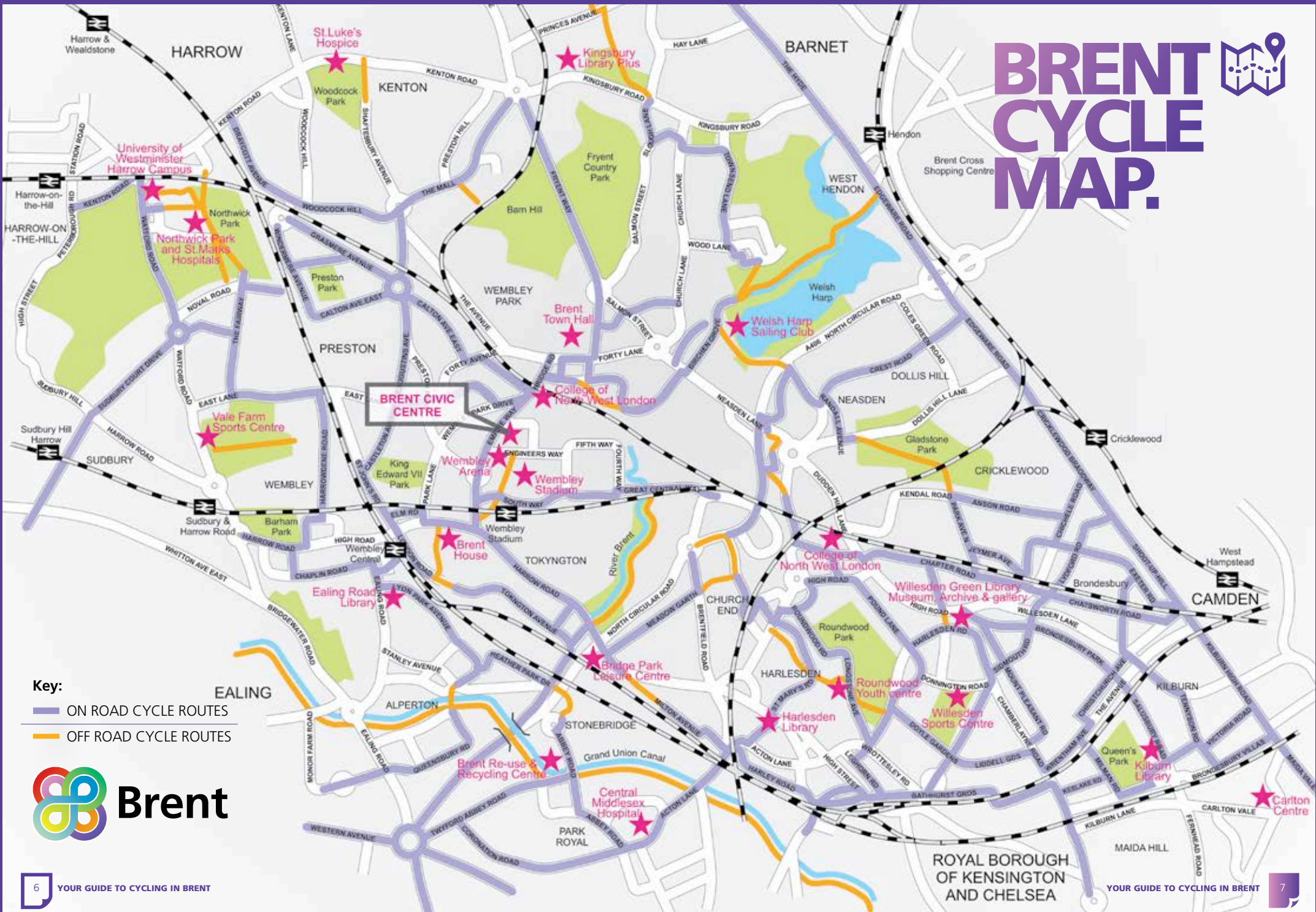
TfL has produced 14 free Cycle Guides showing the best cycle routes across the whole of London. Area guides 3, 4, 6 and 7 cover Brent and can be ordered on TfL's website ([www.tfl.gov.uk/cycleguides](http://www.tfl.gov.uk/cycleguides)) or by telephoning **0843 222 1234**. The map on the next page highlights the key cycle routes in Brent.

