



Free  
Bespoke  
Cycle  
Training\*

# MAKE THE CHANGE TO WALKING OR CYCLING

LET'S MAKE WALKING OR CYCLING FOR SHORT JOURNEYS

THE NEW NORMAL

Could your daily walk or cycle ride now be your chosen way to travel locally?

- Regular cycling and walking contributes to better mental and physical health
- Cycling or walking to work or for local journeys instead of driving could save you thousands of pounds
- Help improve our urban environments by reducing your daily car usage

For further information on **free bespoke cycle training\*** or **advice on planning your journey** please contact the team on: [road.safety.training@eastriding.gov.uk](mailto:road.safety.training@eastriding.gov.uk)

\*subject to limited availability

