

## FIX YOUR BIKE



A bike repair station located next to the main entrance of the building. There are puncture repair kits available to borrow from reception.

Free Dr Bike sessions are organised across the Edinburgh College in autumn and spring.

To find out more about dates keep an eye on noticeboards or contact Sustainability Team.



## CYCLE SAFE

A few tips to help you stay safe while you cycle:

- Be seen on the road (have lights and high visibility clothing)
- If you don't feel confident, think about additional training (contact Sustainability Team)
- Read Highway Code rules for cyclists and learn about your rights
- Always lock your bike

## ROUTES TO THE CAMPUS

Midlothian Campus is located close to Cycle Network:

- National Cycle Routes (1) connects campus with Musselburgh
- National Cycle Route (196) connects campus with Bonnyrigg and Penicuik
- ... you can plan your own route using:



[www.cyclestreets.net](http://www.cyclestreets.net)



# TRAVEL ACTIVE

# AT MIDLOTHIAN

Follow us



@ECsust

Improvements around Edinburgh College were supported by:



## WHY CYCLE?

Saves on fuel and parking

Makes you happy!

Keeps you fit and healthy

Cuts your carbon footprint

## CYCLE FACILITIES



There is a sheltered cycle parking available located near the car park.



A limited number of lockers are available to cyclists.

To register contact: [sustainability@edinburghcollege.ac.uk](mailto:sustainability@edinburghcollege.ac.uk)



### Travelling by train?

Eskbank train station is 100m from the campus, with connections to the Borders Line and Central Edinburgh. Cycle reservations are normally not required on this service.



You can find out more on the ScotRail website:

<https://www.scotrail.co.uk/plan-your-journey/travel-connections/cycling>

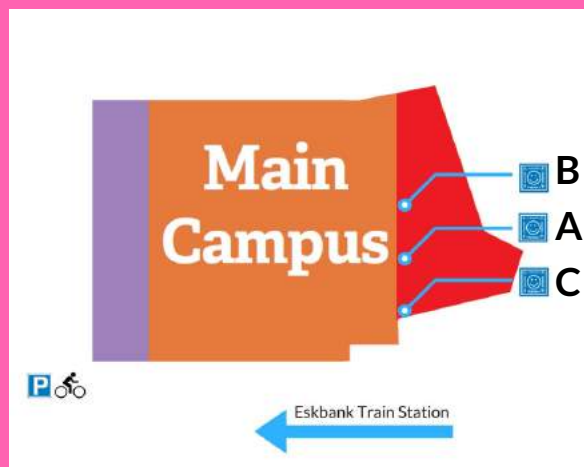
## GETTING A BIKE



When thinking about getting a new bike make sure you get the right size of frame and type of bike which will best suit to your needs.

If you want to buy a second hand bike, check the Bike Station.

Their bikes can cost as little as £65!



Look for Active Travel Friendly label !  
Facilities with this sign are suitable for changing.



### Active Travel Friendly Facilities

locations:

Changing Rooms

A - There are changing rooms available for students on the lower ground floor.

B - Staff Changing rooms require code access.

Showers:

C - There is a shower available in accessible toilet on the ground floor. All cyclists are welcome to use it

## YOUR GUIDE TO ACTIVE TRAVEL

## AT EDINBURGH COLLEGE

### JOIN THE MOVEMENT!

Love walking/running/cycling?  
Looking for new challenges?

Volunteer as an Active Travel Champion!  
Contact Sustainability Team to find out more.

Follow us



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