

What is a bike bus?



A bike bus is a fun way to cycle to school. Children, accompanied by cycle leaders, ride their bikes together along a chosen route, joining at planned stops.



Joining a bike bus?
Remember the ABC
check before you set off...

a Air in your tyres?

b Brakes working?

c Chain on properly
and not rusty?



beeactive.tfgm.com
0161 244 1000



Follow us on social media:

@beenetwork

facebook.com/beenetworkgm

@beenetworkGM



Your guide to setting up a bike bus



Get inspired!!

Find out how parents at Chorlton Park Primary School started their brilliant bike bus.

What inspired you to start a bike bus?

As parents we were keen to promote a healthier, more sustainable and safer way of getting our children to school, as well as helping parents feel more confident in riding with their children.

How did you set up the bike bus?

Through the PTA network. The parents interested in starting a bike bus took part in training, including a daylong ride leader course hosted by BikeRight at school, which was funded by TfGM.

The training was really helpful, giving us the confidence we needed. We spent time on local roads and had time as a group, with the support of the trainer, to develop our initial routes. We quickly realised the difference in riding with bigger groups compared to just a few people, and were able to make changes like adjusting the routes and identifying any hazards.

Once training was completed, what next?

After six weeks of trials, we officially launched the bike bus in the spring. We shared information through our in-school app, posters and flyers, class WhatsApp groups, and word of mouth.

It runs every Friday morning, with families meeting at 8:20 at one of two meeting points. Each route also has a station stop midway along the route, to pick up more riders.



What has the response been like?

We had over 75 people (kids and adults) at our first Friday bike bus and regularly have around 60 riders. The bike bus has been brilliant in creating a sense of community and connection, and such a positive way to start the day.

We've heard from both children and adults that they're eager to learn to ride so they can take part.

“It's given me a lot more confidence cycling on the road with my children.”

Tomm, 40

“I know a lot of people who were not that comfortable riding a bike, but riding with other people and feeling safe has boosted their confidence.”

Alma, 9

Ready to get rolling!!

Here are five steps to get your own bike bus on the road – with help from the FRideDays Bike Bus project. Don't forget – you can ride to school and set up a bike bus any day you'd like to!

1

Find five for FRideDays

We recommend finding five people to join your FRideDays Bike Bus at first. As long as there are two or more families, you have a bike bus! Starting small makes planning routes and finding volunteers easier than if you begin with a big group.



2

Plan your bike bus stops

Find a practical route to school, ideally between 10 to 30 minutes. Make sure there's a safe space to start from and keep it as simple as possible. Think about straight roads and with the minimum amount of turns as possible. You might want to plot other stops on the route too.

3

Hold a FRideDays Bike Bus

Be consistent with your bike bus schedule. We recommend holding it every Friday. Or start with one Friday a month and build up to every week.

4

Spread the word about your FRideDays Bike Bus

Let people know about your FRideDays Bike Bus, how to join in, or volunteer. Ask school to include it in their newsletter, make flyers, use local and social media, or hold a coffee morning.

5

Keep everyone involved

Set up a FRideDays Bike Bus online group to keep your bike bus up to date with any changes to schedule, weather reports, extra events or share photos from the ride.

Download the FRideDays Bike Bus Toolkit for further information and free support at www.sustrans.org.uk/fridedays

FRIDEDAYS
BIKE BUS

SCHWALBE

in partnership with **Sustrans**

