

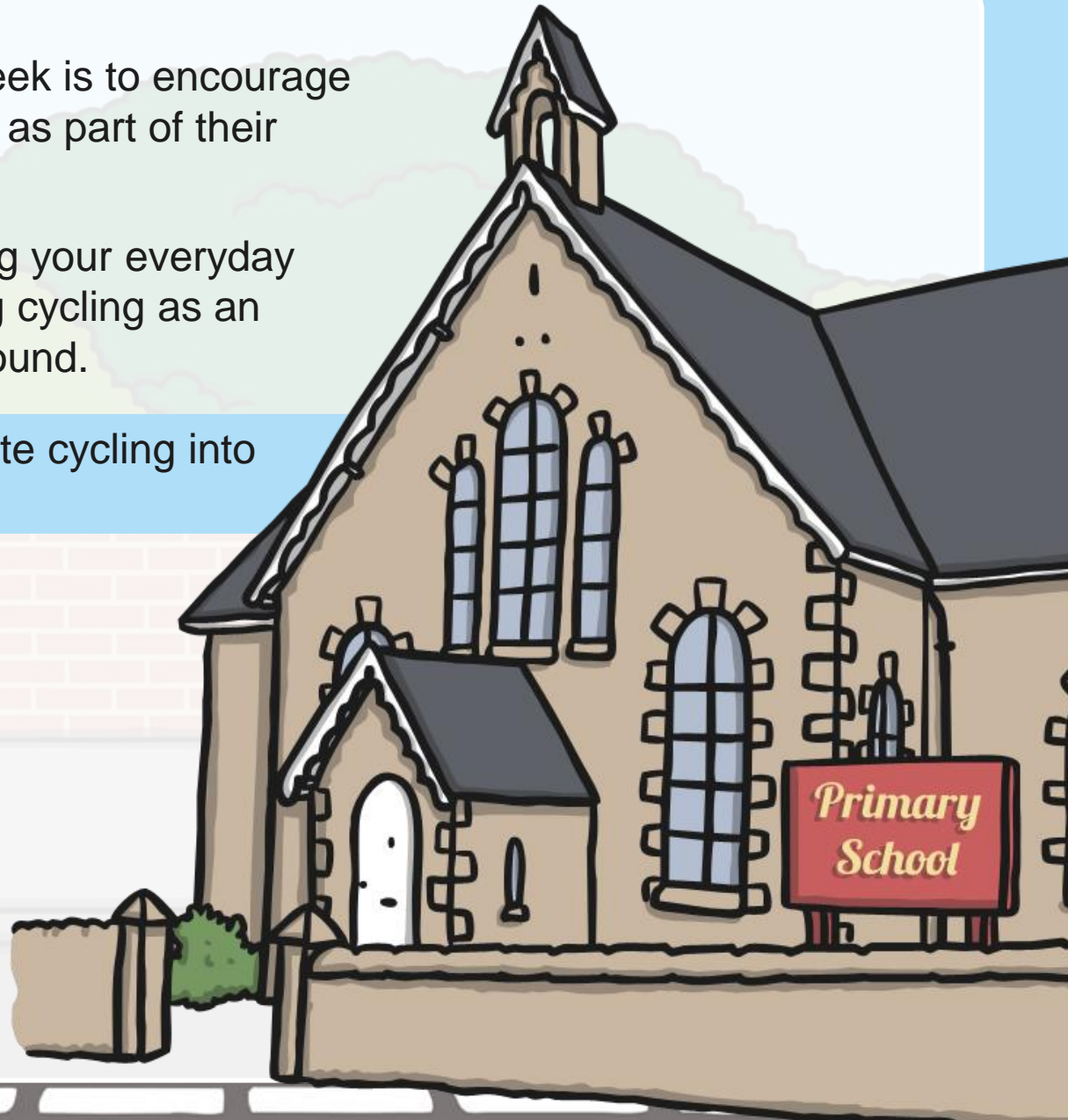
Bike Week is the biggest nationwide cycling event in the UK.



The main aim of Bike Week is to encourage people to include cycling as part of their everyday life.

