

STRENGTH IN NUMBERS



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Our travel choices all add up. If everyone changed just one journey a week to healthier more sustainable travel, like cycling, think of the difference that would make. At www.limericksmartertravel.ie people from all around Limerick, are setting up online groups and getting organised. They inform, inspire and motivate each other, so that cycling can become just that little bit easier. Show your support, visit www.limericksmartertravel.ie and click sign-up.



CYCLE TO WORK

A REWARDING WORK TRAVEL ROUTINE

At first, it may be difficult to change your travel pattern, to make more of your journeys to work by bicycle. After the initial leap it could take some getting used to, keep it up, it soon becomes routine. If you want to use your car a little less, Limerick Smarter Travel is here to let you know help is at hand, to remind you that the benefits to your health, well-being, pocket and environment can last a lifetime

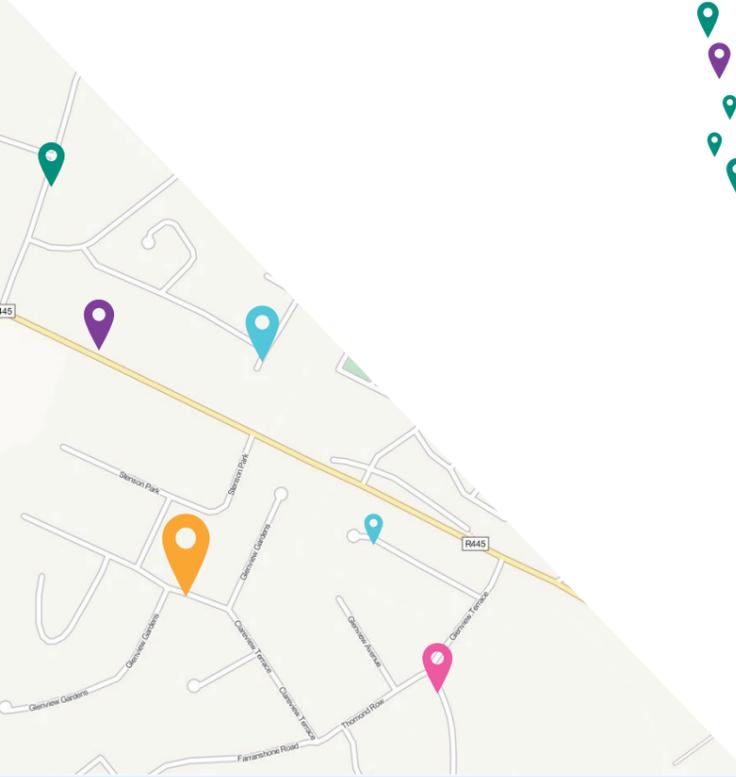
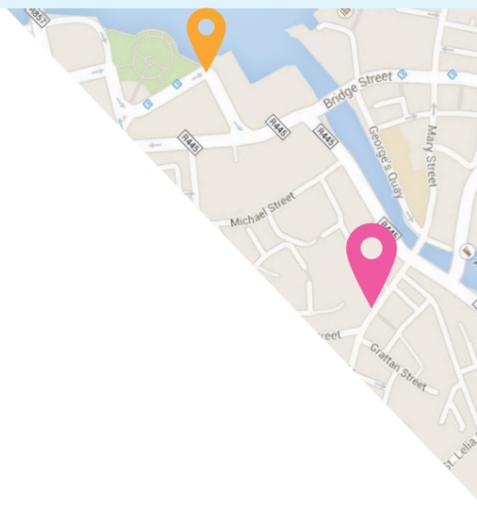
CYCLE TO WORK SCHEME

The Cycle to Work Scheme is a tax incentive scheme which aims to encourage employees to cycle to and from work. Under the scheme employers can pay for bicycles and bicycle equipment for their employees and the employee pays back through a salary sacrifice arrangement of up to 12 months. The employee is not liable for tax, PRSI, levies or the Universal Social Charge on their repayments.

