

New year, new you

IF your new year resolution is to improve health and fitness, cycling can help.

Transport for London (TfL) offers access to free or subsidised cycle training in your area and guidance on bicycle maintenance. The training is available to most people who live, work or study in a London borough.

If you are a beginner or would like to gain more confidence, you'll be taught bike control skills and cycle safety tips in traffic-free areas.

Adult students will get useful tips such as how to get into the best position on the road so that drivers can see you, riding at night and in wet conditions, plus recommendations for the best



cycling routes through the capital.

Cycle training for children is set out in three levels, progressing from off-road

skills for primary school children to cycling on busier roads for older students.

To request cycle training in your area, fill in the online form at tfl.gov.uk/roadusers/cycling. You'll also find a list of private companies that offer training as well as tips on bicycle maintenance, safety and an interactive cycling journey planner.

With spring still a few months away, here are MetroTravel's top tips for cycling in cold weather:

- With fewer daylight hours, it's important to have good lights on your bike that are visible to motorists - white at the front and red at the rear
- Cycle glasses stop bits and bugs getting in your eyes and help with low sunsets
- Avoid getting wet by investing in a lightweight waterproof jacket with breathable fibres
- Keep your grip with gloves made from breathable waterproof materials. Some have padded palms, plus non-slip brake and gear-change fingers
- Pop on a thin ski hat or balaclava under your helmet to keep your head and ears warm

■ For more information, visit tfl.gov.uk/cycling



Walk your way to fitness

OVER the past year, Transport for London has teamed up with a host of familiar faces who shared their favourite walks around the capital. So, if you need any inspiration on where to take a pleasant winter stroll, look no further than TfL's YouTube channel.

Comedian Steve Furst, Olympic athletes Louise Hazel and Lawrence Clarke, and the The Voice finalist Tyler James are among those who featured on the Walking in London YouTube playlist at <http://bit.ly/19nebal>. All celebrities featured in the films gave their time for free.

Lilli Matson, head of TfL Delivery Planning, said: 'Inevitably we are all thinking about resolutions for the new year. Walking for leisure is one of those great resolutions that is really easy to keep - because you can incorporate it as part of your daily commute or enjoy an energising lunchtime wander.'

■ Around a quarter of all trips in the capital are made on foot. For a range of tips and resources, go to tfl.gov.uk/walking

Traffic information for the capital

Dalston Lane A104

Ongoing until May 30, 6pm

Dalston Lane (Eastbound) at the junction of Sigdon Road is closed during Network Rail bridge maintenance work.

7am-6pm, weekdays, 9am-4pm, Saturday and 9am-3pm, Sunday.

Broad Sanctuary (Westbound)

Ongoing until Feb 14, 8pm

Road closure due to carriageway works. There will be a diversion via Parliament Square, Great George Street, St. Margaret Street, Abingdon Street, Millbank, Horseferry Road, Marsham Street, Great Smith Street.

Coombe Lane Flyover

Jan 10, 7pm to Jan 13, 5am

Flyover closed in both directions due to bridge maintenance.

Hammersmith Bridge

Jan 13, 7am to Feb 28, 3pm

Hammersmith Bridge (Southbound) will be closed for repair works, Monday to Friday 7am and 3pm (Jan 13 to Feb 28). There will be a full bridge closure on three weekends (Jan 25-26, Feb 1-2 and Feb 8-9).

New Cross Road A2

Jan 9, 7am to Jan 13, 6pm

Lane restriction will be in place for water works. Working times will be

For a full list of traffic information, go to tfl.gov.uk/trafficnews

Yesterday's item on the Congestion Charge consultation contained an incorrect telephone number. The number to dial for an information leaflet is 0343 222 1234.

London travel advice: plan your journey now



tfl.gov.uk



24 hour travel information
0343 222 1234*



tfl.gov.uk/socialmedia

London Travelwatch

London's transport watchdog
call 020 3176 2999, or visit
www.londontravelwatch.org.uk

*Service and network charges apply.
See tfl.gov.uk/terms for details.



Newspapers left on the Tube can jam doors and cause delays to your journey.
Take your newspaper with you or put it in a recycling bin.