

**First**  TransPennine Express

# Cycling with First TransPennine Express

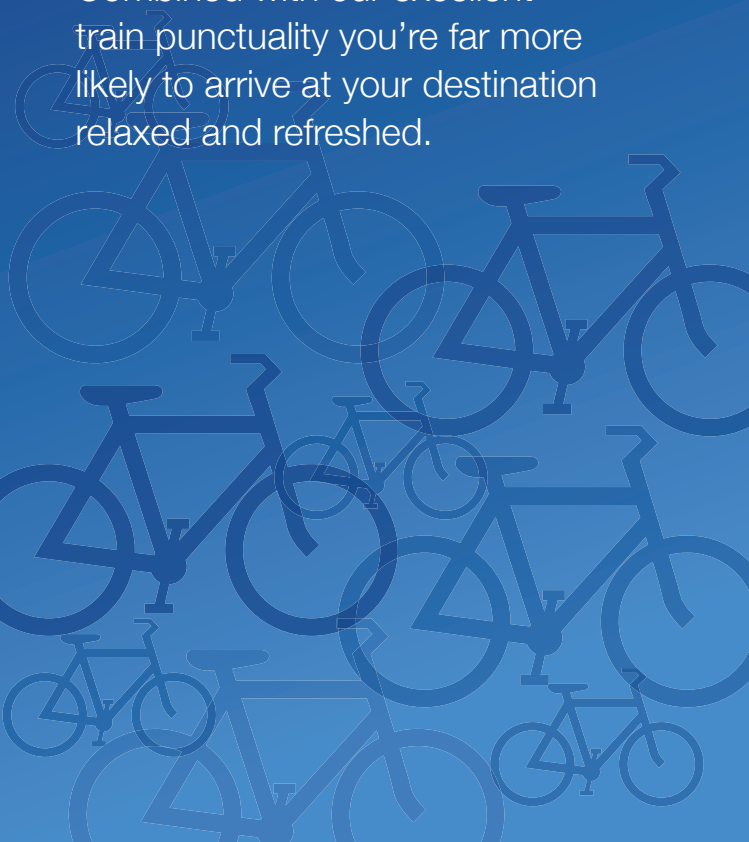


**First TransPennine Express  
welcomes customers  
who wish to combine bike  
and rail for commuting,  
business or for leisure.**

Cycling is a quick and efficient door to door method of accessing our stations.

In cities cycling is often twice as quick as driving and the time you take doesn't vary with traffic, so you will always arrive on time.

Combined with our excellent train punctuality you're far more likely to arrive at your destination relaxed and refreshed.



Cycling is also good for you and the environment; it's fast, convenient, reliable and takes you from door to door!

Combining bike and rail offers a realistic alternative for many journeys currently made by less sustainable modes.

## Did you know?

More than 60% of the population live within a 15 minute cycle ride of a railway station.

## Did you know?

Regular exercise by bicycle can lead to substantial reductions in the risk of coronary heart disease and reduce stress levels.

This guide provides all the information you require for combining cycling with travel on First TransPennine Express services.

ATOC produces a useful National Rail guide called 'Cycling by Train' which provides information and guidance to cyclists about all train operating company policies. It is available from your local train station or visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk).



## Plan Ahead

First TransPennine Express welcomes cyclists on all our services and taking your cycle with you is free. Space on board is limited and due to the popularity of our services we cannot guarantee there will always be space available for your cycle, therefore we encourage the use of cycle parking facilities at stations and cycle hire at your destination. For further information on cycle facilities at stations and cycle hire visit [www.tpexpress.co.uk](http://www.tpexpress.co.uk).

Customers with folding cycles are welcome on all our services and we encourage their use. Before boarding the train, please make sure the cycle is completely folded down. You can store it in any of the usual luggage areas. Reservations are not required for folding cycles.

Tandems, tricycles, 'Rann' type trailers, motorcycles, mopeds and motorised cycles cannot be carried on any of our services.

If you do need to take your cycle with you we recommend that you plan ahead to ensure you are able to take a cycle on your journey and allow plenty of time to purchase or collect your tickets.

Ensure you check whether there are engineering works taking place that may affect your journey. If rail replacement buses are operating in place of trains during engineering works, then unfortunately you won't be able to take a cycle on them. Check by visiting [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or calling **08457 48 49 50**.

We recommend that you make a reservation to carry your cycle on board. However to ensure the comfort and safety of customers, we cannot guarantee that space will always be available for your cycle and this will be at the conductor's discretion.

## Making a Reservation

Reservations can be made at any station with a staffed ticket office. We recommend that you make your cycle reservation at the same time as booking your train ticket.

Alternatively, cycle reservations can be made by calling **0845 600 1674** Monday-Friday between 0800 and 2000.

