



BROMLEY

ACTIVE TRAVEL GUIDE

MYCOMMUTE



STAYING ACTIVE

As a result of the Covid-19 lockdown you may have a newfound love for running or cycling and want to keep it going upon your return to work. Alternatively, you might want to change your method of commute for social distancing reasons.

Whatever your situation the MyCommute team is here to help you in your commute.

Cycling, walking and running are great ways to get and stay healthy! If you live locally travelling to work by bike or on foot can be a great way to fit exercise into your routine. and you can use the shower and changing facilities on site.

If your commute is too far to run or cycle all of the way, why not consider active travel from the train station, or jump off the bus early. For anyone wanting to squeeze some miles into a busy schedule, this can be the perfect solution.

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Get a free bike health check, including minor adjustments and those small fixes, from a qualified mechanic at one of our DR Bike sessions.

DO YOU HAVE A BIKE?

You may already have a bike in the shed. Why not dust it down and if your bike needs some TLC bring it along to the free regular Dr. Bike safety check sessions. To find out when the Dr. Bike is next on site, register with the Bicycle User Group at bromley@my-commute.com

If you need a new bike, it is worth considering what type may suit you best. There are a range of bike types available, including folding bikes, hybrid bikes, road bikes, and even e-bikes.

BUY SECOND HAND

Don't forget, your new bike doesn't have to be 'new'. There are perfectly good second-hand bikes available to buy, some of which may have been recycled through a local community cycling company. Bike Works is a social enterprise and the regular Dr. Bike cycle maintenance provider, who provide training, sell bikes and run the servicing at www.bikeworks.org.uk



CYCLE TO WORK SCHEME

The bank's 'Cycle to Work' scheme allows you take advantage of the Government initiative offering access to bikes as a tax-free benefit.

The Flagscape portal gives access to the MyBenefits page from which you can access the application form for ordering your new bicycle and accessories.

Put simply you choose a bike, hire it for 12 months and then pay a fraction of its original value after a year to own it outright. The details of the process can be found in the Cyclescheme Frequently Asked Questions.

Each employee can spend up to £3000 on a bicycle or bicycle and accessories and equipment or even just cycling accessories and components. You can choose from over 500 different cycling brands from Cyclescheme's network of retailers.

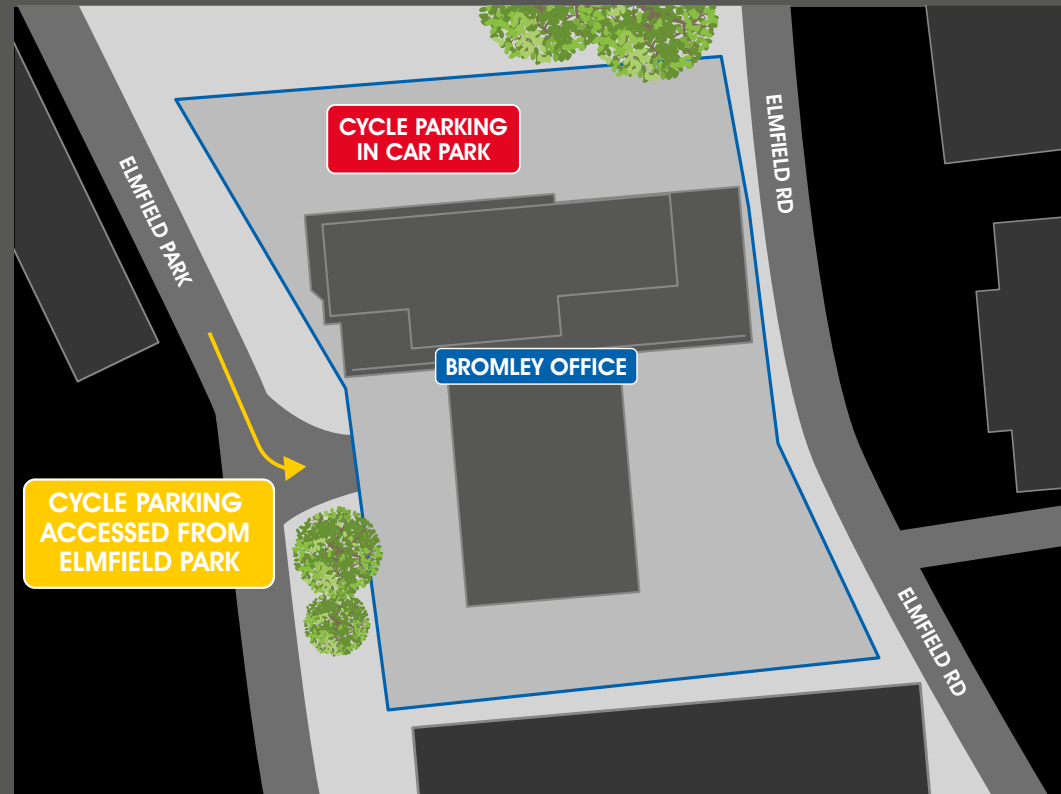
To find out more about the scheme, to find participating shops in your area and use the Cyclescheme savings calculator visit www.cyclescheme.co.uk

