



CHESTER

# 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 [chester@my-commute.com](mailto:chester@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](http://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](http://www.cyclescheme.co.uk)

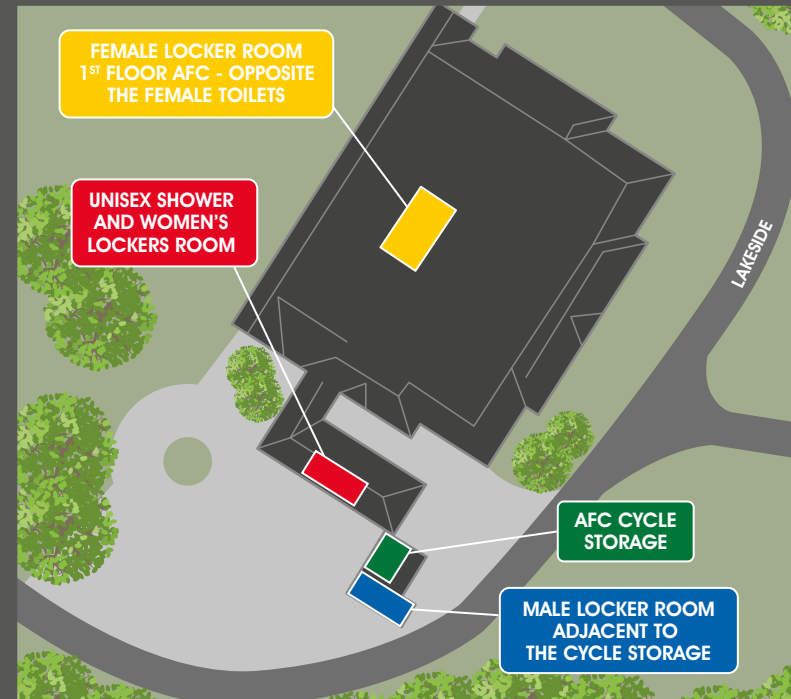
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# ON SITE FACILITIES

## AMADEO FINANCIAL CENTRE

The cycle parking is located next to the accessible parking spaces. There is a unisex shower block located within the service yard around the corner from the cycle storage area. The male locker area can be found in the building adjacent to the cycle storage. The female locker area is located within the main AFC building on the first floor opposite the female toilets

Please register as a cyclist at [chester@my-commute.com](mailto:chester@my-commute.com) to be added to the bicycle user group and gain access to the changing room and locker areas.



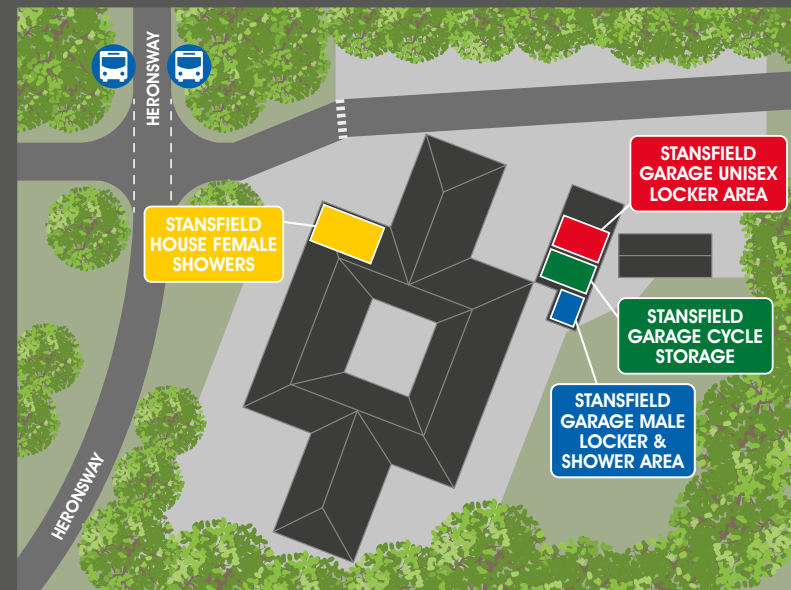
AMADEO FINANCIAL CENTRE FACILITIES

## STANSFIELD HOUSE FACILITIES

The cycle parking is located within the Stansfield Garage to the rear of Stansfield House. This is an internal bike store so please register as a cyclist at [chester@my-commute.com](mailto:chester@my-commute.com) to gain access to the cycle storage.

