

City Campuses and Headingley Campus



Kirkstall Brewery to



UTravelActive



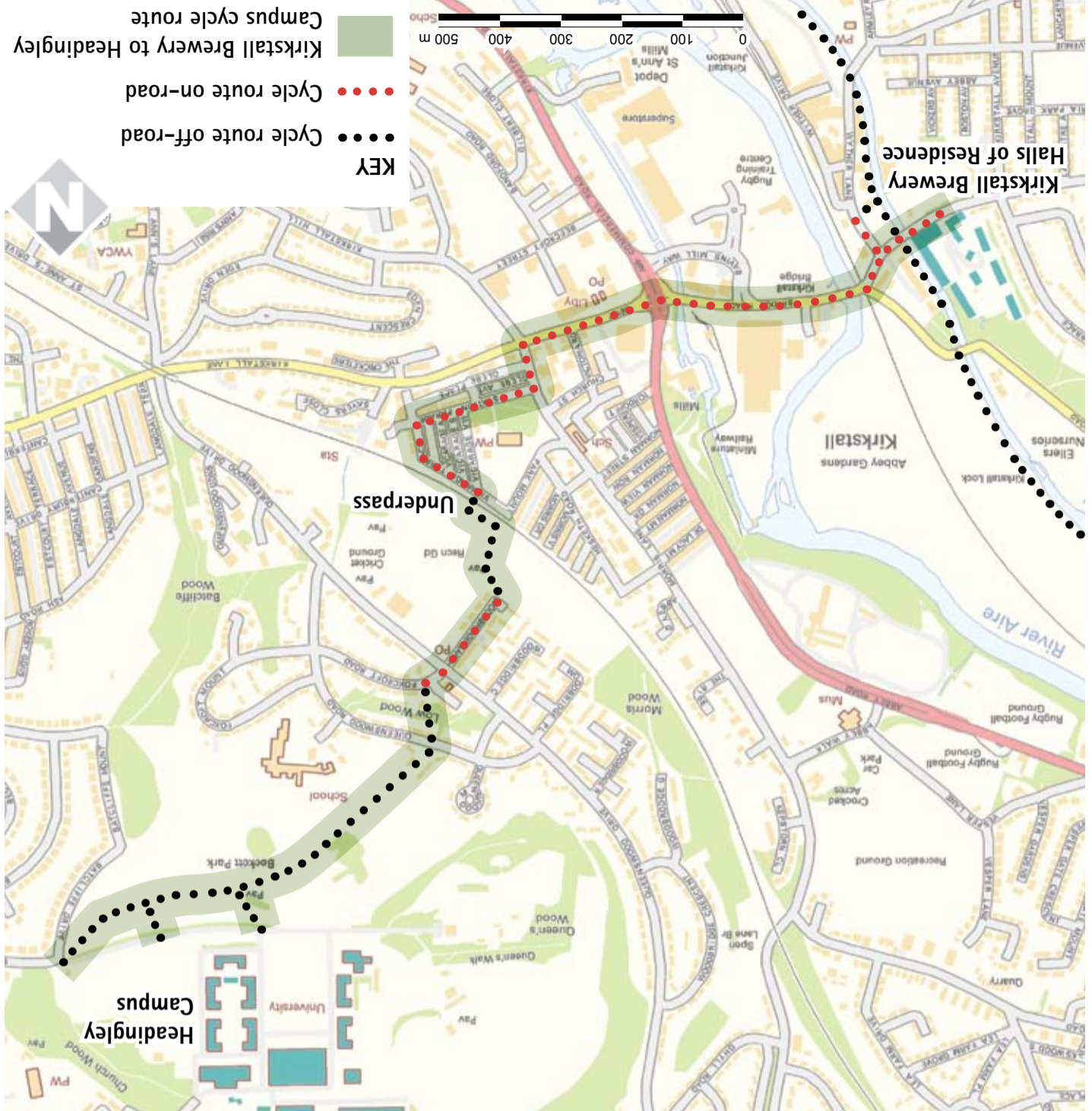
Promoting cheap, fun and healthy everyday travel

UTravelActive is promoting walking and cycling among students, staff and the local community:

- **VELO CAMPUS LEEDS** - low cost annual bike hire.
- Volunteers needed to be bike buddies, to support our primary school outreach, our Bike Hub and with events.
- Improving local routes and facilities.
- See website for programme of activities, events and campaigns.

