



MYCOMMUTE

ACTIVE TRAVEL GUIDE

MLFC



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 london@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. 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.

CITY BIKES SCHEME

- ◆ The UK's first cycle to work scheme for city hire bikes.
- ◆ Staff employees have the chance to save 32-42% on an annual membership of the Santander cycles scheme.
- ◆ Spread the cost of unlimited use of the Santander bikes as a salary sacrifice over 12 months.

You can find more about the City Bikes scheme on [Flagscape®](#) and find full details on Cycle to Work by checking www.cyclescheme.co.uk

ON SITE FACILITIES

MLFC KING EDWARD STREET

There are two cycle parking locations within the MLFC site.

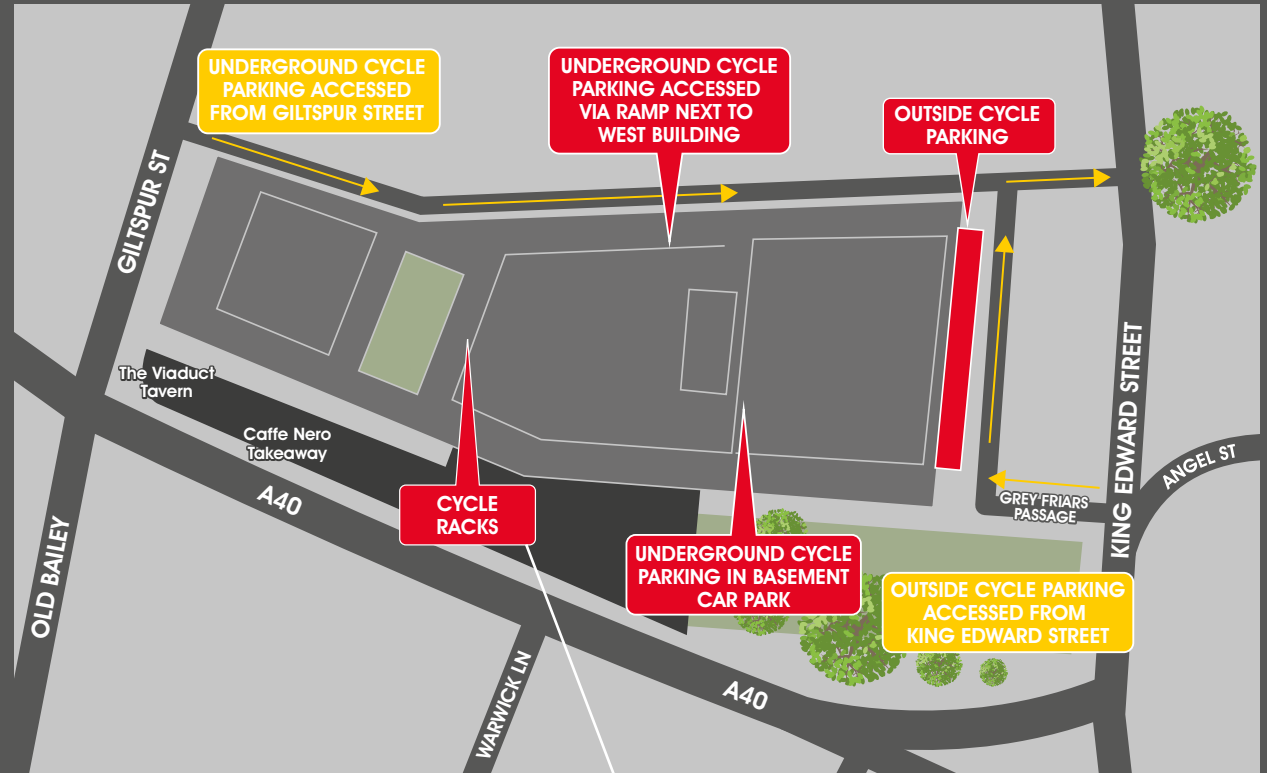
Outside storage is located opposite the Post Office Building, adjacent to the car parking area.

Access to the outside cycle storage is gained from King Edward Street via the security barriers at Greyfriars Passage.

Internal cycle storage is located within the basement car park, here there are also lockers and hanging and drying facilities. Access to the internal cycle storage is gained from Giltspur Street.

There is a unisex shower block located outside the West Building, next to the basement car park entrance.

Please register as a cyclist at london@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 london@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 London 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.



