

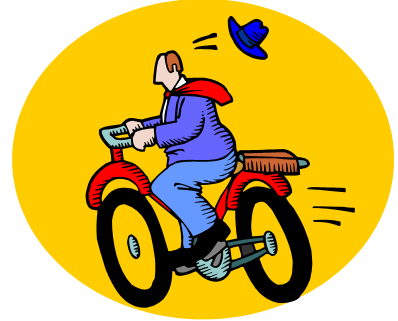


## Sustaining Dunbar

### Travel Advice Fact Sheet 2 -Cycling

#### Why Cycle?

With the lowest rainfall and highest levels of sunshine in Scotland it's no surprise that so many people choose to cycle round Dunbar. The town is compact and mostly flat. Moderate exercise taken every day is far more beneficial than one big workout per week, so if you don't already cycle for all your local errands, why not give it a go? You don't have to wear special clothes or need a special bike though it helps if it's designed for low maintenance and to keep your clothes clean. For short distances, cycling is fast and convenient and with the right equipment you can carry heavy loads of shopping or children.



Dunbar Primary School has one of the highest rates of cycling to school in Scotland. This has given children the opportunity to experience the freedom and independence which their own transport can give them, as well as giving them knowledge of road safety and a healthy start in life. By maintaining this through their lifetime they will help to create a clean, safe and healthier community. Now mums and dads, younger siblings and grandparents have begun to accompany them on bikes and trailers too. You can become part of the cycling culture, even if you haven't cycled in earnest since you were a child. It's easy, think of all the money you'll save, the exercise you'll get, and you'll be doing your bit to help the environment too.

This factsheet will give you basic help and advice on how to start out cycling again. You're not alone, most bicycles in the Dunbar area are not being used regularly, let's change this!

#### More Reasons to Cycle!

##### Health and Wellbeing

- People cycling regularly in mid adulthood typically have a level of fitness equivalent to being 10 years younger and a life expectancy 2 years above the average<sup>1</sup>.
- Cycling 20 miles a week reduces the risk of heart disease by half<sup>2</sup>.
- In slow moving traffic there is three times as much pollution inside a car than outside<sup>2</sup>.
- Cycling is an ideal way to fit some exercise into your normal daily routine; just 30 minutes of cycling burns around 300 calories. Cycling firms your thighs and bottom and can tone your tummy muscles<sup>1</sup>.
- A research study in California showed that children who walk or cycle to school arrived more ready to learn and achieved higher exam results than those who were driven to school<sup>3</sup>. In addition to health benefits, children who cycle to school learn a sense of responsibility for their travel and for looking after their bikes. They connect more directly with their surroundings, the changing weather and seasons, developing social skills and becoming independent travellers<sup>3</sup>.

##### Money and Time Saving

- £1 in every £6 spent by the average UK household is on travel, the potential to save money by cycling is huge!
- Cycling is often the fastest way to travel for journeys of less than 3 miles, the average cycling speed varies between 6 and 12 miles per hour.
- Cycling is much cheaper than getting the car out for that trip round the corner; short journeys cost an average of £2.40 per mile.

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<sup>1</sup> Sustrans

<sup>2</sup> East Lothian Council

<sup>3</sup> Cycling Action Plan for Scotland

- Wear and tear on your car is highest during short journeys.
- You can usually park your bike outside your destination for free.
- You don't need road tax, an MOT or breakdown cover for a bike.

### Environment

- It helps the environment by reducing emissions, congestion and noise; cycling is 70 times more efficient than the average car.
- Cycling instead of using a car for a 3 mile journey will save CO<sub>2</sub> equivalent to that of boiling 67 kettles or powering a telly for 12 hours. If you cycle back too, then double these figures!
- 2kg of carbon are saved for every short journey that is made by bike instead of car.

Cycling is the perfect way to fit exercise into your daily routine, or use as an activity in your free time. National Cycle Network 76 (Coast and Castles) goes right through Dunbar. Quiet paths through the woods in Dunbar and Belhaven, and routes to Whitesands and Belhaven Bay are also easily reached and suitable for inexperienced cyclists. A map showing paths and quiet roads in Dunbar and District is available from Sustaining Dunbar. Information about suitable routes for cycling can be found in

- Cycling in East Lothian (East Lothian Council, free)
- Dunbar and East Linton Maps (Sustaining Dunbar, free)
- East Lothian Cycle Map (SPOKES, £4.95)

All these publications are available from Sustaining Dunbar.

### Safety and Basic Cycling Rules

Mutual respect and consideration for other road users and pedestrians will make travel more enjoyable and safer. Using your bike bell and friendly greetings will make a big difference.

