There's a Bikeability level to match every ability, whether you're just starting out or already have some good skills and just want to use your bike more safely and more often. You might start from the beginning at Level 1 and train all the way through to Level 3, or you might dive in with Level 3 if you already have lots of cycling experience.

It's important to remember that there's always something new to learn, and that the right level of Bikeability training will help you to develop the best habits that will keep you safe whenever you cycle.

Hundreds of thousands of coveted Bikeability badges have been awarded

Level 1
During Level 1 Bikeability training, you learn to control and master your bike. The training takes place in an environment away from cars or traffic - usually in a playground or closed car park.

Level 2
During Level 2 Bikeability training you will get out on the roads! Level 2 gives you a real cycling experience so that you are able to deal with traffic on short journeys such as cycling to schools.

Level 3
During Bikeability Level 3 training you will learn the skills to tackle a wider variety of traffic conditions than on Level 2. When you reach Level 3 standard you will be able to deal with all types of road conditions and more challenging traffic situations.

You can find out more about the Bikeability levels here www.dft.gov.uk/bikeability

The Three Bikeability levels

Chester East

Bikeability Levels

Level 1
1 Traffic-free routes, paths and crossings plus shared spaces with very low traffic flows – suitable for cyclists of all Bikeability Levels. May be adjacent to carriageways or an off-road route.

Level 2
2 Roads, tracks and crossings suitable for cyclists at Bikeability Level 2.

Level 3
3 Roads, tracks and crossings suitable for cyclists at Bikeability Level 3.

Level 3+
3+ Roads and crossings with a very high level of risk even for highly experienced Level 3 cyclists.
Why cycle?

- Cycling is so much faster than walking, meaning you can get to school in half the time – that means more time in bed!
- You'll get fit – cycling is one of the best forms of exercise you can get.
- Cycling is good for the planet – bikes don't pollute the air with exhaust fumes, the only energy they use is pedal power!
- Cycling gives you loads of freedom – you can pop round to a mate's house without having to wait for a lift.
- More children cycling will lead to improved health and fitness, reduced congestion and pollution and hopefully even more Olympic champions!
- There's a brand new world for you to discover when you get in the saddle, whether you're cycling to school or riding around in your free time with your mates.
- Because it's fun and it's free – what more do you need!

Bikeability

Bikeability was developed by more than 20 professional organisations including the Royal Society for Prevention against Accidents and is supported by cross-Government departments including the Department for Transport, Department of Health and Department for Children, Schools and Families.

So far, more than 250,000 young cyclists have been trained and hundreds of thousands of coveted Bikeability badges have been awarded. The aim is for half a million children to be Bikeability trained by 2012 and the ultimate vision is that no child should leave primary school without the opportunity to take part in Bikeability training.

If you want to find out more about Bikeability courses, please contact Cheshire West and Chester Council on 0300 123 7036 or visit our website www.cheshirwestandchester.gov.uk

Bikeability Map

Bikeability levels

Level 1
Traffic-free routes, paths and crossings plus shared spaces with very low traffic flows – suitable for cyclists of all Bikeability Levels. May be adjacent to carriageways or an off-road route.

Level 2
Roads, tracks and crossings suitable for cyclists at Bikeability Level 2.

Level 3
Roads, tracks and crossings suitable for cyclists at Bikeability Level 3.

Level 3+
Roads and crossings with a very high level of risk even for highly experienced Level 3 cyclists.

Bikeability

You can find out more about Bikeability organisations and how to get involved at www.cyclechester.com

For further information call our Bikeability desk on 01244 397 011 or visit our website www.cyclechester.com