

Planning a day out

A family day out cycling can be fun, healthy and inexpensive and allow you to enjoy some quality time together.

Whether you live in the city or countryside, there are lots of fun places you can visit by bike - and some have safe routes to get there.

Follow this simple plan for a great day out. You can do it with your children - even let them take the initiative and plan your day.

Choose a destination that is:

- A fun place to visit, whether it is a museum, park or country spot.
- Not too far away.

Plan your route so that it is:

- Safe, using cycle lanes and quiet roads.
- Suitable for everyone in your group.

Sort out food and drink:

- Take a packed lunch or picnic - don't forget the blanket.
- Remember snacks and drinks for on the way (but remember to stop, never snack on the move!)
- Share the load between you - one big rucksack or shoulder bag will be heavy and unsafe. It is a lot easier to carry a little each or use panniers on your bike!

Return home safely:

- Take a route map with you.
- Remember to take your mobile phone in case of emergency (but never use it while cycling).
- Make sure everyone wears the right clothes both for protection and the weather.
- Take bike locks.
- Head back in time to arrive home in daylight, if possible.



Bright Thinking for Cyclists

3M Roadwise
Bright thinking on our roads

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Support your child's cycling and visit:

www.3Mroadwise.ie for more tips on safe riding

www.3Mbeseen.co.uk for information on 3M reflective products

www.bikeforall.net

www.discoverireland.ie