

Cycling

Cycling is one of the most convenient, cost-effective and healthy travel options out there. And it can also easily be combined with other forms of transit, offering much-needed flexibility. For organizations looking to provide employees with safe and flexible travel solutions, active commuting (biking, walking and micromobility) should most definitely be a key consideration.



TravelSmart is a program focused on empowering better travel choices. We provide access to a wide range of tools and resources – from cycling programs and parking management strategies, to strategic mobility partnerships – all with the goal of helping Metro Vancouver businesses and individuals be more... TravelSmart.

There is no shortage of evidence showing that biking to work is good for businesses and employees alike. People who bike to work are, on average, 15% more productive and take fewer sick days than employees who drive. Have a look at the checklist below and consider how your organization can better promote cycling as a smart travel option.

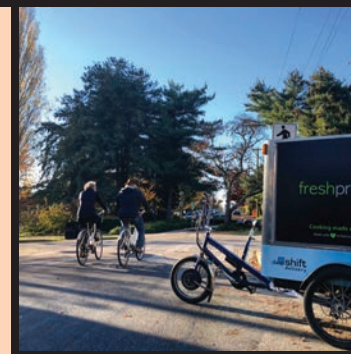
Cycling Employer Checklist:

- Provide safe, secure and dry facilities for employees to lock their bikes.
- Have changeroom facilities, ideally with a shower.
- Provide a corporate fleet of bicycles or e-bikes for offsite trips.
- Consider financial or other incentives for your employees to purchase an e-bike or other bicycle equipment.
- Consider providing bike education programs for all levels of riders.
- Identify cycling champions at your workplace to help share tips and promote cycling to work as a great way to start and end the day. Become a cycling buddy, get active in communicating cycling initiatives, and help to address concerns from new cyclists.
- Communications plans are a great way to connect your employees with Metro Vancouver's strong cycling advocacy network.

Nonprofits like [HUB Cycling](#) host fun events like Bike to Work Week, Bike the Night, and provides a range of great cycling resources to help engage people of all ages and abilities. Check their website for updates on upcoming fun campaign or competitions.

- Sometimes your employees might just need a little nudge to get their bike rolling again. Provide a pump and tools for quick repairs or take it to the next level and schedule a bike mechanic to visit your workplace and offer free tune ups!

+ Did You Know? Riding your bike is 3 to 5 times faster than walking and expends about the same amount of energy. Nearly 50% of all trips in Metro Vancouver are under 5 km – a distance that can be covered in 15 minutes by bike – close to the same amount of time it would take to drive! **+**



Looking to go electric?

Receive a generous \$1,050 rebate on an e-bike purchase from participating e-bike retailers through the Province's [BC SCRAP-IT Program](#), when you scrap your old vehicle. Is your business looking to deliver goods more sustainably and reduce operating costs? As part of a one-year pilot project, businesses can also receive a \$1,700 rebate for each [cargo e-bike](#) purchased! (maximum of 5).

TIPS FOR EMPLOYEES CYCLING TO WORK:

- Determine what facilities your workplace offers to support cycling e.g. secure bike parking, bicycle fleet, lockers, showers, drying racks.
- Plan your trip ahead of time and find out your closest safe [cycling route](#).
- New cyclists should consider starting out with distances of 1–5 km.
- Make sure you wear warm, reflective and weather-proof clothing.
- Wear a helmet and make sure you have lights on the front and back of your bike.

If you plan to ride to and from work, find out where to park your bike as well as any end-of-trip facilities available at your workplace before you go. You might also want to consider doing a test ride in advance to make sure you have everything you need, know where to go and how long it'll take to get there.

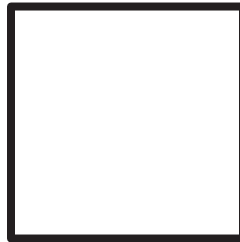


+ Did You Know? People who use e-bikes ride much further on average than conventional bikes. One study from Norway showed that buying an e-bike increased bicycle use by 340% to 9.2 km on average per day. The average trip distance by car in Metro Vancouver is about the same (10.2 km), while 50% of car trips are under 5km. +



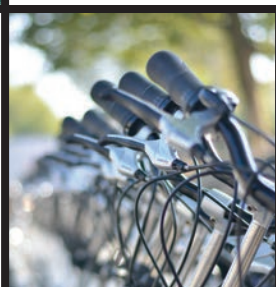
FLEX YOUR RIDE AND COMBINE CYCLING WITH TRANSIT

Metro Vancouver currently has the largest transit-integrated Bike Parkade network in Canada and TransLink continues to work with municipalities to improve cycling facilities and infrastructure throughout the region. Biking to work or to run errands is easy to combine with TransLink's growing network of [Bike Parkades](#) and [Bike Lockers](#) at select SkyTrain Stations and bus loops. Some Bike Parkades even offer air pumps and repair stands for tune ups on the go as well as oversized parking spaces for cargo bikes, bikes with trailers and recumbent bikes.



Don't own a bike?

Want the flexibility of accessing a bike without owning one? No problem! Our partners at [Mobi by Shaw Go](#) and [Hop](#) offer the option of using a bike or scooter from a shared fleet. Check to see what's available in your municipality. If you happen to be in Vancouver, you can try out a Mobi bike by entering the promo code *biketotransit* to receive 50% off on a 24-hour pass.





CYCLING RESOURCES FOR EMPLOYERS

[Bike Friendly Business Certification](#)

[Workplace Cycling Workshops with HUB](#)

[Cycling Courses for all levels of riders](#)

[Workplace Bikability Assessment](#)

[BC Cycling Coalition](#)

CYCLING RESOURCES FOR EMPLOYEES

[Metro Vancouver Cycling Maps](#)

[Bikes on Transit](#)

[Bike Parkade Demo Video](#)

[Mobi Bike Share](#)

[Bike Citizens Cycle Route Planner](#)



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