ON SITE FACILITIES

Cycle parking at the Bromley site is provided in the basement car park. Here you will also find drying facilities and an ample supply of lockers for your use. Access to the internal cycle storage is via Elmfield Park at the rear of the building.

There are separate male / female shower and changing facilities within the North Tower building. Please go to the first-floor toilet block to access these.

Please register as a cyclist at bromley@my-commute.com to be added to the bicycle user group.





EXCLUSIVE BIKE USER GROUP DISCOUNTS

The MyCommute have teamed up with Halfords to help make sure you can get your hands on the best kit and support, to keep you on your bike all year round.

As a member of the Bicycle User Group you are eligible for the following Halfords benefits:



10% OFF



**ALL BIKES,
CYCLE ACCESSORIES**



**AND SERVICING,
E-BIKES INCLUDED**

halfords

Email bromley@my-commute.com to register for the Bicycle User Group and get your vouchers.

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TRAVEL ON FOOT

As we look to return to the workplace, restrictions on travel may still affect your onward journey from public transport locations. As a result, you may need to walk further than your previously would have done or complete a journey on foot for a period.

The map below shows the walking and cycling routes possible in this event along with anticipated journey times. Walking and running is a great way to remain active and stay healthy and there are ample shower and changing facilities available on site when you arrive. So, if you live locally or can complete your journey by foot why not give it a go.

PLAN YOUR ROUTE AHEAD

Due to current travel restrictions you may be able to travel into Bromley by train but have no public transport options onward from the station. The map below shows the walking and cycling routes and the journey times from the local major train stations.

Walking and running are great ways to get and stay healthy!

If you live locally travelling to work on foot can be a great way to fit exercise into your routine. and you can use the shower and changing facilities on site.