A unisex locker area is located adjacent to the cycle storage area. The male shower area adjoins the cycle storage area within Stansfield Garage. The female shower area is located within the main Stansfield House building next to the ground floor accessible toilet.

Please register as a cyclist at [chester@my-commute.com](mailto:chester@my-commute.com) to be added to the bicycle user group and gain access to the changing rooms, locker areas and the cycle storage.



STANSFIELD HOUSE FACILITIES





## 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 [chester@my-commute.com](mailto:chester@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 Chester 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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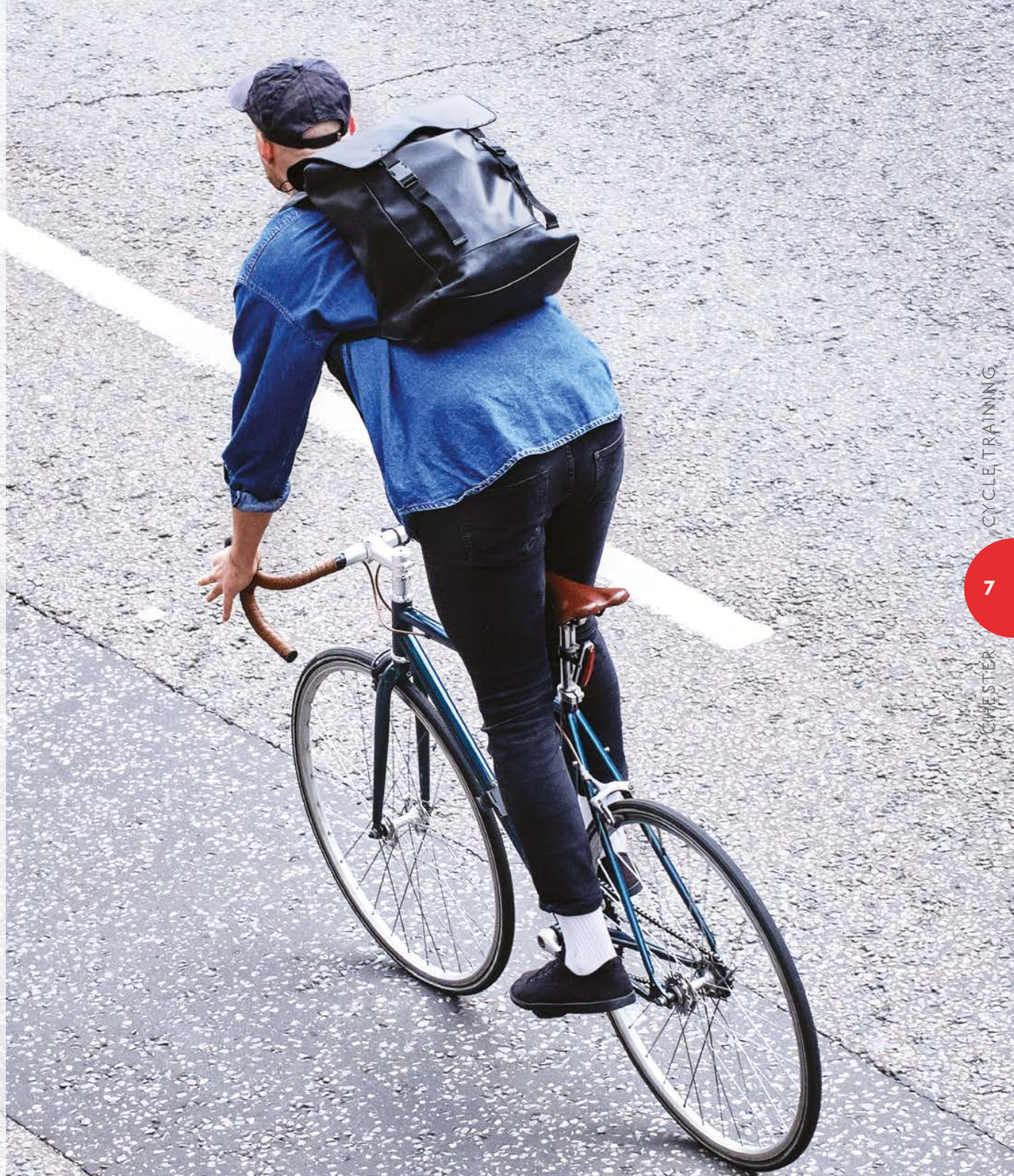
# CYCLE TRAINING

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.

