



A GUIDE TO

Active Travel

AT CAMBERLEY BANK OF AMERICA



Staying Active

As a result of the Covid-19 lockdown you may have a new found love for running or cycling and want to keep it going upon your return to work. Alternatively, you might want to change your method of commute for social distancing reasons. Whatever your situation the MyCommute team is here to help you in your commute.

Cycling, walking and running are great ways to get and stay healthy! If you live locally travelling to work by bike or on foot can be a great way to fit exercise into your routine.

If your commute is too far to run or cycle all of the way, why not consider active travel from the train station, or jump off the bus early. For anyone wanting to squeeze some miles into a busy schedule, this can be the perfect solution.



Do you have a bike?

You may already have a bike in the shed. Why not dust it down and if your bike needs some TLC bring it along to the free monthly Dr. Bike safety check sessions. To find out when the Dr. Bike is next on site, register with the Bicycle User Group at camberley@my-commute.com

If you need a new bike, it is worth considering what type may suit you best. There are a range of bike types available, including folding bikes, hybrid bikes, road bikes, and even e-bikes.

Cycle to work scheme

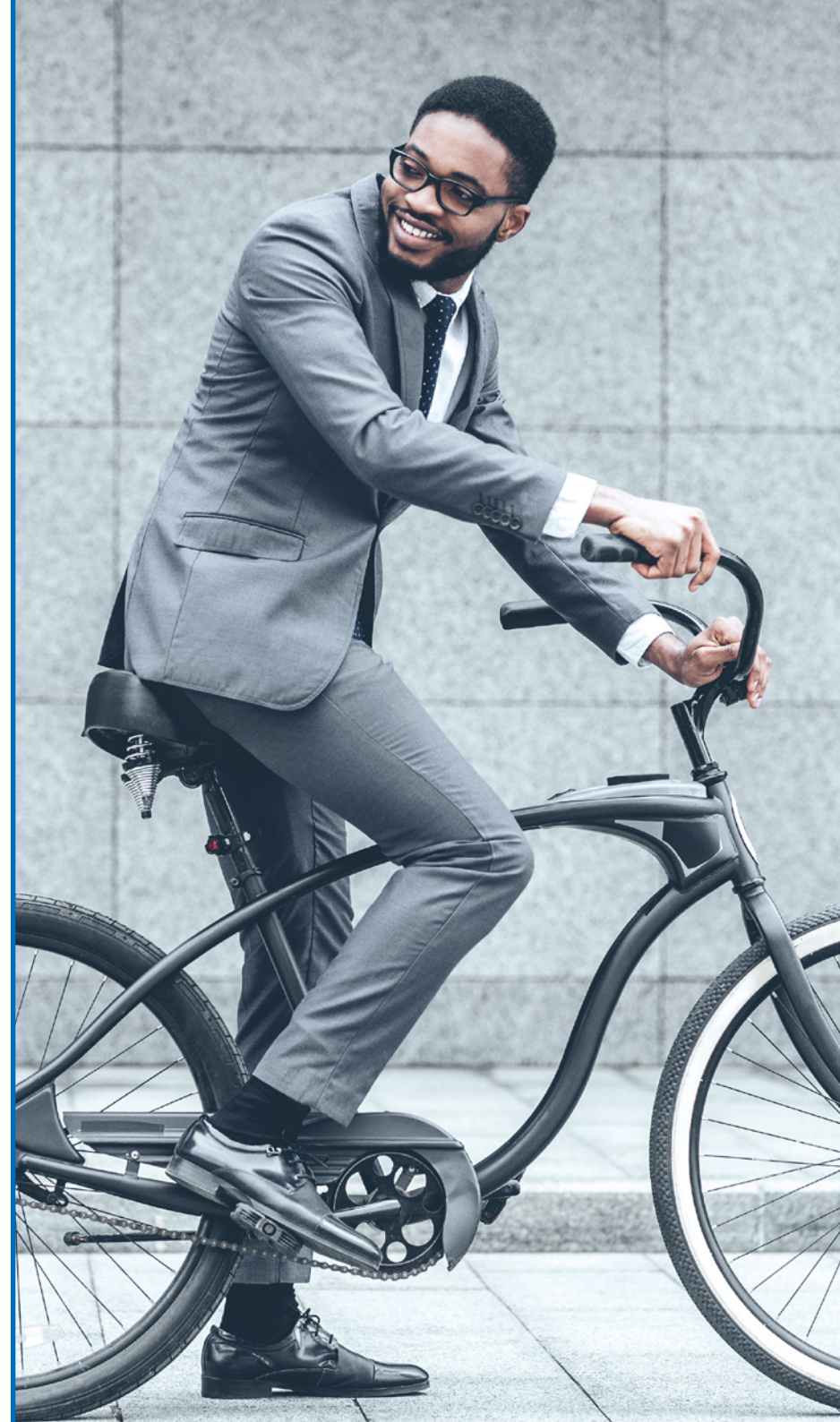
The Bank of America 'Cycle to Work' scheme allows you take advantage of the Government initiative offering access to bikes as a tax-free benefit.