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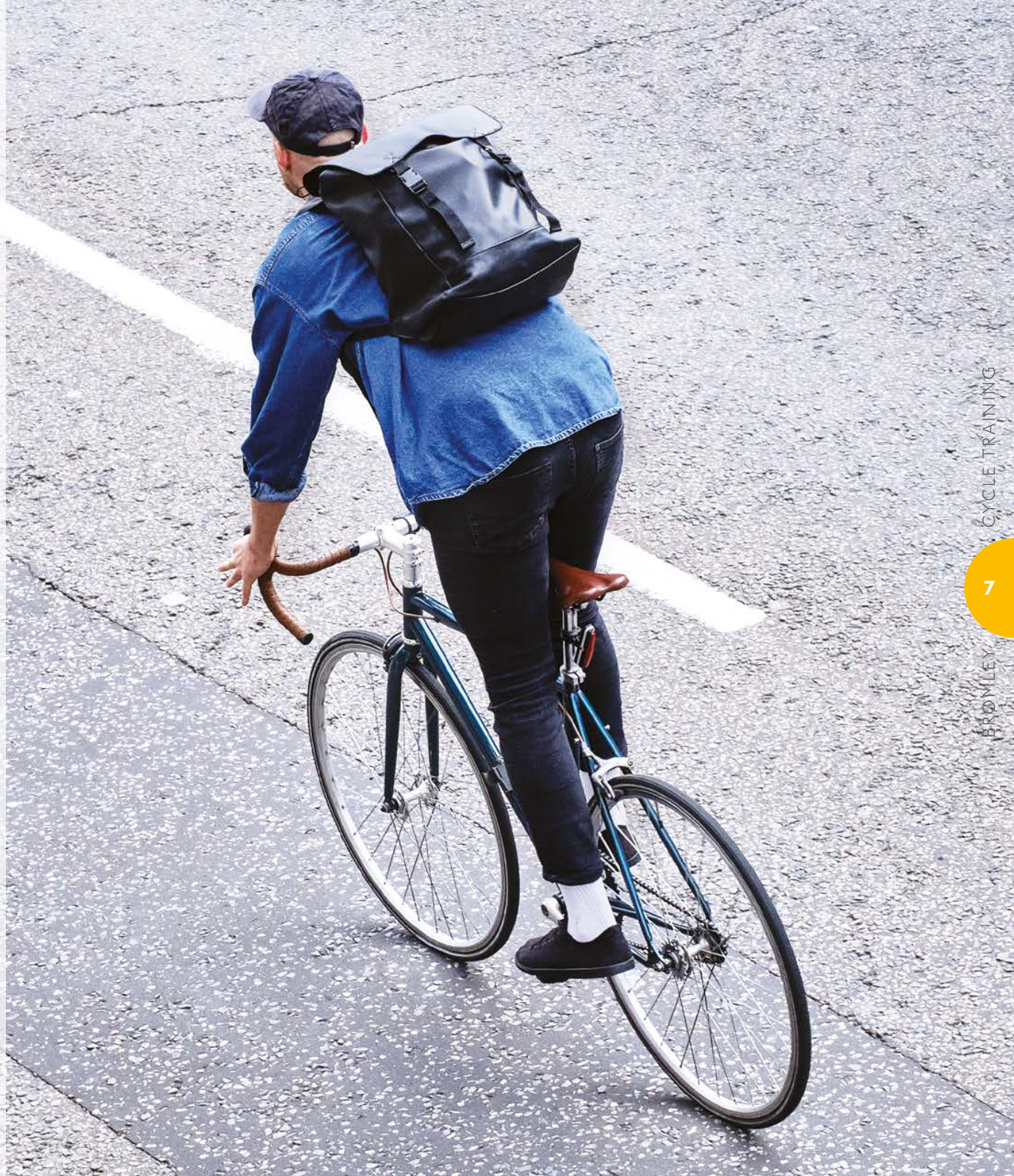


CYCLE TRAINING

Ongoing cycle support for those looking to travel by bike for all or a portion of their journey into the workplace is available.