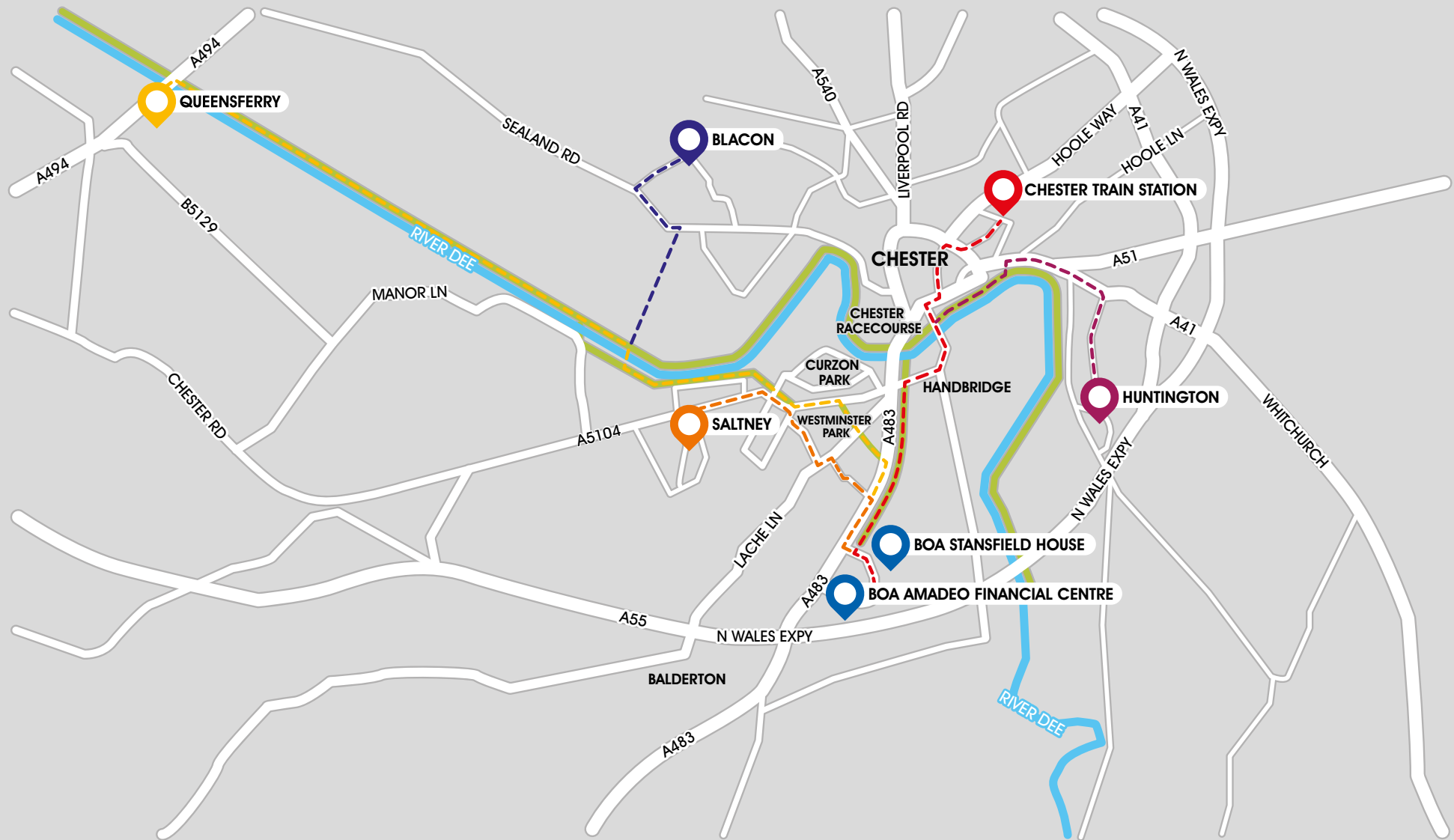
For more information or to book please contact [chester@my-commute.com](mailto:chester@my-commute.com)

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# CHESTER TRAIN STATION CYCLE ROUTES



