

Bikes for All: a cycling inclusion project

About the project



Bikes for All offered low cost membership of the nextbike Glasgow cycle hire scheme, as well as one-to-one advice, group rides, route-finding tips and road skills



The project targeted people on low incomes, not currently cycling, without access to a bike or from populations less likely to cycle



Participants were recruited by Bike for Good staff via community groups across the city

Impacts



A range of different participants were encouraged to cycle, including women, people from an ethnic minority, asylum seekers and refugees



Participants benefited through increased physical activity, improved mental wellbeing and confidence in cycling



Key benefits included the opportunity to meet new people, save on transport costs and discover new parts of the city

Key messages



Personal support and training **as well as** continued investment in safe cycling infrastructure is needed to widen access to cycling for all



An inclusive bike share scheme is crucial for anyone who does not cycle for practical or financial reasons



This type of project has an important role to play in the required shift to a more sustainable, inclusive transport system

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