



MYCOMMUTE

ACTIVE TRAVEL GUIDE

DUBLIN



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 dublin@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.

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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

Looking for more support to cycle to work?
You can access Cycle Rights free adult resources here:
www.cycleright.ie/resource

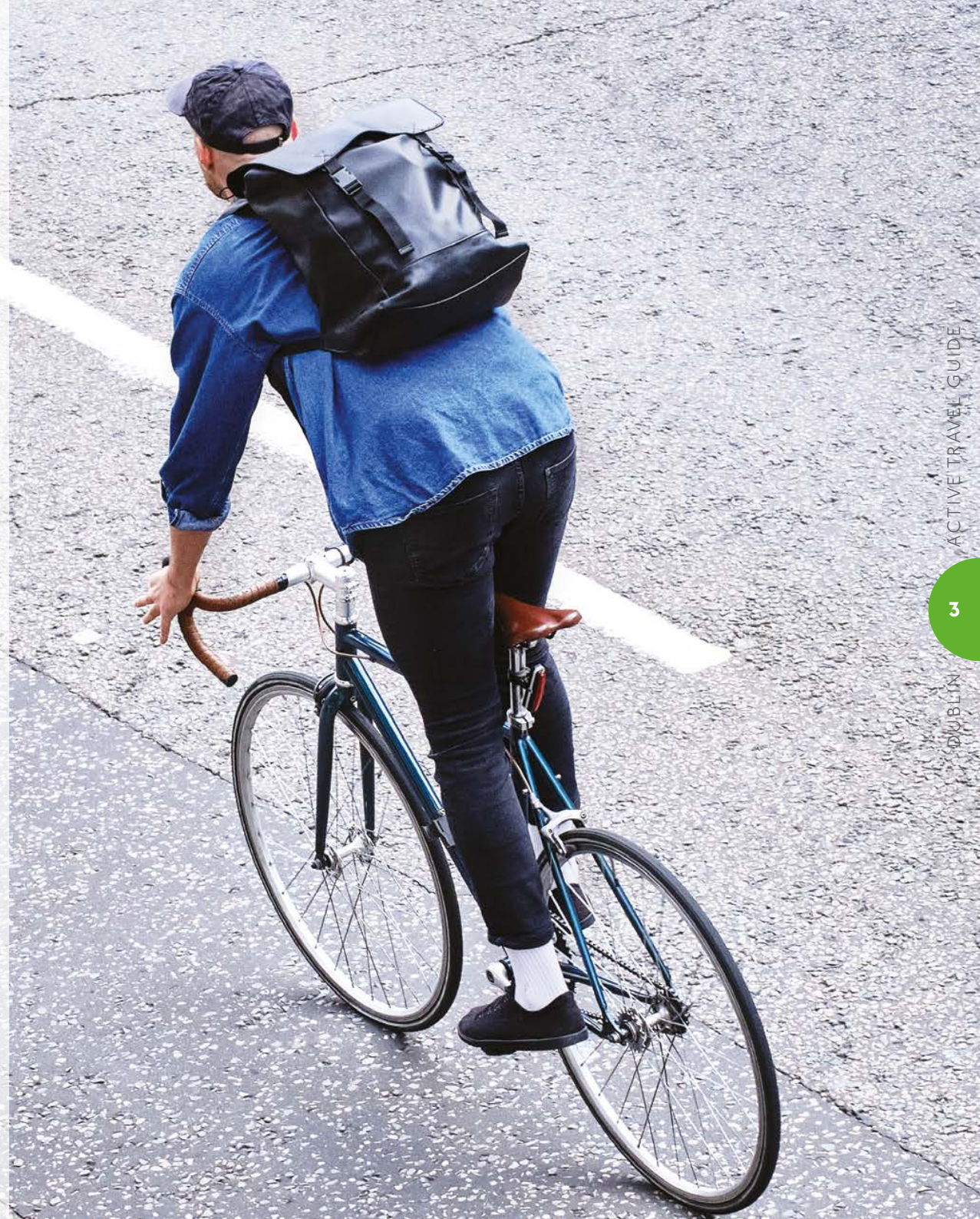
ON SITE FACILITIES

CENTRAL PARK BASEMENT CAR PARK

There are two cycle parking locations at Central Park. There are 10 spaces located in the lower ground floor basement car park directly outside the entrance to Block D. There is a communal cycle storage facility in the underground car park which can be accessed by all registered occupiers at Central Park. There are 146 cycle parking spaces within two swipe card activated cages. Adjacent to the cycle storage are changing rooms with lockers and shower facilities.