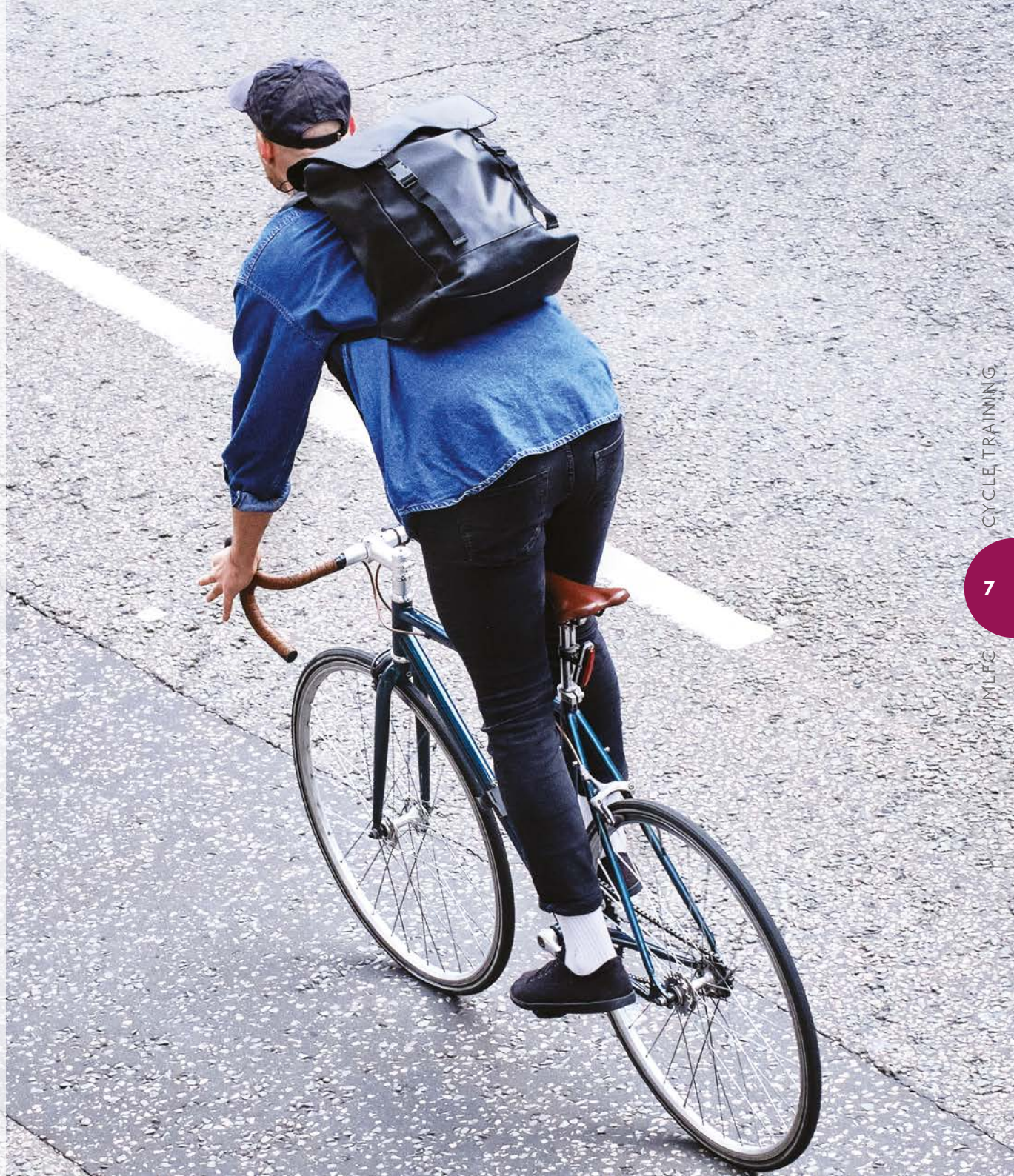
CYCLE TRAINING

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 london@my-commute.com

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CYCLE ROUTES

EUSTON TO KING EDWARD ST
12 MINS ON BIKE, 41 MIN WALK

KINGS CROSS TO KING EDWARD ST
10 MINS ON BIKE, 35 MIN WALK

LIVERPOOL STREET TO KING EDWARD ST
5 MINS ON BIKE, 20 MIN WALK

LONDON BRIDGE TO KING EDWARD ST
16 MINS ON BIKE, 23 MIN WALK

WATERLOO TO KING EDWARD ST
9 MINS ON BIKE, 26 MIN WALK

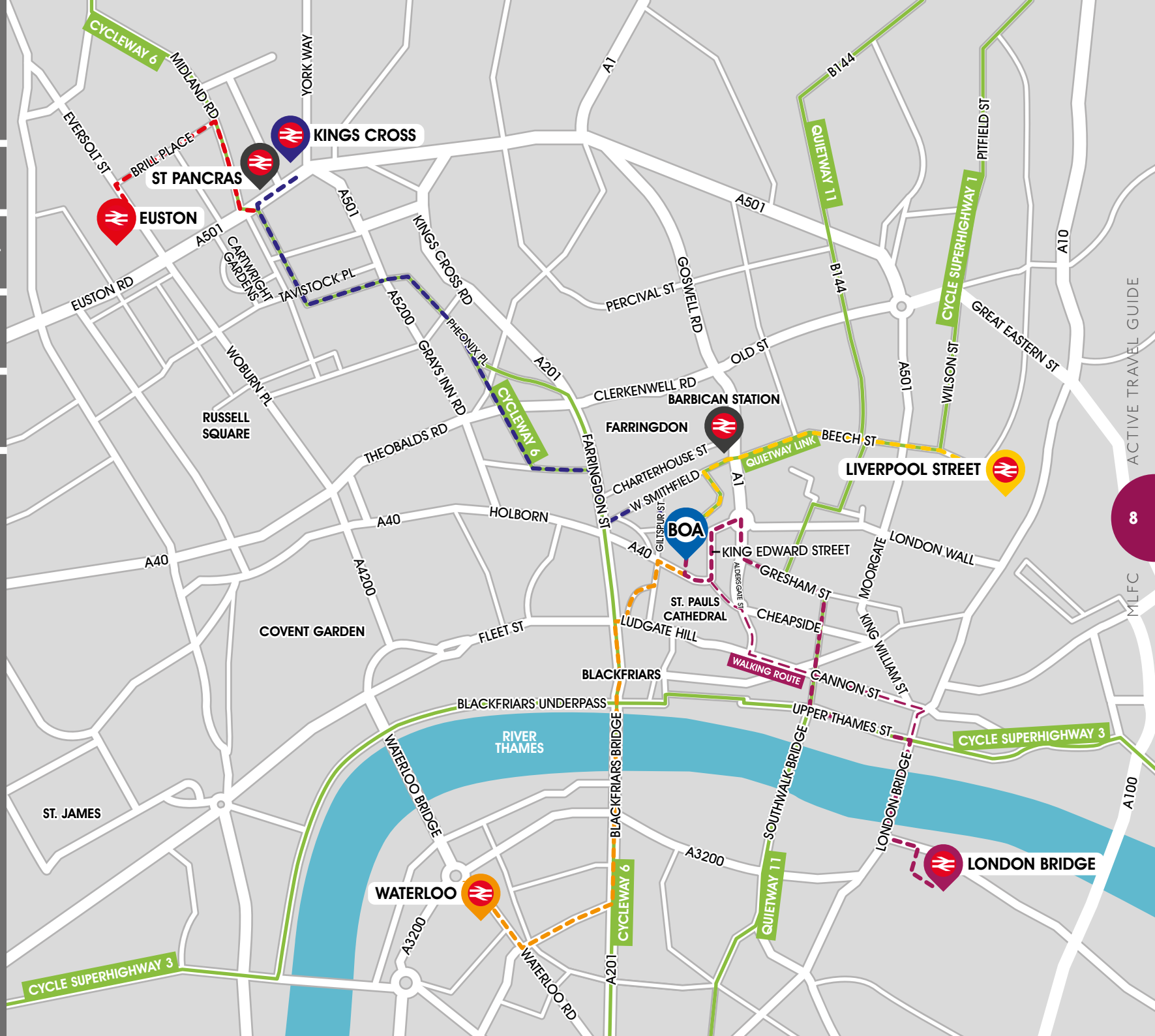
QUIETWAY LINK – This route links C6, Q11 and CS1 via Barbican

QUIETWAY 11 – This route links Angel – Old Street – City of London

CYCLE SUPERHIGHWAY 1 – This route links Tottenham – Seven Sisters – Stamford Hill – Stoke Newington – Dalston – De Beauvoir – Hoxton – The City

CYCLE SUPERHIGHWAY 3 – This route links Barking – North Beckton – Prince Regent Lane – Canning Town – East India – Blackwall – Poplar – Canning Town – Westferry – Shadwell – Tower Gateway – Hyde Park – Blackfriars – Embankment – Westminster – Hyde Park – Lancaster Gate

CYCLEWAY 6 – This route links Kentish Town – King's Cross – Farringdon – Ludgate Circus – Blackfriars Bridge – Southwark – St. George's Circus – Elephant & Castle



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

WWW.MY-COMMUTE.COM