

at the day care or school and ride to work. Take a bit more time so that you can include a ride during your day to get your daily exercise. Panniers on a rear rack can carry home the basic shopping. Try riding with the kids to school. You can use the footpaths but remember to give way to pedestrians.



I'D HAVE TO RIDE IN THE DARK

Bike lights have come a long way. They are affordable, rechargeable, give you good vision and help you to be seen. We recommend using lights, especially flashing ones, during the day as well as night. Hi-vis reflective clothing, such as a vest, a belt or ankle straps, helps make other road users aware of you too.

I MIGHT HAVE A BREAKDOWN OR A FLAT TYRE

Modern tyres and a well maintain bikes reduce the risk of punctures or break downs. Look out for a *TBUG Bike Week Workshop* to learn how to fix a flat tyre. RACT Ultimate Assist membership includes roadside assistance for bike riders.

THERE ARE TOO MANY HILLS ON THE ROUTE TO MY WORK

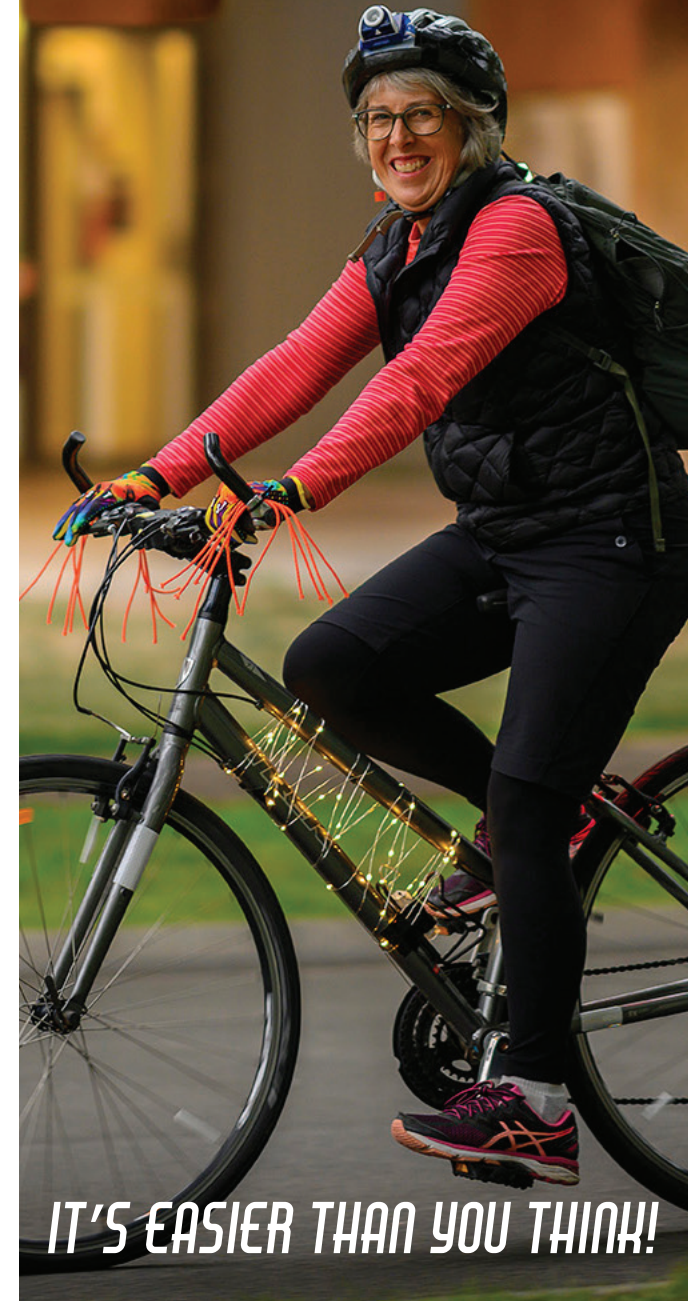
Think about buying an electric bike. While ebikes, may cost more initially, they are quickly becoming more efficient and more affordable. They 'flatten the hills' and will soon pay for themselves by cutting your transport and health costs.



If you would like more information about riding your bike to work or would like to know more about TBUG please:
email us contactus@tbug.org.au
visit our website www.tamarbug.org.au
or find us on facebook.



RIDE A BIKE TO WORK



IT'S EASIER THAN YOU THINK!

Riding to work means you will experience the freedom and exhilaration of riding while improving your mental and physical health. You will help reduce road congestion, improve the environment and learn skills that you can use for life.

We have heard lots of reasons why cyclists do not ride to work. This leaflet will **BUST THE MYTHS** about riding to work and encourage you to hop on your bike rather than jump in the car.



RIDING TO WORK IS TOO DANGEROUS

Fear of doing anything new is normal. Build your experience and confidence by riding your work route on the weekend to get used to it. Select routes that include off road trails, even if it seems a bit longer. These trails can be a more pleasant ride too. Drive part of the way then ride. For example, you can park at one of the designated *Park and Ride* car spaces at Hobblers Bridge, Heritage Forest and the Tailrace, and use an off-road trail from there.

I DON'T KNOW WHERE THE OFF ROAD TRAILS ARE

Download the TBUG map *City Cycling Around Launceston* from tamarbug.org.au or pick one up from a bike shop, the City of Launceston Service Centre, the library or the Visitor Information Centre. The map shows the on road bike lanes and off road trails.



RIDING TO WORK TAKES TOO LONG

In 2019, starting from Riverside, TBUG riders used an ebike and a conventional bike to challenge a car driver to complete a 'to do list' in the CBD. Without the hassle of finding parking spots the bikes won hands down. You can travel a long way around Launceston in 20 minutes on a bike.

YOU CAN GET TOO HOT OR DRENCHED IN A RAINSTORM

Although we may not be able to ride every working day, our mornings and evenings are generally cool and it rarely rains all day. Launceston's weather is not so warm that on a short journey you will get too hot, especially if you ride at a leisurely pace. A good rain jacket and overpants can be enough to protect you from light rain and merino wool layers keep you snug when its colder. 'There is no such thing as bad weather, just the wrong clothing'. Also talk to other bike riders about what they wear.

Some work places are now providing showers. Ride wearing cycling or casual clothes and take your work clothes to change into. Rolling clothes and carrying them in a small back pack or a rear pannier can keep them neat.



YOU HAVE TO TAKE THE KIDS TO DAYCARE OR SCHOOL OR DO THE SHOPPING

Try mixing your journey by using your car and your bike. Use an ebike and a trailer, park the car