Please contact the security team on the reception desk to obtain access to these facilities.

Please contact the security team on the reception desk to obtain access to these facilities and register as a cyclist at **dublin@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 dublin@my-commute.com to register for the Bicycle User Group and get your vouchers.

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TRAVEL ON FOOT

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.

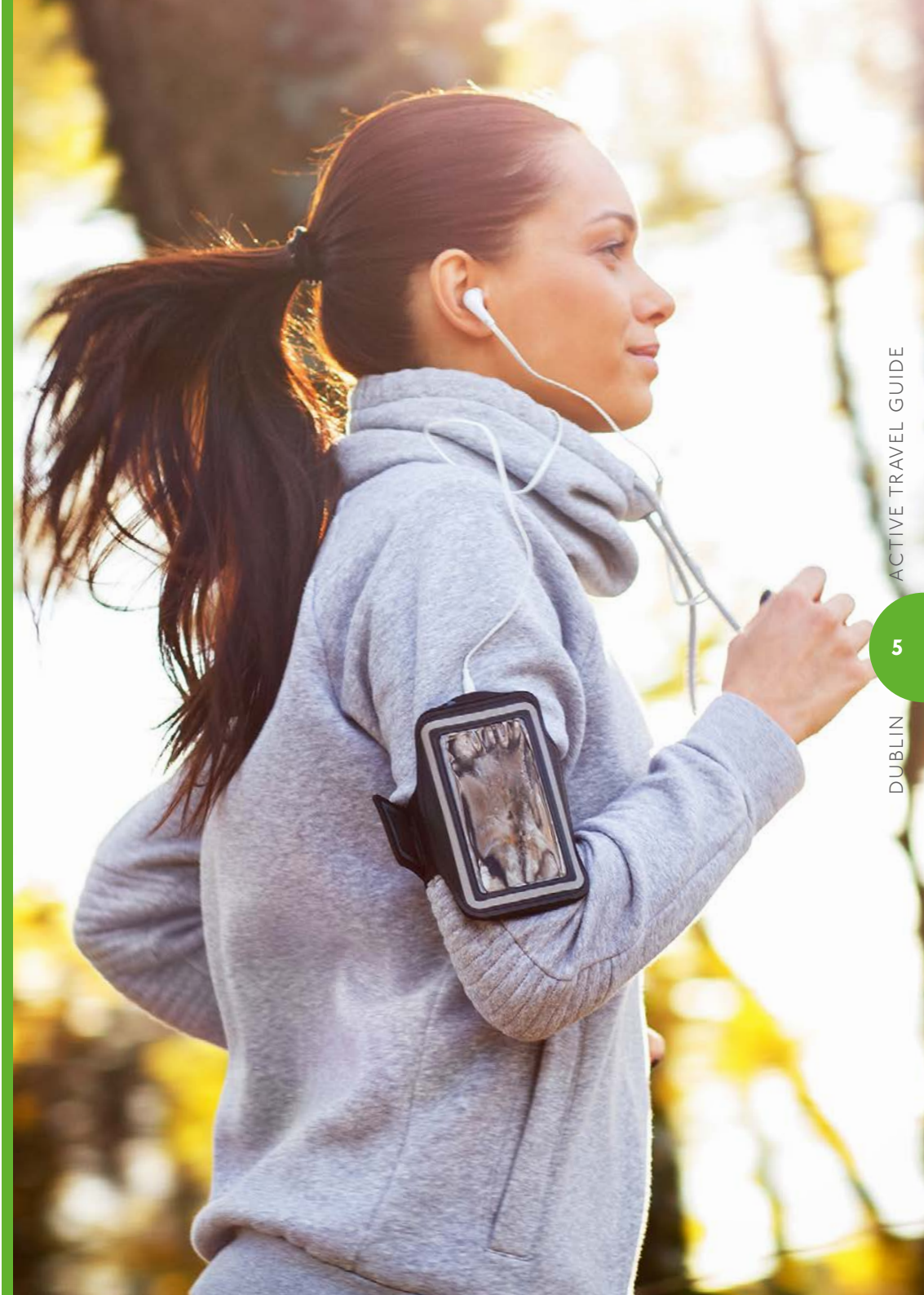
If your commute is too far to run all of the way, why not consider running from a Luas station, or jump off the bus early. For anyone wanting to squeeze some miles into a busy schedule, this can be the perfect solution.

