

SUSTAINABLE TRAVEL



SPRING 23 – FREE 12-MONTH BUS PASS!



Welcome to your Spring 23 sustainable travel newsletter. You'll find useful information on all things cycling in your area, plus info on the free bus passes available! To view further sustainable travel info, visit your dedicated sustainable travel webpage by clicking the link below.

Click [HERE!](#)

www.tpc-rodgersleask.co.uk/thewheatfields

Free Bus Taster Tickets!!

Did you know that as a resident of The Wheatfields that you're entitled to a **free 1-year adult bus pass** from Arriva?!

If you would like to redeem this bus pass, please email tpc@rodgersleask.co.uk to request an application form, **which needs to be returned completed by 31st May 2023.**

The Arriva bus pass is worth over £600!

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The following link below provides more information on the area covered by the bus pass.

Bus pass request

Click [HERE!](#)

DEADLINE: 31st May 2023!!!!

Warmer Weather Cycling Tips

Hydration

Make sure that you keep a water bottle on you whilst you're out on the move. Remember to keep yourself hydrated, but to not overdo it. By having a drink with strong electrolytes before you start your cycle, it will help optimise your hydration status and helps to improve your cycling performance!

Heat Management

Make sure that in the warmer weather that you wear cool clothing in order to promote and aid your ventilation, as well as wear a sunhat and sunglasses to be able to block out the sunrays! When cycling outside in the heat, always ensure that you have applied any sun cream to prevent burns, and try to take frequent breaks in the shade where possible.

Local Cycling Routes

Did you know that the National Cycle Network Route 6 runs alongside Long St Road your house? A 406 mile route connecting London to the Lake District is right on your doorstep, try cycling along the route one day! Scan the following to find out more about the route.

CLICK [HERE!](#)

Best eBikes of 2023

Why Own One?

Owning an eBike can allow you to get out and cycle whilst putting in a bit less effort!

Depending on what you are looking for, there are a few options for the "best" eBike.

Best For Commuting

Gocycle G4

Hill climbing on this eBike appear to be effortless, with the bike itself being rather stable. The bike can be folded down and easily wheeled around train stations for those who have different commutes.

Best for City Riding

Raleigh Motus Crossbar

The bikes upright riding position allows you to have a clear view of the road and ensures that navigating traffic is an easy experience.

For more information, please click below for more options and links to retailers for these bikes.

Click [HERE!](#)



HELPFUL LINKS

Hot weather cycling – [6 tips](#) to help you keep your cool

Click [HERE!](#)

[Bikemap](#) – Dozens of suggested cycle routes in and around Hanslope

Click [HERE!](#)