Love walking Love cycling

www.leeds.ac.uk/UTravelActive
or join the UTravelActive facebook group
[\[www.facebook.com\]](http://www.facebook.com)



Cycling Tips

Comprehensive rules and guidance for cyclists can be found in the Highway Code, which is available in book shops or can be viewed online by typing 'Highway Code' into your search engine. Cycle training can be a good idea if you lack confidence or haven't ridden for a while. Call Leeds City Council on 0113 2475198 for details.

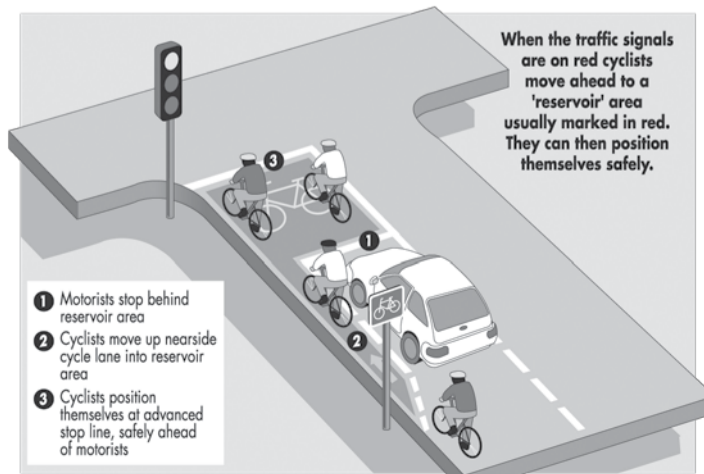
In general

- Always abide by the Highway Code.
- Ride to your own ability.
- Look all around when making a manoeuvre and signal clearly.
- In daytime wear bright clothes. At night use lights and reflective clothing.
- Be aware that most tracks away from the road are unlit.
- Consider wearing a helmet (conforming to BS EN 1078).
- Consider your lane position; a metre from the kerb is advised when cycling straight ahead, but it may be helpful to occupy the middle of the lane when approaching a junction.
- Watch out for motorists turning across you at side roads, particularly when filtering past traffic. This is a common cause of accidents in Leeds. Pay particular attention to large vehicles whose drivers may not be able to see you easily.

Shared-use paths

Take care when passing pedestrians and remember that they may be inattentive, or anxious around cyclists. Some may be unable to react quickly or see or hear your approach. Let pedestrians know you are there and allow plenty of room. Be ready to slow down and stop if necessary. Be considerate.

Advance Stop Lines



Graphic: Martin Ross. Courtesy of Yorkshire Evening Post.

Kirkstall Brewery to City Campuses

"Signed routes making cycling easier for students and residents"

These carefully signed cycle routes use quiet roads, bus and cycle lanes, canal towpath and improved junctions to provide convenient routes from Kirkstall Brewery Halls of Residence to the main city centre campuses and Leeds Met Headingley Campus passing by Opal 1 and 2 student accommodation.

A section of the Aire Valley Towpath Route is used to access Leeds city centre. This is part of National Cycle Network Route 66 which passes by Shipley and Bingley and connects to the Trans Pennine Trail giving opportunities for leisure cycling. Separate leaflets are available for these or look at www.leeds.gov.uk/cyclemaps. It also passes close by Leeds City Station and CyclePoint (www.cyclepoint.org) where cycles can be stored, hired, purchased and repaired.