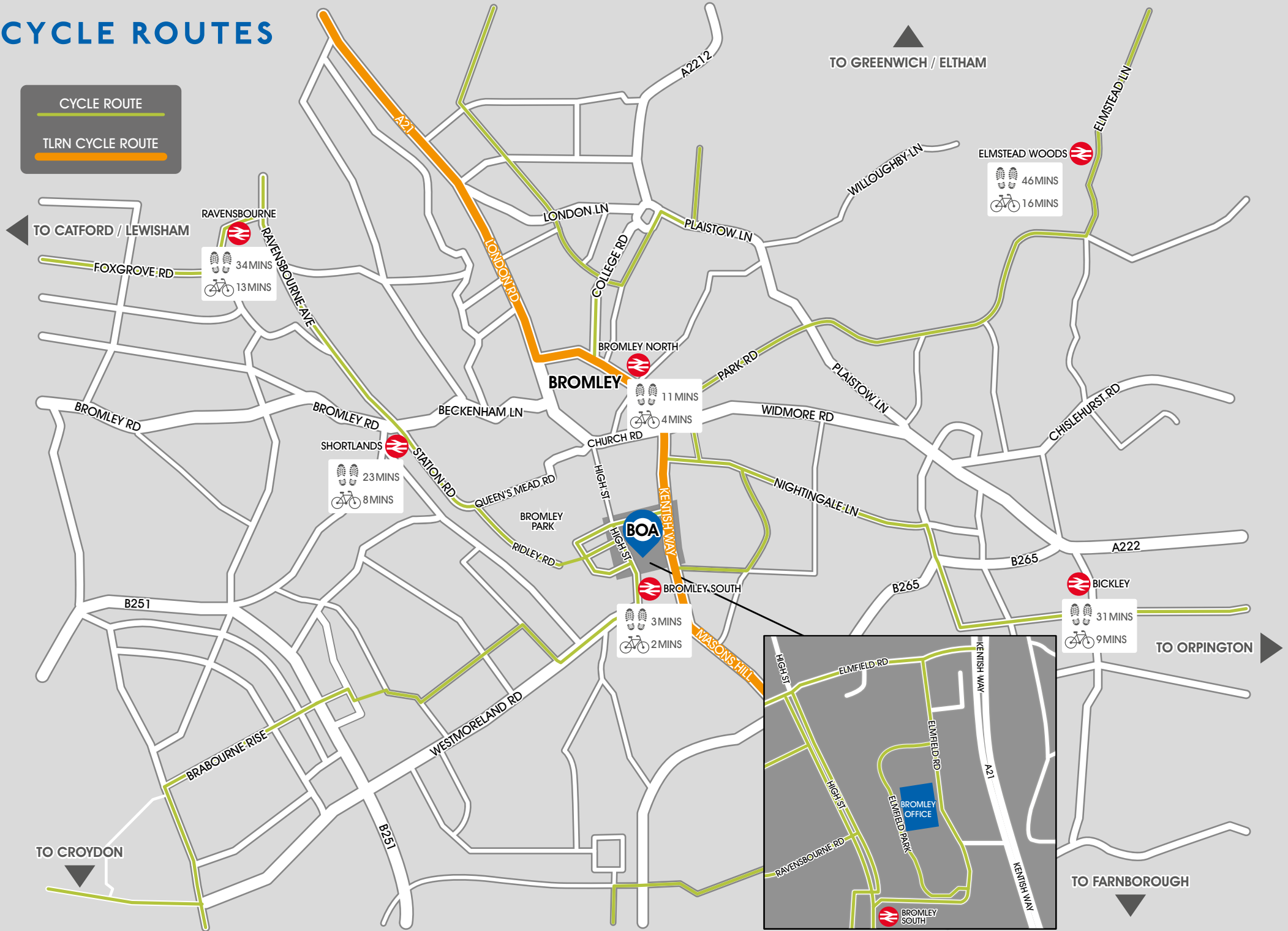
Cycling UK and Sustrans both offer a range of training courses suitable for those of any level to attend in the local area.