Cycle parking can be found in convenient locations near shops, workplaces and train stations across Brent. When parking your bike make sure you use a good quality lock, preferably two, so you can lock the bike frame and wheels.

Brent Council is continually putting in new cycle parking across Brent, so if you know of a location that needs cycle parking, please email: [transportation@brent.gov.uk](mailto:transportation@brent.gov.uk)



# BRENT CYCLE MAP.



**Key:**  
— ON ROAD CYCLE ROUTES  
— OFF ROAD CYCLE ROUTES



# YOUR BIKE.



Think about the kind of bike you need – how much do you want to use it, how much do you want to spend? Your local bike shop will be able to give you specific advice. You can also find more information about the right cycle for you at [www.lcc.org.uk](http://www.lcc.org.uk).

It is also worth asking your employer if it offers interest free loans towards the purchase of a bike and associated equipment.

Buy a good quality lock and lock the bike's frame and both wheels to a stand or immovable object.

Record your bike's frame number. You can register your bike and frame number at [www.immobilise.com](http://www.immobilise.com). The Police also offer free security marking of your bike, so look out for this service at local events.

Remember to take out appropriate insurance.

Maintain your bike. Pump up your tyres regularly and keep the chain well oiled. If you need something fixed you could take your bike to a local cycle shop, to one of Cycletastic's ([www.cycletastic.org.uk](http://www.cycletastic.org.uk)) Dr Bike workshops or bike shed open sessions, or to one of Brent Council's Dr Bike events. Dr Bike is the name given to free events that we hold regularly throughout Brent, where a qualified bike mechanic gives bikes a "check-up" and undertakes minor repairs.

# CYCLE ON PRESCRIPTION.

We also offer some residents the opportunity to learn to cycle in small groups on a five-week course that is available from June 2013. You don't even need to own a bike to attend the course as these will be provided. To sign up for the course, the cycle on prescription form must be completed and signed by a health professional (your GP, physiotherapist, dietician or nurse) ([www.brent.gov.uk/cycleonprescription](http://www.brent.gov.uk/cycleonprescription)).

Once your form is complete please call or email us to book your place, quoting 'Brent Cycle on Prescription' on [020 8937 3707](tel:02089373707) or [sportsservice@brent.gov.uk](mailto:sportsservice@brent.gov.uk). After 11 July please call [020 7231 6005](tel:02072316005) or email [info@cycletraining.co.uk](mailto:info@cycletraining.co.uk).

You will be required to pay a £5 refundable deposit at the start of the course which will be returned to you when you have completed the whole course. Courses will run on Wednesdays at Vale Farm Sports Centre starting on 26 June. Each lesson lasts one hour and is held throughout the day between 1pm and 8pm.



**REMEMBER  
TO TAKE OUT  
APPROPRIATE  
INSURANCE.**

# SAFETY TIPS:



## BE VISIBLE TO OTHER ROAD USERS AND PEDESTRIANS.

Wear bright, fluorescent (during the day) or reflective (at night) clothing and always use lights after dark, in the rain or if the weather is overcast.

## DON'T RIDE IN THE GUTTER.

Give yourself space on the left and don't feel you have to hug the kerb if a car behind you gets impatient.

## RIDE DECISIVELY.

Don't weave between lanes or change direction suddenly without signalling.

## PROTECT YOURSELF.

A cycle helmet is recommended for safe cycling; however, it must fit the cyclist's head, be worn and adjusted correctly and replaced after any impact.

## SHOW DRIVERS WHAT YOU PLAN TO DO IN PLENTY OF TIME.

Always look and signal before you start, stop and turn.

## MAKE EYE CONTACT WITH DRIVERS.

Let them know you've seen them.

## USE CYCLE FACILITIES WHEREVER POSSIBLE.

These include cycle lanes and paths and advanced stop areas for cycles at traffic lights.