PLAN YOUR ROUTE AHEAD

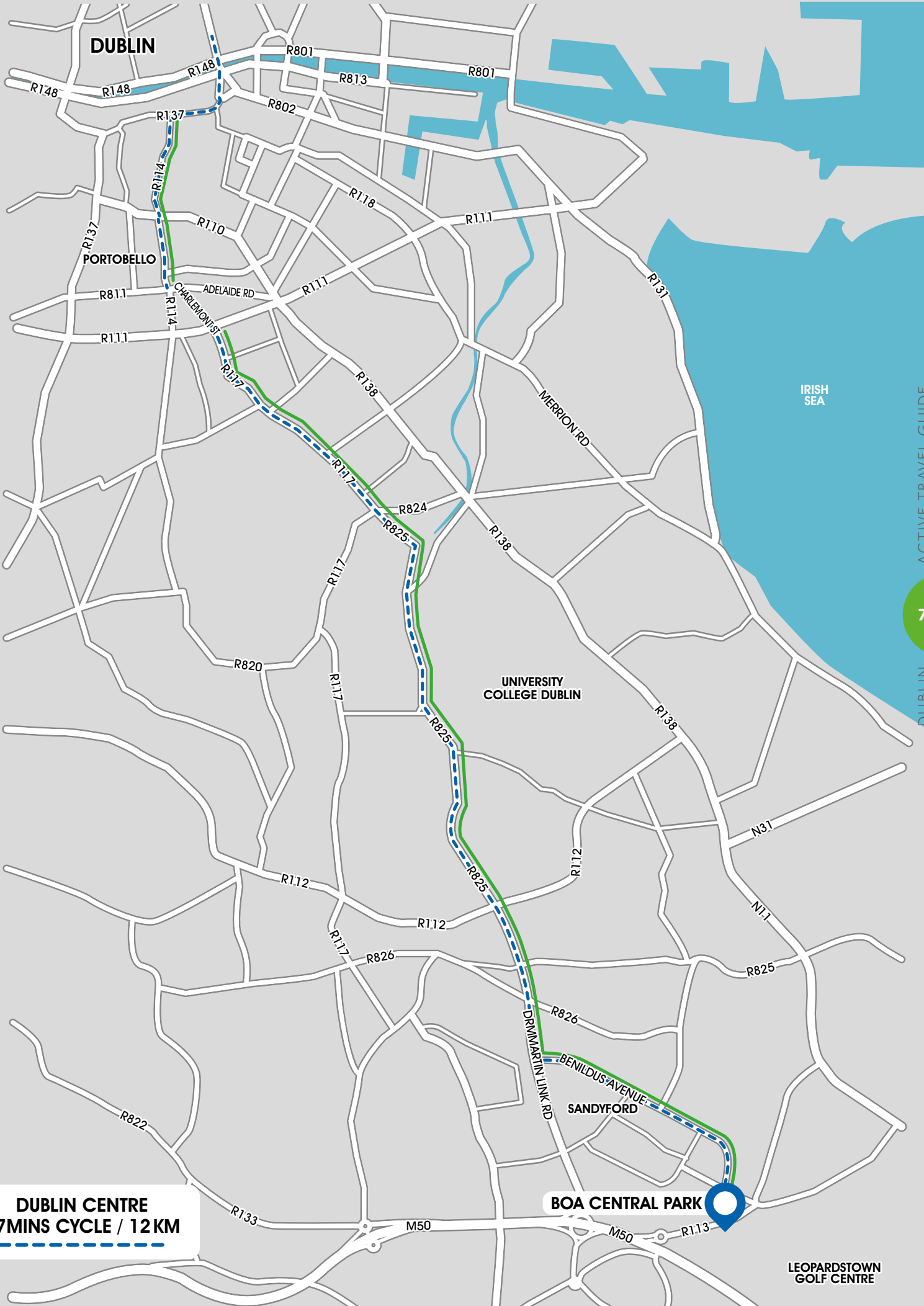
Due to current travel restrictions you may be able to travel into Dublin by train but have no public transport options onward from the station. The map below shows the walking and cycling routes and the journey times from the local major train stations.

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.



CENTRE OF DUBLIN CYCLE ROUTE



DUBLIN CENTRE
47MINS CYCLE / 12 KM

BLACKROCK CYCLE ROUTE

UNIVERSITY
COLLEGE DUBLIN

IRISH
SEA

BLACKROCK

DUNARDAGH

GOATSTOWN

ROWANBYRN

MONKSTOWN AVE

SANDYFORD

HOLLYPARK

WESTMINSTER
PARK

BOA CENTRAL PARK

LEOPARDSTOWN
GOLF CENTRE

BLACKROCK
22 MINS CYCLE / 5 KM

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

WWW.MY-COMMUTE.COM