

About us

Welcome to the **Young Bikers** project, which has recently been set up to promote cycling by young people in Poplar and the Isle of Dogs.

Young Bikers are in the process of designing maps of safe cycle routes to schools and colleges, for both print and online use.

The maps are intended to reassure inexperienced cyclists, as well as parents, and encourage safe and pleasant journeys to school by bike.

The maps will also feature useful information for young bikers, such as cycle groups, bike retailers, workshops and cycle training opportunities in the borough, plus tips on safe cycling.

Young Bikers is working closely with Sustrans' **Bike It** scheme.

The Maps

The Young Bikers maps will be easy to use.

They will feature useful local landmarks and other relevant information, including that provided by young people themselves (see page 4).

Routes will be designed to encourage the safest, most pleasant journeys. They will be colour-coded - **green amber red** - to indicate how busy they are, and direction signs will be placed en route in the physical environment.

Printed maps will be supplied for **free** to all schools and colleges in Poplar and Isle of Dogs.

PDF maps will be made available for download from the Young Bikers blog and GPS map data will be uploaded to **www.openstreetmap.org**.

Why cycle?

- It's **fun** – cycling makes you feel alive
- It's **healthy** – cycling is great exercise and keeps you fit
- It's **empowering** – cycling gives you a sense of achievement
- It's **economical** – cycling reduces your transport costs
- It's **sustainable** – cycling helps the environment
- It's **radical** – cycling is the future
- It's **interesting** – cycling lets you experience more
- It's **quick** - cycling is often faster than other modes of transport
- It's **easy** - cycling is for everyone: anyone can do it and training is available to support this
- It's **freedom** – cycling can take you anywhere

We want young people to get involved

We encourage young people to get involved with the project.

Young people are invited to propose their own routes, share their ideas about the maps and the blog, post comments, and..?

The Young Bikers blog is their blog so it is up to them!

www.youngbikers.blogspot.com

How you can help

As a local health worker your assistance in promoting the scheme would be helpful. Cycling is excellent exercise and is an ideal measure for tackling obesity, etc. We ask you to consider doing the following:

- Encourage young patients to get involved with the Young Bikers project
- Encourage co-workers to cycle and to promote the health benefits of cycling
- Liaise with parents to ensure that cycling opportunities exist for children
- Help establish a “cycle day” at your practice
- Help support the shift from car / bus use to walking and cycling
- Print and display Young Bikers posters

How can we help you?

We can supply PDF literature, posters and maps, plus a limited amount of other items, including Young Bikers stickers and badges.

We can also help if you wish to organise a “cycle day”.

We will also point you in the direction of further support, should you require it. Our aim is to help facilitate a thriving cycle culture amongst young people and we will do our best to assist you in this task.

The cycle charity Sustrans – www.sustrans.org.uk – may also be able to help.

Plus check out Tower Hamlets Wheelers – www.towerhamletswheelers.org.uk – who regularly organise group rides, cycle maintenance workshops and other opportunities for cyclists.

Contact us

Please do get in touch if you have any questions or suggestions or would like to get involved. We look forward to hearing from you.

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Young Bikers is an independent voluntary project working in tandem with Tower Hamlets council, Sustrans' Bike It scheme and others.