



April 2023

**Southwold's new weekly summer Bike Bus\* starts on Wednesday 3rd May.**

Here's a brief FAQ to answer any questions you might have.

**Q. What exactly is a Bike Bus?**

**A.** A Bike Bus is simply a group of children and parents who cycle to school together in the safety of a group. It has a driver – the ride leader – and conductors: people who help to marshal the group.

**Q. Who organises the Bike Bus?**

**A.** The Bike Bus is run by Like2Bike who oversee the Viridis Whole School Cycling programme. Their experienced ride leaders will be ably assisted by marshals, including cycling parents, to ensure maximum safety.

**Q. Why cycle to school?**

**A.** Cycling increases physical fitness and boosts concentration levels; it's a non-polluting and environmentally-friendly mode of travel; it beats sitting in a traffic jam and is cheaper than driving; plus it's FUN!

**Q. When and where will the Bike Bus be happening?**

**A.** Each Viridis school is launching a Bike Bus. Southwold's will run weekly on Wednesdays from **3rd May** until **12th July**. It will run to (and from) school using a circular route so as many people as possible can join it along the way. The 1 mile route has been designed and risk assessed by Like2Bike's lead cycling champion. See the map overleaf for more details.

**Q. How can we join the Bus?**

**A.** You can join the Bus at any point along the route, but it is recommended to meet us at one of the Bike Bus Stops. The Bus will arrive and depart at set times and will wait at each Bike Bus Stop for 5 minutes: this will allow us to briefly check new rider's bikes, explain some basic rules, drink some water and wait for any latecomers! See the map overleaf for more details.

**Q. Who can join the Bus?**

**A.** All riders should be able to cycle with control. Year 3 + 4 pupils must be accompanied by a parent or responsible adult. Year 5 + 6 pupils may join by themselves. Parents are encouraged to join in the fun of the Bike Bus!

**Q. Do we need our own bikes to take part?**

**A.** Yes, and please make sure that children's bikes are roadworthy, with working brakes and pumped up tyres. We do have a very limited number of children's bikes that we can loan out, if required. Get in touch for more details.

**Q. Do I need to sign up in advance?**

**A.** No, but it would be helpful if you can. Just email us the names and ages of the participants and the date they will be joining the Bus. This will then give us an idea of how many people are likely to join the Bus and so help us organise it.

**Q. How much is the Bike Bus fare?**

**A.** The Bike Bus is completely free!

We look forward to seeing you on 3rd May and beyond. If you have any further questions please get in touch.

**Email [darren@like2bike.uk](mailto:darren@like2bike.uk) and sign up now.**

\*The Like2Bike Bike Bus was made possible by funding from the Foundation for Integrated Transport.

<https://integratedtransport.org.uk/>

Yours sincerely,

Darren Reynolds

**Like2Bike** Lead Cycling Champion

[darren@like2bike.uk](mailto:darren@like2bike.uk)