The scheme applies to new bicycles and pedelecs (electrically assisted bicycles which require some effort from the cyclist) and new safety equipment. Further information can be found at: www.limericksmartertravel.ie

POSITIVE BENEFITS OF CYCLING

Moving to more sustainable ways of travelling to work whether on foot, by bike, by public transport or through car sharing can bring many positive benefits. It can cut your travel costs, be beneficial to your health and well-being and help you and your family reduce their carbon footprint.



CYCLE TO SCHOOL



AN TAISE GREEN SCHOOLS PROGRAMME

According to An Taisce cycling helps to foster a child's or teenager's independence while improving their physical health and mental well-being. Cycling raises awareness of road safety and even helps improve their environment. Cycling is a fantastic way to travel to school and the more people who cycle the safer our roads will be. Further information can be found at: www.greenschoolsireland.org/themes/travel

A REWARDING SCHOOL TRAVEL ROUTINE

At first, it may be difficult to change your child's or teenager's travel pattern. A little encouragement, some practice, know-how, equipment and clothing will get them making more of their journeys to school by bicycle. After the initial leap it could take some getting used to. Limerick Smarter Travel is here to let you know help is at hand, to remind you that the benefits to your child's health, well-being and environment as well as your pocket can last a lifetime, so keep trying it soon becomes a rewarding routine. Further information

CYCLE FOR LIFE

LEARNING TO CYCLE

There are a number of enclosed cycle loops within the parks in Limerick City, these locations are ideal for learning how to cycle and for leisure purposes. These off-road facilities offer learner cyclists a great way to begin cycling, build their confidence, keep fit and enjoy an active life, before cycling on the road. Need support? Visit: www.limericksmartertravel.ie

SHELBOURNE PARK - looped segregated walking/cycling path around the park, generally very flat.

O'BRIEN PARK - looped combined walking/cycling paths around the park, generally very flat but the loops have sharper turns than Shelbourne Park.

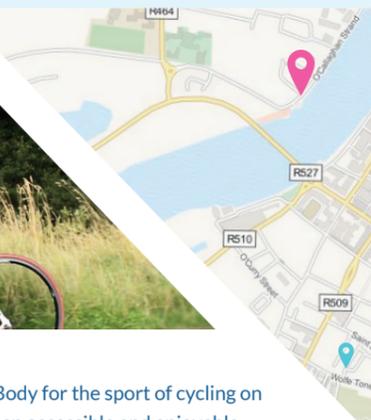
THE PEOPLE'S PARK - looped combined walking/cycling paths around the park, however there are hilly sections, shorter runs and sharper turns than O'Brien's Park, however it is a good challenge for when you or your family have mastered the other parks.

BICYCLE RACING

Cycling Ireland, the National Governing Body for the sport of cycling on the island of Ireland, promotes cycling as an accessible and enjoyable pursuit, where every cyclist may participate and develop to their full potential. Further information can be found at: www.cyclingireland.ie

BICYCLE TOURING

Ireland offers some spectacular looped routes, linear routes and mountain trails for cyclists or mountain bikers around the country. For more information on bicycle and mountain biking please visit the Discover Ireland website: <http://www.discoverireland.ie/>



THE LIMERICK BIKE SHARE SCHEME

OVER 200 BICYCLES IN OUR CITY

The Public Transport Minister, Alan Kelly has announced details of new bike-share scheme for Limerick. The scheme called coke zero bikes, will allow potential cyclists to use bikes for free or at a low cost and take/leave them at docking stations throughout the city. Bikes will be available for hire at various trip-attracting points throughout the city.

MORE SHORT JOURNEYS BY BICYCLE

The scheme aims to develop an environmentally-friendly means of public transport, one that is healthy, relatively inexpensive, and ensures an improved quality of life for our community. We hope that as many people as possible use this wonderful scheme and make more of their short journeys by bicycle.