This may mean rethinking your everyday journeys and considering cycling as an alternative way to get around.

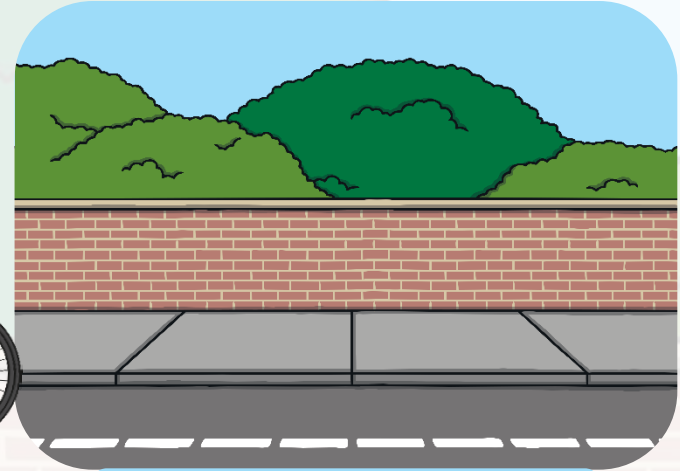
How could you incorporate cycling into your daily routine?



People choose to cycle for lots of different reasons. These include:

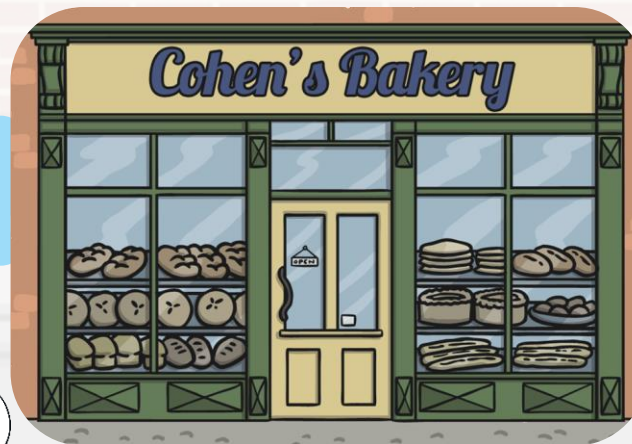


Cycling for fun

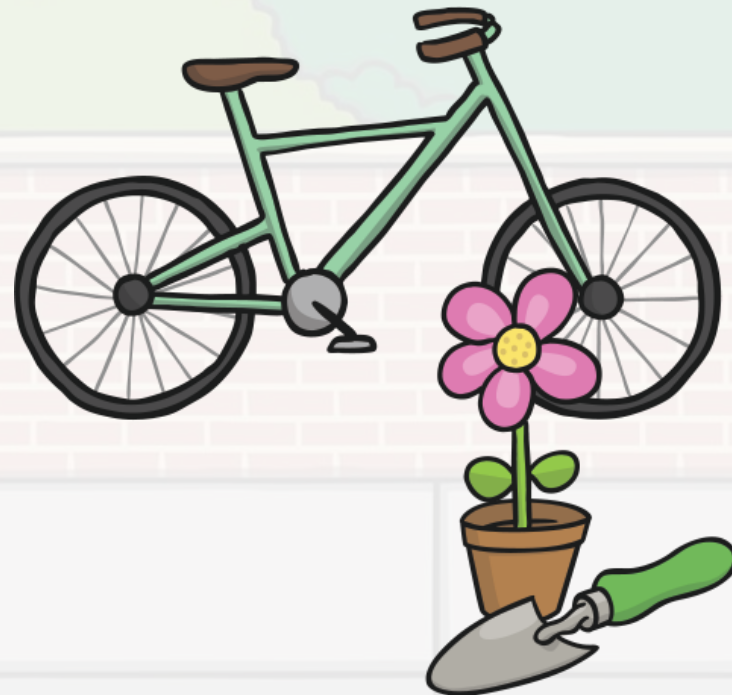


Cycling to keep fit

Cycling as a means of getting around



There are a variety of different social, health and environmental benefits to cycling.



During Bike Week there are hundreds of events planned all over the UK.

Why not consider planning and organising a cycling event of your own?



Happy cycling!

