

# BIKE



## TO WORK DAY

Garden Square, Downtown Brampton

June 1, 2023 | 8:00 am - 10:00 am

**FREE BREAKFAST**



### **Bike to Work Day is June 1<sup>st</sup> – Let's Get Ready!**

The City of Brampton is hosting a Bike to Work Day for staff, residents and visitors at Garden Square in Downtown Brampton.

#### **Everyone is welcome!**

There will be free breakfast for cyclists provided by McDonald's, speeches and exhibits from active transportation supporters in Brampton. Try out the new e-scooters, learn about bike repair, meet members of the Brampton Cycling Club to learn about local cycle touring and see how to place a bike on a bus with Brampton Transit! Cycling to work allows you to reduce your carbon footprint, significantly lowers travel cost, improves mental health, and incorporates light exercise into your daily routine. **If you live within 5 km of work, you could get there by bike in 20 minutes!**

Here are some tips and tricks to get you started:

**Ensure your bike is in working order.** Have it tuned up by a professional or learn how to do it yourself at Different Spokes – Brampton's Bike Hub. [Sign up to become a member \(for free!\) and book your appointment.](#) Be sure to have a good u-lock, a bell, front and rear lights and a well-fitting helmet. If possible, utilize panniers (bike bags) and fenders to protect yourself from puddle splashes!

**Learn the Rules of the Road!** Understand [what types of cycling infrastructure Brampton has here](#) and review [Peel's Cyclist Handbooks](#) to understand how to bike safely within the city.

**Plan out your route.** Brampton has a variety of trails, neighbourhood paths and shortcuts for quicker and more comfortable trips than your typical driving route. Check out the [Brampton Cycling Map](#) and Google Street View to plan your ride.

**Explore the use of transit.** For longer trips you can use transit! [Brampton Transit](#), [YRT](#), [MiWay](#) and [GO Transit](#) all allow bikes on their buses and trains. Also see if leaving your bike at a bus terminal or at bike racks along a bus route works for you. [Check out how to load a bike on a bus here.](#)

**Dress for the weather.** Check the forecast before biking, that way there will be no surprises! You can bike in gym clothes and change at work or opt for your regular work attire and cycle a bit slower. Bring extra clothes and toiletries to your workplace just in case. On colder days, dress in layers!

#### **Practice!**

Instead of aiming to bike to work every day, start biking to work once a week to get accustomed to the change in schedule. [Sign up for Different Spokes' mentorship program](#) and [sign up for our community bike rides](#)

## See you on June 1 @ Garden Square!



Generously sponsored by McDonald's Canada ®

Questions? Email [cycling@brampton.ca](mailto:cycling@brampton.ca)