For more information or to book please contact bromley@my-commute.com

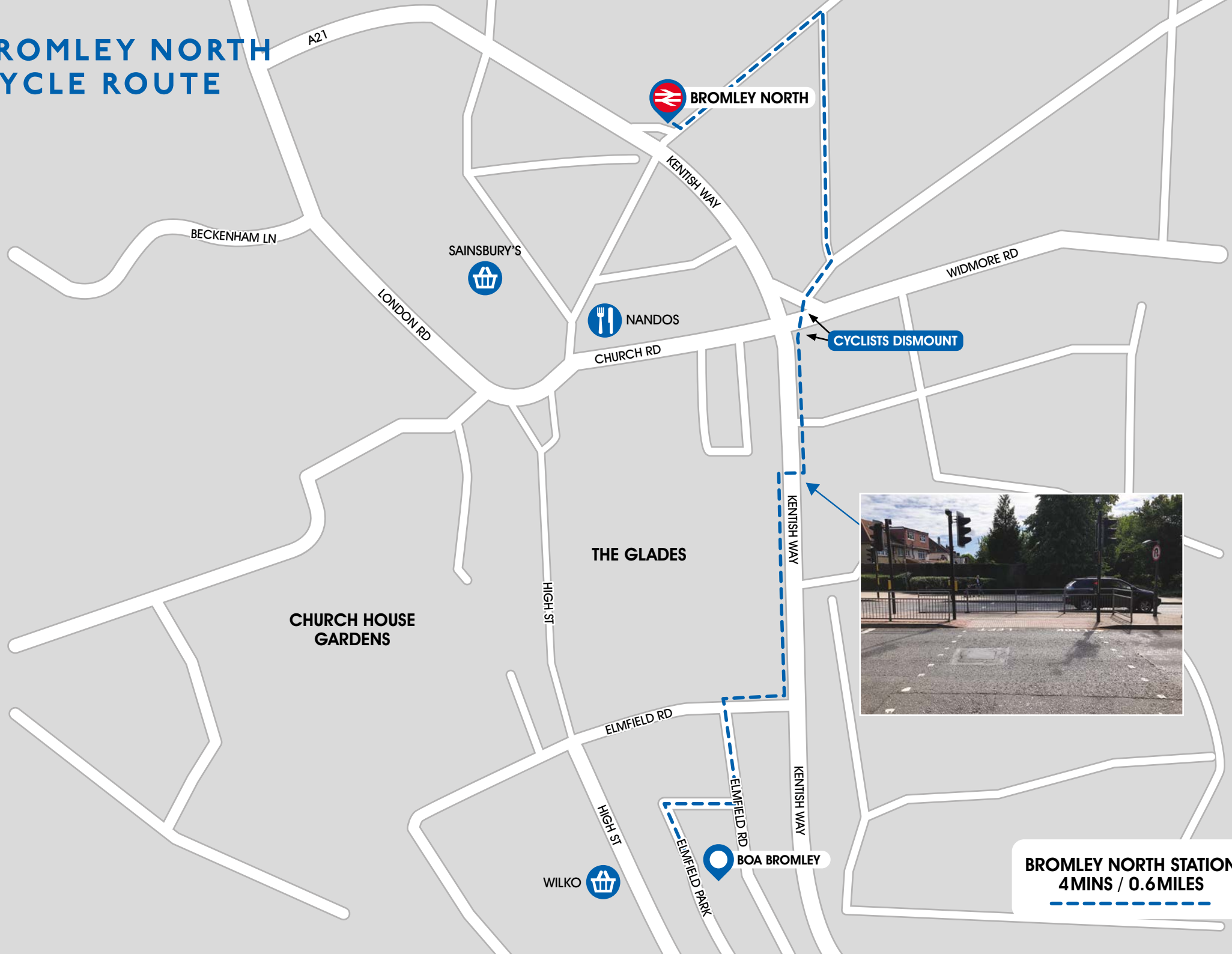


CYCLE ROUTES

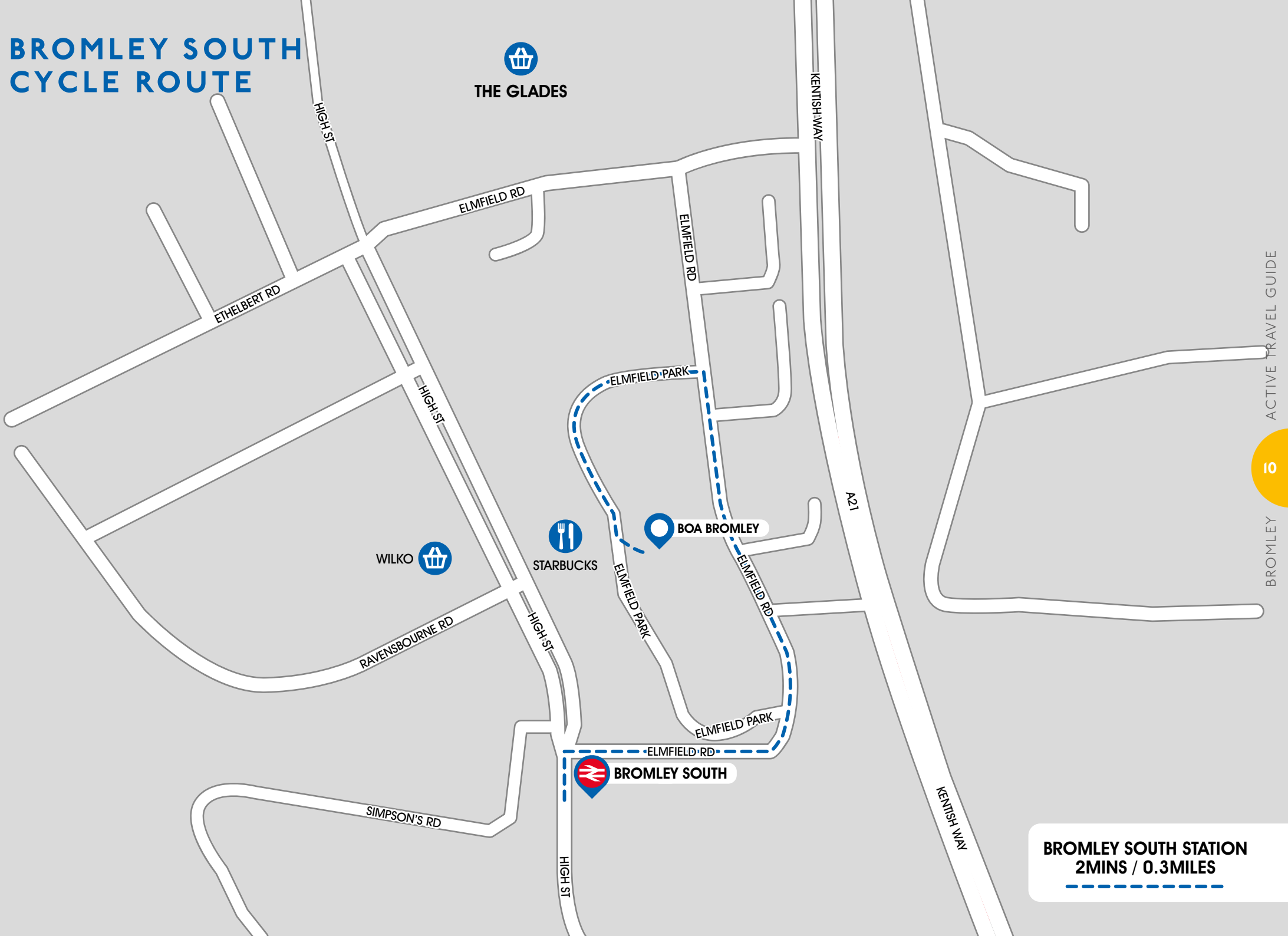
CYCLE ROUTE
 TLRN CYCLE ROUTE



BROMLEY NORTH CYCLE ROUTE



BROMLEY SOUTH CYCLE ROUTE




THE GLADES

WILKO 


STARBUCKS

 BOA BROMLEY

 BROMLEY SOUTH

BROMLEY SOUTH STATION
2MINS / 0.3MILES

RAVENSBOURNE CYCLE ROUTE

RAVENSBOURNE 