In the event of cancellation or severe delays, your cycle reservation cannot be transferred to the replacement service.

We recommend that you reserve a space as early as possible and at least 24 hours before departure.

Please note that our staff have the right to refuse a cycle if there isn't enough space (in accordance with National Conditions of Carriage, sections 48 and 49. Visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk)).



# At the Station

We provide secure cycle parking facilities at all of the stations we manage and we work with local council, community and cycling groups to continually improve access to our stations, signage, security and cycle storage facilities. Most cycle storage facilities at our stations are covered by CCTV for your security and safety.

For the best cycle route to your station please contact the local council or Sustrans. Visit [www.sustrans.org.uk](http://www.sustrans.org.uk) for more details.

For information about the cycle storage facilities at your station please visit the Destinations section at [www.tpexpress.co.uk](http://www.tpexpress.co.uk).

If you intend to travel with your cycle please arrive at the station in good time for your train departure.

If there are ticket gates at the station please use the wide staff-operated gate.



When leaving your cycle at the station please ensure you lock it securely to the cycle racks provided. We recommend that you remove all valuables e.g. lights and pumps. Bags and panniers must be removed and taken with you. Cycles are left at the owner's risk and First TransPennine Express accepts no liability for cycles left at the station. You are therefore advised to have your own insurance for your cycle and all equipment.

If you park your cycle in a non-designated area which could cause an obstruction or hazard to other station users, station staff have the right to move the cycle without warning.

In the interest of security, First TransPennine Express reserves the right to search any bags and panniers left on cycles.

Please remove cycle locks from cycle racks when not in use.

**For safety reasons,  
NEVER ride your cycle  
anywhere in the station  
or on the platform.**

Regular auditing of cycles at our stations identifies cycles that may have been abandoned. Any cycle left for more than seven days will be considered abandoned and removed. If you are leaving your cycle at the station for more than seven days please advise the station manager of this in advance.

Please contact your local police station for advice and information on cycle security in your area. Visit [www.btp.police.uk](http://www.btp.police.uk) for more information.

## On Board

Cycles can only be accommodated in the area designated on the train. Please do not leave your cycle where it will obstruct the doors. For safety reasons we will have to remove any cycles that are likely to cause an obstruction.

Cycle storage is provided on all trains. Please follow the cycle symbol on the exterior of the train to ensure you enter at the designated cycle storage area. Platform staff can help you with locating this.



Please use the straps provided to secure your cycle once on board the train.

For safety reasons, cycles must not be locked to anything on the train. If you lose the keys or your cycle isn't unlocked in time, we can't delay the train to remove your cycle.



Please remove all valuables. Panniers, lights, pumps or valuable equipment should be taken with you. First TransPennine Express cannot be held responsible for anything that goes missing and we recommend that you take out your own insurance for your cycle.

### Class 185s

Cycle Storage – Coach C  
Capacity for up to two cycles

### Class 170s

Cycle Storage – Coach A  
Capacity for up to two cycles



# Cycle Tourism - The National Cycle Network

Many of our stations are located near some great cycle routes in beautiful countryside so you can take the opportunity to explore the North of England and Scotland.

Sustrans is the co-ordinator of the hugely popular National Cycle Network offering over 12,000 miles of walking and cycle routes on traffic-free paths, quiet lanes and traffic-calmed roads. 75% of the UK population now live within two miles of a route!

The Network is well signed and connects towns and villages, countryside and coast throughout the UK.

To find out more about the National Cycle Network visit **[www.sustrans.co.uk](http://www.sustrans.co.uk)**

## Cycle Hire and Cycle Centres

You don't have to take your cycle with you on the train. We seek to work with and promote cycle hire facilities on our network. Visit **[www.tpexpress.co.uk](http://www.tpexpress.co.uk)** for more details.



# For more information

## **First TransPennine Express**

**[www.tpexpress.co.uk](http://www.tpexpress.co.uk)**

For cycle reservation call 0845 600 1674  
between 0800 and 2000 Monday-Friday\*.

## **National Rail Enquiries**

**[www.nationalrail.co.uk](http://www.nationalrail.co.uk)**

08457 48 49 50

For train times, fares and information.

# Cycling Groups

## **Sustrans**

The UK's leading sustainable transport charity working to promote walking, cycling and public transport use.

**[www.sustrans.org.uk](http://www.sustrans.org.uk)**

0845 113 0065

## **Cycling England**

The national body that coordinates the development of cycling across England.

**[www.cyclingengland.co.uk](http://www.cyclingengland.co.uk)**

## **CTC**

The UK's national cyclists' organisation

**[www.ctc.org.uk](http://www.ctc.org.uk)**

0870 873 0060

\*Calls may be recorded for quality and training purposes.