## DID YOU KNOW...

## BRENT REGULARLY HOLDS 'EXCHANGING PLACES' EVENTS

PLEASE CHECK [WWW.BRENT.GOV.UK](http://WWW.BRENT.GOV.UK) FOR DETAILS

## CYCLE TRAINING

You can gain confidence by taking advantage of the cycle training that is on offer to those people living, working or studying in Brent. You can get cycle lessons for only £5 (**FREE** if you are unemployed or over 65). Professional cycling instructors will teach you locally and lessons last for two hours.

### Lessons can help:

- complete beginners to learn to cycle for the first time
- family groups to cycle together as a family
- commuters to build up confidence to cycle to work safely
- those people who haven't cycled much recently with refresher training.

To book a lesson complete the booking form on Cycle Training UK's website: [www.cycletraining.co.uk](http://www.cycletraining.co.uk) and click the lessons link or telephone **020 7231 6005**.

As part of the council's Safer Routes to School (SRTs) programme we offer cycle training for schools. We provide awareness information as well as cycle proficiency training and education from ages two to 16 years and wider via Cycle Training UK's schools training programme.

Sustrans' school cycling project, Bike It is supported by the council and Brent NHS. The Bike It project involves sessions that assist children and their parents to cycle more confidently and events that encourage them to cycle more regularly.

If you would like to become a 'Bike It' school or have any questions about the project please call **020 7017 2355**.

## WHY NOT PARTICIPATE IN THE MANY, FUN, LOCAL CYCLING EVENTS COMING UP?



## CYCLING EVENTS.

There are over 200 fantastic, free and affordable activities as part of the Brent in Summer programme starting on 27 July. [www.bmyvoice.org.uk/brentinsummer](http://www.bmyvoice.org.uk/brentinsummer)

The Sky Ride Local programme is a series of free, fun, guided bike rides around the local area taking place until 29 September 2013. Guided by friendly British Cycling Ride Leaders along scenic planned routes, this is a great way to get out and see your local area on two wheels.

## COMING SOON

**BMX track – plans are in place to develop a BMX track at St David's Close in Chalkhill.**

With different levels, there are rides for all abilities - whether you are building your confidence or are already comfortable on a bike and looking for a challenge. Further information can be found below and at [www.goskyride.com/brent](http://www.goskyride.com/brent) or contact **020 8937 3707** or [sportsservice@brent.gov.uk](mailto:sportsservice@brent.gov.uk)

## JUNE 2013

EVENT	DATE	LOCATION	FURTHER INFORMATION
<b>BRENT AND BOARDERS GREENWAY SKYRIDE (STEADY LEVEL)</b>	10 am on 9 June	Starting at Gladstone Park	<a href="http://www.goskyride.com/brent">www.goskyride.com/brent</a>
<b>BIKE WEEK</b>	15-23 June	Look out for various events	<a href="http://www.bikeweek.org.uk">www.bikeweek.org.uk</a>
<b>VALE FARM MEANDER SKYRIDE (EASY LEVEL)</b>	2pm on 23 June	Starting at Vale Farm	<a href="http://www.goskyride.com/brent">www.goskyride.com/brent</a>
<b>GLADSTONBURY FESTIVAL OF INTERNATIONAL FOOD, ART, MUSIC, SPORT AND DANCE</b>	12 – 7pm on 30 June	Gladstone Park	<a href="http://www.brent.gov.uk/whatson">www.brent.gov.uk/whatson</a>
<b>CYCLE ZONE – BIKE SECURITY MARKING, CYCLE SAFETY CHECKS, 'TRY CYCLING' SESSIONS</b>			

# CYCLING EVENTS.

\* For the most up to date details look at the Council's website (cycling page), and follow Brent Council on Twitter and facebook.