The Flagscape portal gives access to the MyBenefits page from which you can access the application form for ordering your new bicycle and accessories.

Put simply you choose a bike, hire it for 12 months and then pay a fraction of its original value after a year to own it outright. The details of the process can be found in the Cyclescheme Frequently Asked Questions.

Each employee can spend up to £1000 on a bicycle or bicycle and accessories and equipment or even just cycling accessories and components. You can choose from over 500 different cycling brands from Cyclescheme's network of retailers.

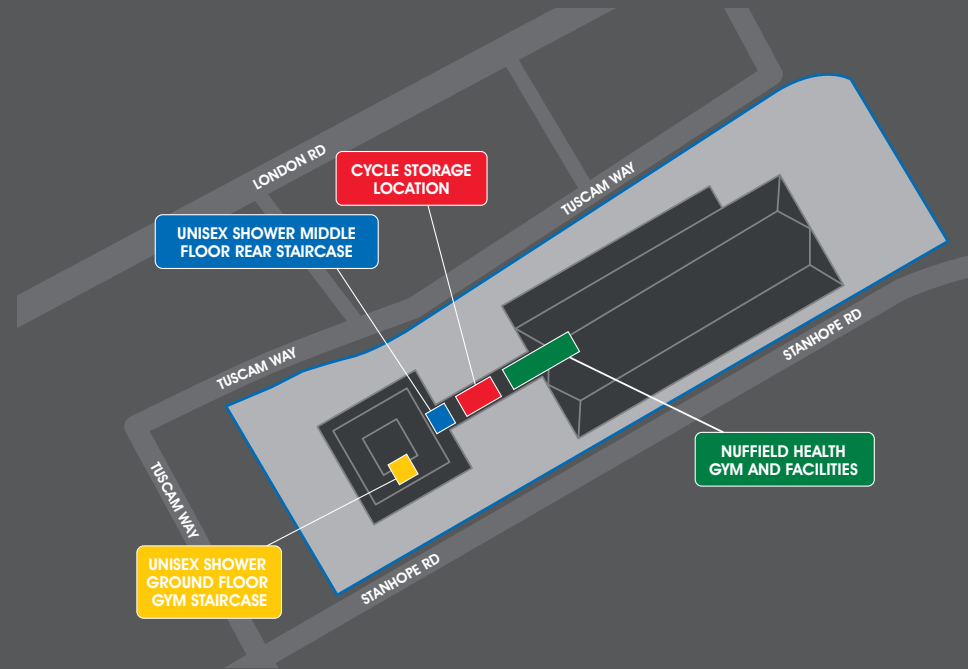
To find out more about the scheme, to find participating shops in your area and use the Cyclescheme savings calculator visit www.cyclescheme.co.uk



On Site Facilities

There are 60 cycle parking spaces within the Camberley site located within the car park. There are two unisex showers available, one on the ground floor (gym staircase) and one on the middle floor (rear staircase). Locker facilities are available to gym members and all other staff can request lockers from facilities staff.

Please register as a cyclist at
camberley@my-commute.com
to be added to the bicycle user group.





Exclusive Bicycle User Group Discounts

If you are not eligible for the cycle to work scheme don't worry, the MyCommute have teamed up with Halfords to help make sure you can get your hands on the best kit and support, to keep you on your bike all year round.

As a member of the Bank of America Bicycle User Group you are eligible for the following Halfords benefits:



20% off Servicing

Keep your bike in top condition.



15% off Cycle Accessories

Whether you need lights, clothing, or a new helmet, get the kit you need.



10% off Adult Bikes

If you are in need of a new bike benefit from 10% off.

Email camberley@my-commute.com to register for the Bicycle User Group and get your vouchers.

Travel on Foot

Due to current travel restrictions you may be able to travel into Camberley by train but have no public transport options onward from the local major train stations. The map below shows the walking and cycling routes and the journey times from Farnborough Main and Camberley stations.

Walking and running are great ways to get and stay healthy! If you live locally travelling to work on foot can be a great way to fit exercise into your routine, and you can use the shower and changing facilities on site.

Plan Your Route Ahead

If you are new to walking or running your commute, it is best to have an idea of your route ahead. Contact the MyCommute team at camberley@my-commute.com to get a personal journey plan.

