

IT'S NOT FOR ME!

Myths and misconceptions



It's too far to go

Unless you live 12 km or more away from your destination, cycling is an easy and efficient way of getting there!

< 5 km: It will take you less than **25 minutes**, door to door.

6–12 km: Calculate between **25 and 50 minutes** in total.

> 13 km: This qualifies a more "athletic" endeavour. You'll need to gear up accordingly. You may also choose to cycle two or three times a week instead of every day or rely on a mix of transportation options.



Do a dry run on your next day off to scout out the best route and see how long it actually takes.

I have to drop my kids off at school or daycare

There's no better opportunity to introduce them to the joys of active transportation!

I don't know where to park

Find out where your nearest bicycle parking facilities are.

Ask the powers that be at your destination to provide a secure bicycle parking solution.

Check whether you can take your bike inside with you.

I'll be drenched if it rains

Are they calling for showers at the end of the day? Take your rain gear with you and slip it on for the return trip.

If you're caught in the middle of a downpour, suit up or hop on public transit instead.

And remember if getting wet isn't your cup of tea, there's nothing wrong with being a fair-weather cyclist!

I'm out of shape

Start once a week. Then gradually do more as your comfort level grows. Fair warning, though: it's easy to get hooked!

Combine cycling with the bus, train or metro to kick things off. Then slowly increase your riding distance.

I'll get all sweaty

You're commuting, not racing. Take it a little slower and you'll get to where you're going perspiration-free!

On the other hand, if cycling is your workout of choice, you may want to see if there's a shower available at the other end.

I'll have to ride alongside heavy traffic

If you can't avoid busy thoroughfares, bear in mind that a little caution goes a long way!

Plan ahead and map out a route that favours bike-friendly streets and paths.

For tips on safe city cycling, see pages 12-15 of the Urban cycling practical guide.

I've got too much stuff to lug around

And just think how easy it'll be to park!

Your bicycle is built to be a carrying machine! All you need is a basket or a pannier and you'll be ready to run as many errands as you like.

I'm too beat at the end of the day

Cycling at a moderate speed on your way home can do wonders when it comes to relieving stress, clearing your mind and boosting your energy levels.