- Be considerate to all road users and pedestrians; let walkers know you're behind them with a friendly bell or "excuse me", and say thank you when they move for you. Leave as much space as possible when passing, it is usual to pass on the right, and take care when passing small children and dogs; they don't always do what you expect.
- Ride well clear of the kerb, to avoid potholes and drains. This will also make you more visible at junctions. Ride a straight line past parked cars rather than dodging between them. Be careful near lorries and buses, they may not be able to see you very well.
- Make sure your bike is in good working order before you set off; brakes should be working well and tyres pumped up and make sure lights are working and reflectors are clean.

### Bike Parking and Keeping your Bike Safe

Lothian and Borders Police have a bike registry service giving advice about keeping your bike safe and enabling you to make a note of all your bikes details. This may help if it gets stolen. The basic registration service is free, go [www.bikeregistry.com/](http://www.bikeregistry.com/).

Basic advice:-

- D-locks or thick cable locks are the best, lock through the frame and wheel to a secure object.
- Always park in a busy, well-lit location, near CCTV cameras if possible.
- Remove any expensive accessories.
- Keep bike out of sight at home, over half of all bikes stolen are from homes.
- Record your bike details such as serial number (usually located on crankshaft under pedals) on bike passport or at [www.immobilise.com](http://www.immobilise.com).
- Get bike security marked with postcode, local police can advise.
- Include bike in home contents insurance or separately if used frequently to commute.
- For children at Dunbar Primary School, Mr Roberson the janitor will engrave your bike or scooter with your name or postcode free of charge. This can be especially useful if there are several children with the same make of bike parked at the school.

## LOCAL PROJECTS/OPPORTUNITIES

### What's Stopping You

This project aims to inspire local people to get their unused bikes out of the back of the garage. In return for a commitment to regular cycling, residents will get help to get their bike back on the road, a voucher for bike equipment and training/maintenance sessions. For further information, and to join up, contact [morag@sustainingdunbar.org](mailto:morag@sustainingdunbar.org), or visit [sustainingdunbar.org](http://sustainingdunbar.org)

### Dunbar Cycling Group

Dunbar Cycling Group is a new focus for bikes and cycling in and around Dunbar. Look on their website [dunbarcycling.org.uk](http://dunbarcycling.org.uk) for details of current projects including:

- Bike Clinics
- Local Rides
- Cycle Training

### Bike Fest 2011 sponsored by

This annual event takes place in June. Attractions in 2011 included a display by the Edinburgh Falcons Bike Speedway Team, Competitions, Bike Parade, Dr. Bike and a second hand bike sale. Contact Mark on 866920 for details of next year's event.

### Other Useful Things

#### Bike Hire

Bike Hire is available at Belhaven Bikes at the Rigg Service Station on Belhaven Road in Dunbar. You can hire a bike from 2 hours to a week; road bikes and mountain bikes are available. Contact Belhaven Bikes 01368 860300, or e-mail [www.belhavenbikes.co.uk](http://www.belhavenbikes.co.uk).

#### Bikes on Trains

You must make a bike reservation in advance for your train journey if you want to be sure of getting your bike on the train; there are very limited spaces (2-4, depending on train operator). Bike reservations are free and can be made at the station or by phoning the train operators:-

Scotrail: 08457 550033  
Cross Country: 08448 110124  
East Coast: 08457 225225

#### Websites

[www.sustainingdunbar.org](http://www.sustainingdunbar.org) - information about cycling, Dunbar cycling group and "What's Stopping You" project, as well as lots of information about other forms of sustainable travel.

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

[www.thecyclingexperts.co.uk](http://www.thecyclingexperts.co.uk) - to find a specialist cycle retailer near you

[www.whycycle.co.uk](http://www.whycycle.co.uk) - gives wonderful advice for new cyclists in the UK

[www.spokes.org.uk](http://www.spokes.org.uk) - advice about cycling with kids

[www.rospa.com](http://www.rospa.com) - advice about bike safety

[www.ctc.org.uk](http://www.ctc.org.uk) - produce guides for family cycling and cycling for women.

[www.thebiketstation.org.uk](http://www.thebiketstation.org.uk) - Bike recycling project in Edinburgh, hundreds of cheap reconditioned bikes available.

[www.cyclestreets.net](http://www.cyclestreets.net) - brilliant site, plans the cycle route for you, giving you the option of fastest or quietest route, shows you profile (hills), distance, carbon saving.

[www.belhavenbikes.co.uk](http://www.belhavenbikes.co.uk) - information about cycle hire and services.

#### Books

*Bicycle, Love Your Bike: The Complete Guide to Everyday Cycling* by Helen Pidd

*Richards' Bicycle Repair Manual* by Richard Ballantine and Richard Grant. Whatever the task, from fixing a roadside puncture to tackling a major refit, this book's reliable methods and simple instructions show you how to keep a bike in perfect running order.