## ➤ JULY 2013

EVENT	DATE	LOCATION	FURTHER INFORMATION
GLADSTONE PARK EXPLORER SKYRIDE(EASY LEVEL)	2pm on 7 July	Gladstone Park	www.goskyride.com/brent
KILBURN FESTIVAL	14 July	Kilburn Grange Park	
ROAD TO WEMBLEY SKYRIDE (STEADY LEVEL)	10am on 21 July	Starting at Vale Farm	www.goskyride.com/brent
CYCLE TRAINING FOR ADULTS AND CHILDREN (PRIORITY TO REFUGEE AND LOW INCOME FAMILIES) FOR UP TO 24 TRAINEES	22-26 July	Salisbury Primary School ( pool bikes are available)	www.cycletastic.org.uk

## ➤ AUGUST 2013

EVENT	DATE	LOCATION	FURTHER INFORMATION
RIDE LONDON FESTIVAL	3-4 August	Various	www.prudentialridelondon.co.uk
GLADSTONE PARK EXPLORER SKYRIDE (STEADY LEVEL)	10am on 18 August	Starting at Gladstone Park	www.goskyride.com/brent
FAMILY CYCLE TRAINING	19 August	Salisbury Primary School	info@cycletastic.org.uk

## ➤ SEPTEMBER 2013

EVENT	DATE	LOCATION	FURTHER INFORMATION
ROAD TO WEMBLEY SKYRIDE (STEADY LEVEL)	2pm on 1 September	Starting at Vale Farm	www.goskyride.com/brent
SILK ROAD FESTIVAL	2-7 September	Venues across Cricklewood Broadway	info@cricklewood.net
QUEEN'S PARK DAY	15 September	Queen's Park	www.qpark.org.uk/queens-park-day
NEW SKYRIDE ROUTE (EASY LEVEL)	10am on 15 September	To be confirmed	www.goskyride.com/brent
METROLAND SKYRIDE (CHALLENGING LEVEL)	10am on 22 September	Starting at Vale Farm	www.goskyride.com/brent
THE BUNKER AND THE TEMPLE SKYRIDE (STEADY LEVEL)	10am on 29 September	Starting at Bridge Park Sports Centre	www.goskyride.com/brent

## ➤ OCTOBER 2013

EVENT	DATE	LOCATION	FURTHER INFORMATION
BRENT CELEBRATES YOUR CIVIC CENTRE - GRAND OPENING WEEKEND	6 October	Brent Civic Centre	www.brent.gov.uk/your-council/brent-civic-centre/
DROP-IN DR BIKE	26 October	Charteris Sports Centre, Charteris Road NW6	info@cycletastic.org.uk
CYCLE MAINTENANCE CLASS	27 October	Charteris Sports Centre, Charteris Road NW6	info@cycletastic.org.uk

## ➤ MARCH 2014

EVENT	DATE	LOCATION	FURTHER INFORMATION
BRENT CYCLE ACTION DAY	To be confirmed	To be confirmed	transportation@brent.gov.uk





# LOCAL COMMUNITY AND WORKPLACE CYCLE EVENTS.

Brent Council works with local community groups, schools and workplaces to organise events that promote cycling. These events can involve a wide range of activities, including:

- ↘ Dr Bike - a qualified bike mechanic giving bikes a "check-up" and undertaking minor repairs
- ↘ cycle maintenance workshops
- ↘ cycle route planning and cycle information stalls
- ↘ group cycle training sessions
- ↘ bike breakfast, lunch or picnic events
- ↘ cycle security marking and advice on avoiding cycle theft
- ↘ group cycle rides led by qualified instructors.

- ↘ if you are a community group, school or workplace and would like to hold a cycle event, please contact us at: [transportation@brent.gov.uk](mailto:transportation@brent.gov.uk)
- ↘ Brent Council supports Cycletastic, a local group of volunteers who have a bike shed off Willesden Lane in North Kilburn where they undertake bike maintenance and recycle bikes that are then available for sale. Cycletastic also organises local cycle events and activities throughout the year. To find out more visit [www.cycletastic.org.uk](http://www.cycletastic.org.uk) or email [info@cycletastic.org.uk](mailto:info@cycletastic.org.uk)

# CYCLIST AWARENESS TRAINING FOR HGV DRIVERS.



With around half of all cycle deaths in London involving a Heavy Goods Vehicle (HGV), the safety of cyclists around HGVs is a particular concern for Brent Council. There are two complementary projects aimed at both cyclists and HGV drivers to help tackle this issue.

