

# Spring Into Cycling - Campus Cycle to Work Day

## Wednesday 29<sup>th</sup> March

HarBUG are running a Campus Cycle to Work Day on Wednesday 29<sup>th</sup> March.

If you have thought about cycling to work or are new to the Campus this is a good starting point. Join one of our easy paced guided rides from Wantage or Didcot to the Campus via traffic free routes through the Oxfordshire countryside. At the end of the ride join us for a free cyclist's breakfast at DiSH.

If you are an existing cycle commuter and have had a break over the winter, this is an ideal opportunity to get back on your saddle. If you have been cycling through the winter, great effort. Either way join us on one of the guided rides or call in at DiSH for a free cyclist's breakfast.

### Guided Rides

Just turn up at one of our Guided rides, suitable for all fitness levels.

- Didcot Parkway, Cycle Hub - Depart 07:50
- Wantage, Nelson Pub - Depart 07:45

### Cyclist's Breakfast

Breakfasts are served at DiSH, off Curie Avenue from 07:30 to 10:00. Sponsored by Harwell Campus. Only Campus employees cycling to work on the day are eligible for a free breakfast.

### Why cycle to work?

Here are some of the benefits of cycling to work:

- Save money.
- Improve fitness & health (too many to list)
- Boost mental health & wellbeing.
- Arrive on time – congestion free.
- Zero Emissions and noise.

Please see our website for full details of the Cycle to Work Day. Also on our website, information about cycle commuting; routes, changing facilities and campus hire bikes:

[www.harbug.org.uk](http://www.harbug.org.uk)