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## Cycling

### Cycle to work, cycle for work

Cycling is an active form of travel that offers health benefits and flexibility of timing on the journey to work. Generally distances of up to 6 miles are considered ideal depending on circumstances. It can also be a real option for business travel. Depending on the nature of your organisation, some customers and visitors may wish to arrive by bicycle.

The potential for cycling, as part of your travel plan, will be influenced by factors such as the location of your site and cycle routes, staff travel patterns, and the availability of on-site cycle storage and showers. Many employers know of at least one regular cyclist on the staff, who may be keen to get involved and we can refer you to local authority Cycle Officers or cycle groups. We will help you assess the role of cycling within your travel plan.

The cycling option often raises a number of opinions and queries. For further information and advice visit [Sustrans website](#).

Promotional activity is very important in raising awareness and enthusiasm in cycling as a travel option. Many employers participate in Bike to Work Week and organise in-house events and benefit from free organisers liability insurance and free support materials for registered events. Other employers promote local events to their employees.

### Tax benefits

Plus, there is government support for employer cycle initiatives. Where bicycles are used for business travel, HM Revenue and Customs allow employers to make a tax deduction for the cost of the bicycle. There is also a useful tax exemption scheme that supports employer cycle purchase/loan schemes which can benefit both employer and employees. Go to the [HMRC website](#) for more details.

Some employers make their own arrangements, but there are a number of service providers as well. For example see further information on the web sites of : [Cycle Solutions](#), [Halfords Business Services](#), or [Wheelies Direct Cyclesolutions](#).

### Journey Planner

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