



# open up Milton Keynes

Tours, Trails and Trailblazers

## On your bike! said Stephen



### Did you know...?

- There are nearly 200 miles of the city's unique Redways dedicated to cyclists and walkers
- 20 bikes can fit into one car parking space.
- You could bike to work!

As part of Bike Week 2005, Physical Activity Specialist Stephen Gunther campaigned to get NHS colleagues at MK Hospital to abandon their cars and set an example to the rest of the city:

*'Cycling is a good way of getting fit because it places very little stress on the body. And if you ride a recumbent bike, where you sit more horizontally, it's even better...'*

### Do you know...?

- Where to find bike racks at your place of work?
- Where facilities are for freshening up when you get to work?
- What's happening with Bike Week 2008?

Saturday 6th and Sunday 7th September – **The Bike Week Launch** at Midsummer Place with stunt riders and cycling organisations.

Monday 8th September – the **Tour of Britain** is in Milton Keynes

Saturday 13th September – **Climb Your Mountain Charity Bike Ride** at Willen Lake

Sunday 14th September – **YMCA Charity Bike Ride** at Willen Lake

*... and Bike-2-Work Days are happening all over the city!*