

# Get rolling with a free loan bike

**From saving you money, to burning calories and improving your mood, commuting by bicycle brings a host of benefits.**

However, if you don't currently have a bike the idea of investing in the necessary equipment can be a barrier to trying it out. That's where the Council's free loan bike scheme comes in.

A loan bike can be a great way to boost your confidence and see if cycling is for you, before investing in a new bike. Bikes can be borrowed for up to four weeks and anyone living, working or studying in Bath & North East Somerset can take advantage. There's a choice of three easy-to-use bike types available:

A hybrid bike - a robust road bicycle with flat bars ideal for commuting; an electric bike - to take the hard work out of going up hills; and a folding bike - easy to use on public transport.

All bikes come with the necessary equipment to keep you on the road including lights, bike lock and a puncture repair kit, and can be supplied with roomy panniers which have plenty of space for storing work kit and a change of clothes. Bikes can be borrowed for two to four weeks depending on availability and demand. (Due to demand the correct sized bike may not always be available at the time when you want it. If so, we will contact you as soon as a suitable bike is available.)

**Getting rolling with a loan bike is simple:**

- **Log your details at [www.surveymonkey.co.uk/r/BANESLOANBIKE](http://www.surveymonkey.co.uk/r/BANESLOANBIKE) and someone will get back to you OR:**
- **Contact your local shop to arrange:**
  - BATH: Take Charge Bikes,**  
– 01225 789 568
  - RADSTOCK: Bike It,**  
– 01761 431 502
- **The bike shop will arrange to complete the paperwork with you and take a security deposit for the bike.**



## Energise your commute with an Ebike

If you're new to cycling or worried about your fitness, an electrically-assisted Ebike can help to get you going. Huge advances in battery technology in recent years has made the Ebike a hot trend in Europe and they are available in Bath through the free loan bike scheme.

Tamzin Anderson was an occasional cyclist, but had been put off commuting due to worries about dealing with Bath's notorious hills. "I heard about the bike scheme from a friend and discovered there was the option of an electric-assist bike, which really appealed." The ease of taking out a fully equipped bike persuaded her to give it a go. "It's straightforward to use the electric assist, and the battery detaches from the bike, meaning I can charge it from any plug. It's like having a helping hand pushing you up the hill!"

For help finding your local cycle routes and other handy advice for new cyclists, visit [www.letterbybike.info](http://www.letterbybike.info)

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