

# Cycling Guidance

Cycling benefits our physical and mental health and is also fantastic green travel option!

## Key Facts

- 20+ miles of segregated bike lanes are accessible for cyclists in London
- The % of people travelling into their office by bike during Covid and beyond is as much as 50% in some buildings!

## How to Cycle Safely

The tips below have been provided by cycling expert and trainer, Rob James.

1. Be noticed and predictable
2. Be aware of drivers and communicate with them
3. Get training - to gain confidence, TFL provide individual skills sessions through all London boroughs - book [here](#)

## What bike and how to buy?

- Check often that: tyres are hard, brakes work, and chain runs smoothly
- You want your leg to go nearly straight when you pedal but be able to reach the ground when you stop. You also don't want to stretch forward to reach the handlebars
- Buying through the Cycle to Work scheme can give you significant savings (up to 30-40%) through government tax concessions
- Get free third-party insurance and legal representation if things go wrong, and a voice in keeping things going right, you can do this by joining a membership group such as Cycling UK or London Cycling Campaign

## NipNip

NipNip are a leading and convenient mobile bicycle repairs and servicing company in London. What started in 2013 as a small, family-run business is now London's fastest growing bicycle maintenance operation. Their mission from the beginning has always been to keep cyclists safe and to encourage cycling within the workplace.

NipNip now provide their services at several of our properties where bike facilities are available:

- 1 Hanover
- 1 Heddon Street
- 1 New Burlington
- 10 New Burlington
- 1 & 2 St James Market

Visit NipNip at [www.nipnip.co.uk](http://www.nipnip.co.uk) [here](#)



## BIKE-DROP

BIKE-DROP have three locations across the West End where you can safely secure your bike in one of their valet-style facilities near your place of work, your favourite restaurant or even your home.

Founder, Justin Lee suggests, *'In rethinking our journeys, for commuting, shopping, and leisure, we can all play our part in reducing our carbon footprint. In doing so we promote our own health and wellbeing - and of course reduce congestion. BIKE-DROP has been derived from a need to provide the peace of mind every RIDER desires.'*

Visit BIKE-DROP at [www.bike-drop.com](http://www.bike-drop.com) [here](#)

