



# Get on your bike

**For anyone struggling to stick to their healthy resolutions, making cycling part of a daily routine could be a perfect step in the right direction.**

LONDON has many options available to help budding cyclists get in the saddle, including quiet routes away from traffic and the Santander Cycle Hire scheme. There are also a number of free training sessions designed to give Londoners the skills and confidence to get on their bike.

From absolute beginners to fine-tuning the skills of seasoned cyclists, TfL funds many sessions across the capital through all local boroughs. Also, many organisers can lend you a bike so there is no excuse not to take part.

#### Basic cycle skills

These sessions are designed to give beginners the chance to practise in a

safe, off-road environment. They are free and delivered by fully-qualified instructors who will tailor the training to the individual. It's a chance to learn the basics, improve your skills and gain confidence to ride around your local area.

#### Urban cycle skills

This is an opportunity to develop your cycling ability. Sessions start in an off-road location, giving you the chance to refresh skills and technique before moving on to quiet roads that offer real examples of the situations you could come across with the guidance of a qualified instructor.

#### Advanced cycle skills

These free one-to-one sessions offer more experienced cyclists the chance to hone their skills, including how to deal with complex junctions, negotiate heavy traffic or cycle at night. Instructors are on hand to offer

reassurance and advice to ensure you are cycling correctly.

#### Family cycle skills

Why not encourage the whole family to take to the saddle with a family skills session? Using quiet routes and parks, the instructors teach you how to safely cycle with children.

TfL also offers a Bikeability scheme in schools, which gives youngsters the chance to enjoy riding a bike and learn how to cycle correctly.

The programme rewards children for taking part, with three levels to work through from primary to secondary school. These include how to control a bike in a safe, off-road environment, cycling with traffic on quieter roads, and learning the skills for riding around busier roads and junctions.

■ **To sign up for a cycle skills session in your area, visit [tfl.gov.uk/cycle-skills](http://tfl.gov.uk/cycle-skills)**

## Setting a goal

WHETHER you are stepping into the saddle for the first time this year or making plans to be more active, why not set a goal and get involved with the Prudential RideLondon event.

The three-day festival of cycling, which takes place from July 28-30, includes the Freecycle, an eight-mile circuit that passes by London's famous landmarks including

Buckingham Palace, Trafalgar Square, and St. Paul's Cathedral, as well as Festival Zones along the route.

Visitors also get the chance to watch the professionals taking part in the Prudential RideLondon-Surrey Classic and the Prudential RideLondon Classique.

■ **For more information about all the events and to register to take part, visit [www.prudentialridelondon.co.uk](http://www.prudentialridelondon.co.uk)**

## The new Hopper fare has arrived

Two journeys for the price of one



The Mayor, Sadiq Khan, has launched the new Hopper fare.

Two journeys for £1.50 when you change bus or tram within one hour, using pay as you go on contactless or Oyster.

Always use the same card.

## New contract signed for works and improvements

Transport for London (TfL) has signed a £500million deal with contractors Costain, Morgan Sindall and Skanska to design and build some of its most high-profile and complex engineering schemes.

The contract will help deliver a wide range of projects over the next four years that will transform highways, reduce dangers on the roads, improve journey reliability and encourage cycling and walking. Schemes could include the proposed Fiveways scheme in Croydon, the removal of the Vauxhall gyratory, and major renewal and upgrades such as the A40 Westway structure.

Nick Fairholme, TfL's director of projects and

programmes, said: 'We are delighted to be working with Costain, Morgan Sindall and Skanska on a range of high profile and complex civil engineering projects.'

'Each contractor brings something unique to the table and all have experience in designing and building major schemes, which will ensure Londoners get these key projects delivered in the most effective and efficient way.'

■ **For more information on major works, go to [tfl.gov.uk/improvements-and-projects](http://tfl.gov.uk/improvements-and-projects)**

For more articles and to keep up to date with TfL announcements, visit [tfl.gov.uk/news](http://tfl.gov.uk/news)

## London travel advice: plan your journey now

 [tfl.gov.uk](http://tfl.gov.uk)

 24 hour travel information  
**0343 222 1234\***

 Sign up for email updates  
[tfl.gov.uk/emailupdates](http://tfl.gov.uk/emailupdates)

   [tfl.gov.uk/socialmedia](http://tfl.gov.uk/socialmedia)

**London Travelwatch**  
London's transport watchdog  
call 020 3176 2999, or visit  
[www.londontravelwatch.org.uk](http://www.londontravelwatch.org.uk)

\*Service and network charges apply. See [tfl.gov.uk/terms](http://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.