**CHESTER STATION**  
20MINS / 3.6MILES

**QUEENSFERRY 1**  
40MINS / 7.9MILES

**QUEENSFERRY 2**  
50MINS / 9.7MILES

**BLACON**  
30MINS / 5.3MILES

**SALTNEY**  
20MINS / 3.1MILES

**HUNTINGTON**  
26MINS / 4.9MILES

**OFF CARRIAGEWAY  
CYCLE ROUTE**



# BLACON STATION CYCLE ROUTE



**BLACON**  
30MINS / 5.3 MILES

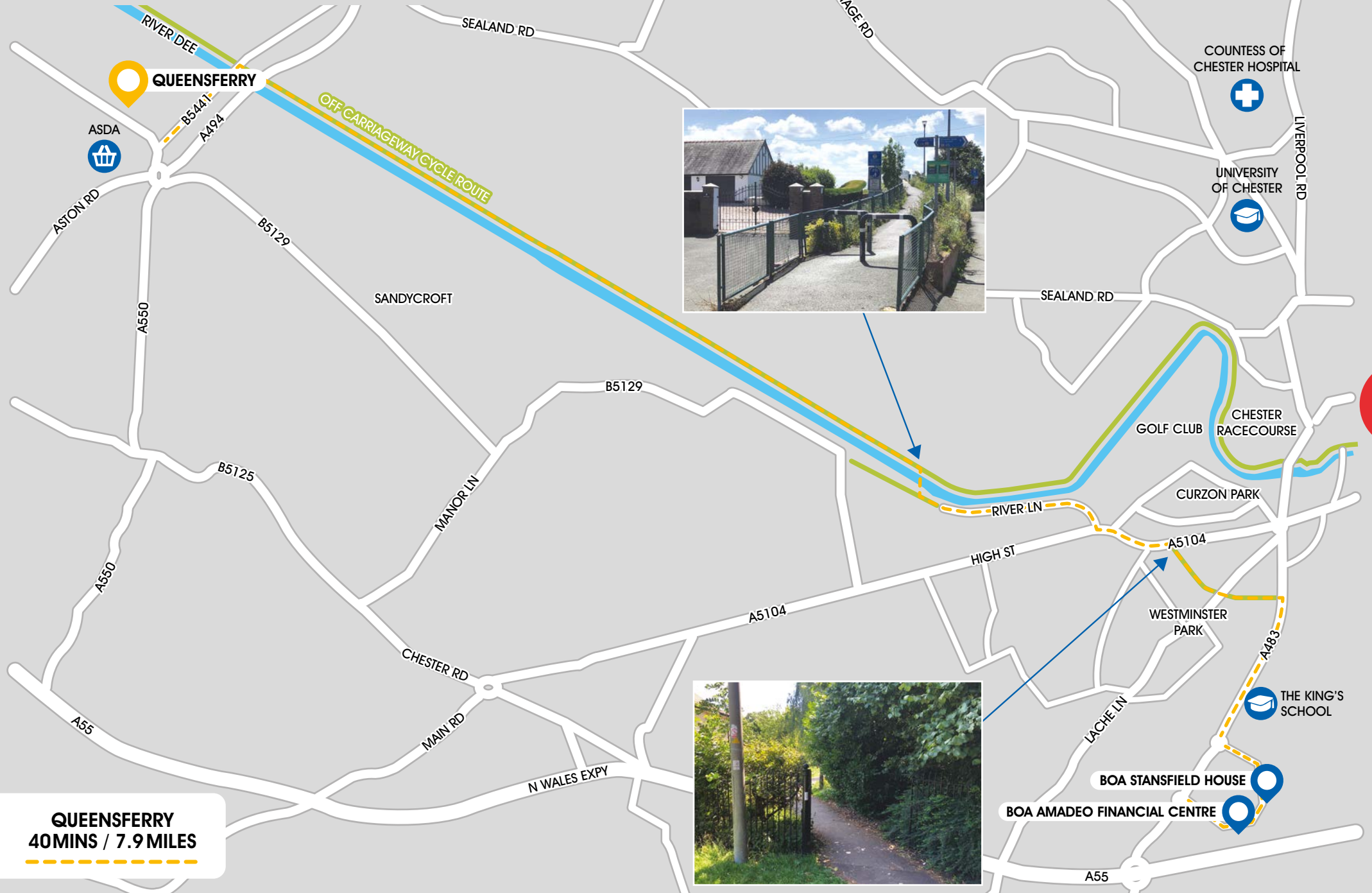


# HUNTINGTON STATION CYCLE ROUTE



**HUNTINGTON**  
26 MINS / 4.9 MILES

# QUEENSFERRY STATION CYCLE ROUTE



**QUEENSFERRY  
40MINS / 7.9 MILES**





# SALTNEY STATION CYCLE ROUTE



ROUTE THROUGH  
WESTMINSTER PARK



**SALTNEY**  
20MINS / 3.1 MILES

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

[WWW.MY-COMMUTE.COM](http://WWW.MY-COMMUTE.COM)