RAVENSBOURNE RD

LONDON RD

FARNABY RD

A2212

CAMBRIDGE RD

Ravensbourne Cycle Route

SHORTLANDS GOLF CLUB

 BROMLEY NORTH

BROMLEY RD

BROMLEY RD

BECKENHAM LN

SAINSBURY'S 

SHORTLANDS 

STATION RD


THE GLADES

BROMLEY GARDENS

ETHELBERT RD

ELMFIELD RD

 BOA BROMLEY

RAVENSBOURNES
13 MINS / 1.8 MILES

 BROMLEY SOUTH

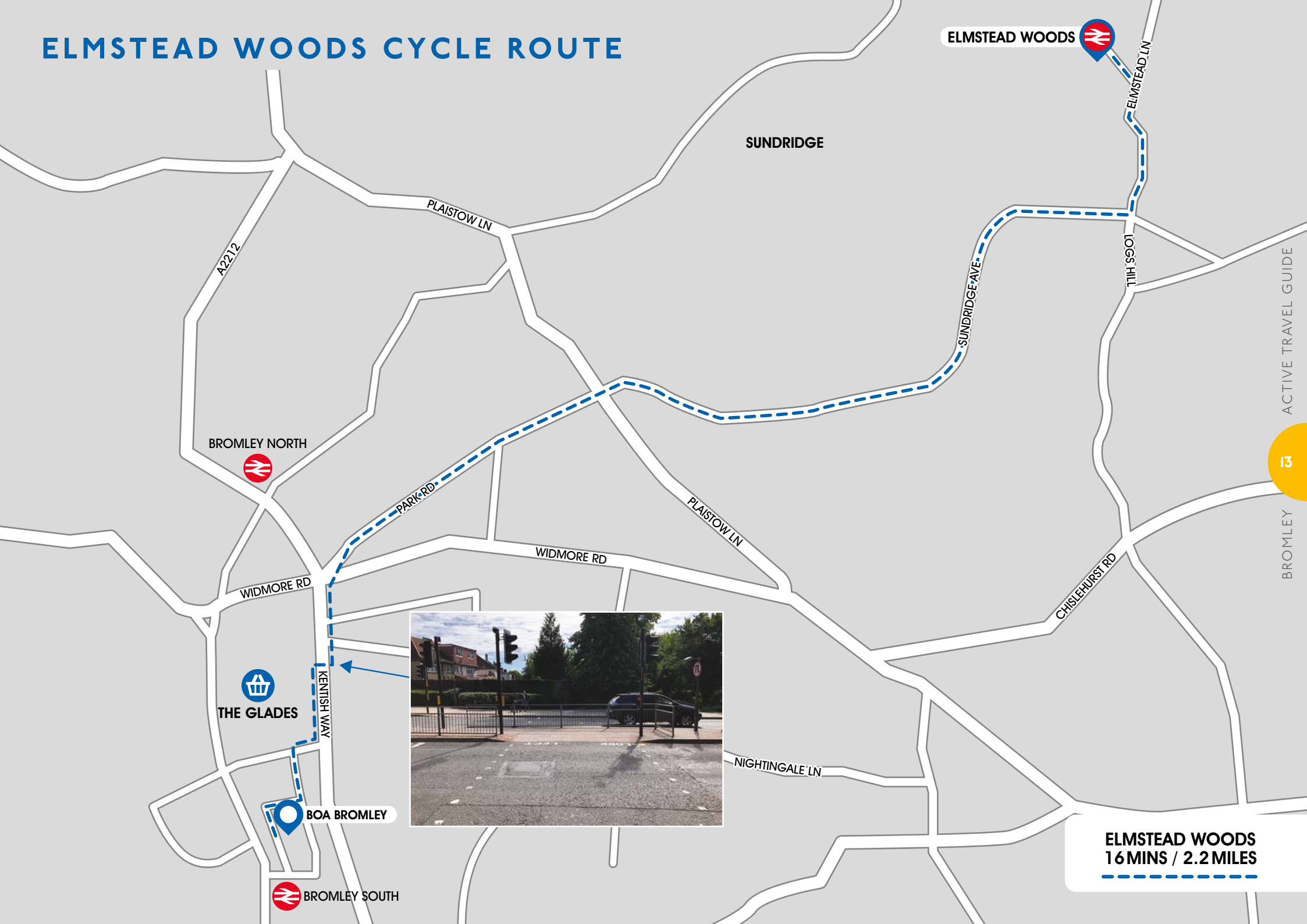
SHORTLANDS CYCLE ROUTE



Shortlands Cycle Route

SHORTLANDS
8MINS / 1.1MILES

ELMSTEAD WOODS CYCLE ROUTE



ELMSTEAD WOODS

SUNDRIDGE

BROMLEY NORTH

THE GLADES

BOA BROMLEY

BROMLEY SOUTH

ELMSTEAD WOODS
16 MINS / 2.2 MILES

BICKLEY CYCLE ROUTE



BICKLEY
9 MINS / 1.7 MILES

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FOR FURTHER INFORMATION ON ACTIVE
TRAVEL CONTACT THE MYCOMMUTE TEAM:
BROMLEY@MY-COMMUTE.COM

WWW.MY-COMMUTE.COM