

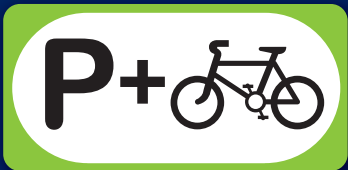


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Park & Pedal

Get fit for the day



New improved cycle parking at Redbridge and Seacourt Park & Ride

Take your bike on the last leg of your journey and get your daily exercise as part of your commute

Building a world-class city for everyone



Park & Pedal Get fit for the day

Drive your car to the Park & Ride and take your bike to your final destination or;

Take your bike to the Park & Ride, park it and jump on the bus

Benefits

- Get your daily exercise as part of your commute to work
- Cycling reduces stress and improves your fitness
- Cycling gets you door to door
- Cycling lets you jump the traffic queues
- Be on your own timetable

From Redbridge P&R to	Time by bike	Calories burned	Comparison
City Centre	15 minutes	140 calories	28 minutes tennis
Cowley	15 minutes	140 calories	20 minutes swimming
John Radcliffe Hospital	25 minutes	240 calories	25 minutes Zumba

From Seacourt P&R to	Time by bike	Calories burned	Comparison
City Centre	15 minutes	140 calories	14 minutes of football
Cowley	20 minutes	190 calories	24 minutes jogging
John Radcliffe Hospital	25 minutes	230 calories	28 minutes moderate aerobics