## FREE TRAINING FOR HGV DRIVERS:

Brent Council offers a free one-day Certificate of Professional Competence (CPC) accredited training course for HGV drivers called 'Safe Urban Driving'. The course has a particular focus on sharing the road safely with more vulnerable road users including cyclists and pedestrians. The course includes a practical element of riding a bike on the road to provide HGV drivers with the opportunity to experience a cyclist's view.

If you are a HGV driver, or a company which employs HGV drivers, contact [transportation@brent.gov.uk](mailto:transportation@brent.gov.uk) for more details about the course.

## EXCHANGING PLACES:

Brent Council also organises 'Exchanging Places' events which provide cyclists with the opportunity to climb into the cab of a HGV and watch another cyclist ride up the left side of the vehicle to experience a driver's blind spots. Look out for an event near you.



# DO YOU KNOW YOUR SIGNS?

09



**GETTING TO KNOW YOUR SIGNS WILL KEEP YOU MOVING AROUND BRENT.**

## MATCH THE SIGNS TO THEIR MEANING!

1.



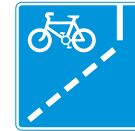
2.



3.



4.



5.



6.



7.



8.



9.



10.



CYCLE LANE

MOTOR VEHICLES PROHIBITED (CYCLE PERMITTED)

NO ENTRY (FOR ALL VEHICLES INCLUDING CYCLES)

CYCLE ROUTE FORMING PART OF THE NATIONAL CYCLE NETWORK

NO CYCLING

ROUTE FOR USE BY PEDAL CYCLES ONLY

WITH-FLOW CYCLE LANE AHEAD

SEGREGATED ROUTE

CYCLE ROUTE

SHARED ROUTE FOR CYCLISTS AND PEDESTRIANS TOGETHER

Sign answers:

1. No entry (for all vehicles including cycles)
2. No cycling
3. Route for use by pedal cycles only
4. With-flow cycle lane ahead
5. Cycle route
6. Segregated route
7. Shared route for cyclists and pedestrians together
8. Motor vehicles prohibited (cycle permitted)
9. Cycle lane
10. Cycle route forming part of the National Cycle Network

# USEFUL CONTACTS

## **BRENT COUNCIL CYCLING INFORMATION:**

[www.brent.gov.uk/cycling](http://www.brent.gov.uk/cycling)

## **BRENT COUNCIL INFORMATION ON HOW TO BE MORE ACTIVE:**

[www.brent.gov.uk/sports](http://www.brent.gov.uk/sports)

## **SKYRIDE PROGRAMME:**

[www.goskyride.com/brent](http://www.goskyride.com/brent) or 020 8937 3707  
or [sportsservice@brent.gov.uk](mailto:sportsservice@brent.gov.uk)

## **TFL CYCLING INFORMATION:**

[www.tfl.gov.uk/cycling](http://www.tfl.gov.uk/cycling)

## **CYCLE TRAINING UK:**

[www.cycletraining.co.uk](http://www.cycletraining.co.uk) or 020 7231 6005

## **SUSTRANS' BIKE IT PROGRAMME:**

[www.sustrans.org.uk/what-we-do/bike-it](http://www.sustrans.org.uk/what-we-do/bike-it)

## **LONDON CYCLING CAMPAIGN:**

[www.lcc.org.uk](http://www.lcc.org.uk)

## **LONDON CYCLING NETWORK:**

[www.londoncyclenetwork.org.uk](http://www.londoncyclenetwork.org.uk)

## **CYCLETASTIC:**

[www.cycletastic.org.uk](http://www.cycletastic.org.uk) or [info@cycletastic.org.uk](mailto:info@cycletastic.org.uk)

## **BRENT CYCLISTS:**

[www.brentcyclists.org.uk](http://www.brentcyclists.org.uk)

## **WILLESDEN CYCLING CLUB:**

[www.willesdencyclingclub.org.uk](http://www.willesdencyclingclub.org.uk)