Cycle Training & Cycle ‘Buddy’ Training

Cycle training for children is provided through many schools in the Borough. Contact your local school or the School Travel Adviser for more information (see details opposite).

Free adult cycle training and cycle ‘buddy’ training is also available, for adults who work, live or study in Tower Hamlets. With the cycle ‘buddy’ training, a fully qualified cycling instructor will show and accompany you on a useful cycling journey (such as home to work) providing you with the safest or most convenient route. Training can also take place on Barclays Cycle Hire bikes.

For details email cycling@towerhamlets.gov.uk or call 020 7364 6707.

An All Ability Cycling Club also runs in the Borough, providing opportunities for anyone to cycle regardless of age or ability. Group and individual sessions are available.

For full details of these schemes see www.towerhamlets.gov.uk/cycling

Barclays Cycle Hire and Barclays Cycle Superhighways

Barclays Cycle Hire bikes are available across most of Tower Hamlets, and central London. Docking stations are marked by the red dots on the map overleaf. Find out more at www.tfl.gov.uk/barclayscyclehire

Take a cycle, ride it where you like, then return it, ready for the next person. Bikes are available 24 hours a day, all year round. It’s self-service and there’s no booking. Just turn up and go. It’s best for short journeys in or around the Borough.

Hiring a bike - become a member online OR buy access at any docking station with a credit or debit card, as a casual user

Consider becoming a member if you think you will use Barclays Cycle Hire regularly – you’ll receive a cycle hire key (£3) which gives quick and easy access to any cycle directly at the docking point.

Costs - you pay to hire a cycle (access fee) and for the amount of time you’ve got it (usage).

Usage costs are the same whether you’re a Member or not, though Members can buy the most cost-effective (annual) access. The costs shown below, for each cycle hired:

- Access fee - 24 hours £1 • 7 days £5 • Annual £45
- Usage charge (time between picking up and returning a cycle) • Up to 30 minutes FREE • Up to an hour £1 • Up to one and a half hours £4 • Up to two hours £6 • Up to two and a half hours £10 • Up to three hours £15 • Up to six hours £35 • Up to 24 hours (maximum) £50
- Other charges - Membership key £3 each (to release the cycle easily and quickly you will need to pay the £3 Membership key fee for each key you request up to four keys) • Late return charge £150 • Damage charge up to £300 • Non return charge £300.

Helping hand - If you have any other queries or concerns you can call the Barclays Cycle Hire contact centre on 0845 926 3630. The contact centre will also be able to advise on how to deal with lost, stolen or damaged bicycles.

Free adult cycle training in Tower Hamlets is now available using Barclays Cycle Hire bikes. For full details visit www.towerhamlets.gov.uk/cycling

Barclays Cycle Superhighways - Barclays Cycle Superhighways are direct cycle routes leading to Central London, with blue surfaces making them easy to identify. There are two routes through Tower Hamlets (as marked on the map overleaf):

- CS2: Bow to Aldgate
- CS3: Barking to Tower Gateway

Visit www.tfl.gov.uk/cycling to find out more about Barclays Cycle Superhighways.

Cycle Safely & Considerately

- Take particular care when cycling near HGVs and larger vehicles. Cycle training is a great way to develop your skills.
- Be seen – always use lights at night and consider wearing hi-visibility clothing.
- It is recommended that you wear a cycle helmet, but it is not compulsory.
- Look after your bike! A well-maintained bike is your best ally on the road. Check your tyres and brakes regularly.
- Ride confidently, placing yourself on the road so other road users can see you, and always signal your intentions clearly to other road users.
- Give pedestrians priority on shared paths; give them the kind of space you’d like to be given by cars.
- Jumping red lights and riding on pedestrian-only pavements is illegal, it can be dangerous or frightening for others, plus it gives cyclists a bad name. Don’t do it!

Cycle Security

- Always lock your bike securely, even if you’re just leaving it out of sight for a few seconds.
- Remove smaller parts and accessories that can’t be secured, especially lights, pumps and quick release saddles.
- Use a decent lock. See the London Cycling Campaign website for information on different types of locks and www.soldssecure.com for information on certified locks.
- Register your bike for free at www.immobilise.com This will help police to return it to you if it is stolen.
- Insure your bike. You can extend your home contents insurance to cover your bicycle or if your bicycle is particularly valuable you may need to insure it separately. See www.bikeforall.net for recommended insurers.

Local Cycling Groups

Tower Hamlets Wheelers are a local cycling group affiliated to the London Cycling Campaign. They run community cycling projects, campaigns and organise social rides and events to bring cyclists in the area together.

See www.towerhamletswheelers.org.uk

Tower Hamlets Cycling Club are a British Cycling Go-Ride Club providing cycling sessions for adults and children of all ages and abilities.

The Club aims to break down barriers which discourage certain groups from enjoying cycling, such as women from ethnic minorities and people with disabilities. Club bikes are available for those who don’t have their own.

Details of these and other groups can be found at www.towerhamlets.gov.uk/cycling

Click on the Community led cycling projects link.

Cycle Map

Tower Hamlets

2012/2013