Once you know where you are heading, it's a good idea to give it a test run. Could you run your route on a weekend to see how it goes?

For more information go to: www.my-commute.com

Visit the cycle pages at www.surreycc.gov.uk/



Camberley Train Station Cycle Route



CAMBERLEY STATION
10MINS CYCLE / 30MIN WALK
1.5MILES

Farnborough Train Station Cycle Route



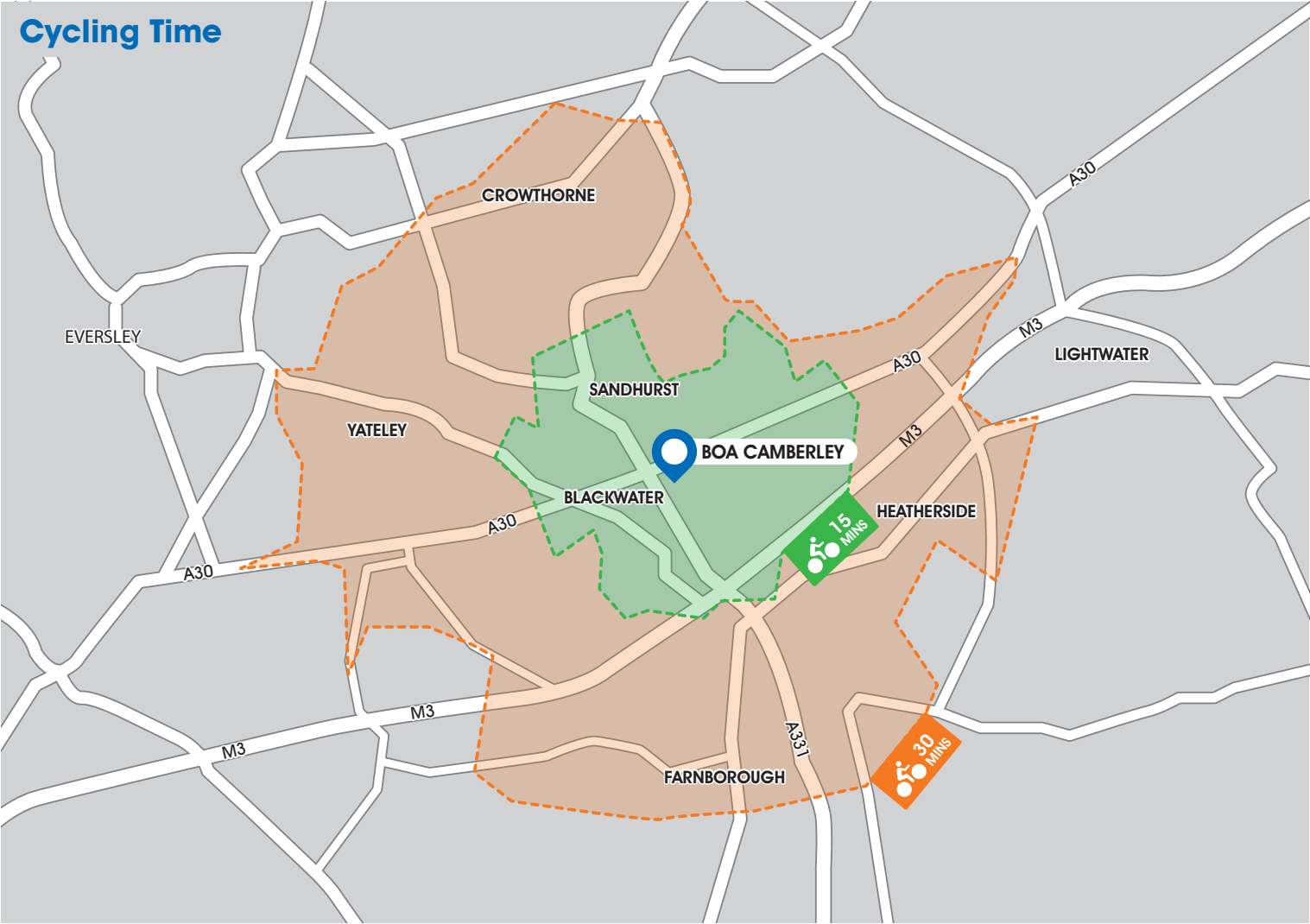
FARNBOROUGH MAIN STATION
25MINS CYCLE / 65MIN WALK
4 MILES

Farnborough Train Station Cycle Route 2

This is a busy on carriageway route only suitable for confident cyclists.



Cycling Time



Walking Time