To find your nearest bicycle visit: www.limericksmartertravel.ie



Jon Woods, Alan Kelly and Gerry Murphy at the Launch of the Limerick Bike Share Scheme.

BICYCLE THEFT PREVENTION

THEFT PREVENTION TIPS

To reduce the likelihood of theft take a look at the following tips:

- Never leave the bicycle unlocked
- Always use an approved lock appropriate for the value of bicycle
- Always lock the bicycle to a solid immovable object
- Never leave the bicycle unattended for long
- If the bike has quick-release wheels and saddle lock them
- Ask your local bike shop about anti theft and recovery devices for your bike

PREPARING FOR THE WORST

- Take a few pictures of your bike and of it's unique characteristics
- Record any serial numbers on the bicycle
- Insure your bicycle
- Always read your insurance policy



BICYCLE THEFT

In the unfortunate event that the bicycle or parts of the bicycle are stolen or damaged bring pictures and the bikes serial number to the Gardai and file a report. This will be necessary for your insurance claim also. Further information can be found at: www.limericksmartertravel.ie

BICYCLE PARKING

Limerick Smarter Travel, in partnership with our community stakeholders, have and will continue to invest in all types of convenient bicycle parking including, free, publicly accessible, bicycle lockers (secure), bicycle stands (non-secure), and bicycle hoops (non-secure). Bicycle parking locations can be found at: www.limericksmartertravel.ie

GETTING INTO CYCLING

WHY CYCLE?

Cycling benefits your health, confidence and pocket. Cycling to work or school or wherever you're going locally is a great way of getting fresh air, saving money, and often saving time. Cycling requires a little investment, possibly some training or equipment/clothing but don't let that put you off. One of the many perks to cycling is after a little practice you'll be exercising without noticing it while enjoying being outside and in the fresh air. You'll find cycling times very predictable. Plan your bicycle journey today, using the cycle planner app available at www.limericksmartertravel.ie

NEED MORE REASONS TO GET CYCLING MORE?

Research has shown that 30 minutes of moderately intense physical activity, 5 days a week, can help reduce the risk of chronic disease, type 2 diabetes and some cancers. Other benefits include increased self-confidence, lower levels of stress, improved sleep and enhanced well-being. Just a little bit of activity each day makes a big difference.

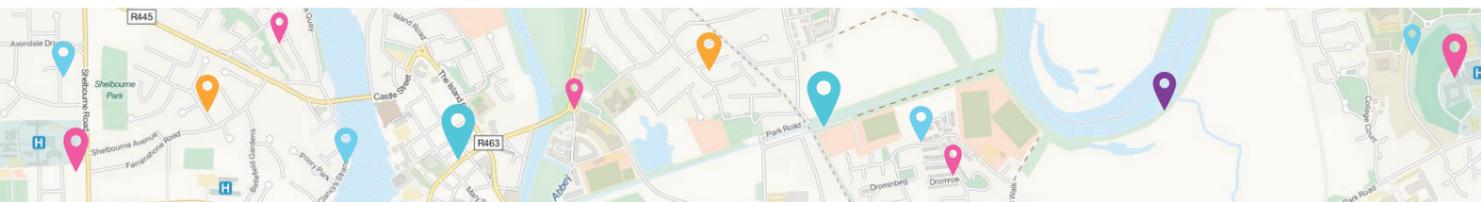
LIMERICK CYCLING

Limerick Cycling represents the cycling interests of the people of Limerick and seeks to make cycling in Limerick City and its environs safer and more enjoyable. Further information can be found at limerickcycling.wordpress.com or limerick-cycling@googlegroups.com



WHERE WILL YOUR BIKE TAKE YOU TODAY?

For links to this research or more details please contact our team at Limerick Smarter Travel at: www.limericksmartertravel.ie or cycling@limerick.ie



CYCLE FOR LIFE

