



Simple steps to support active commutes in the workplace

Bike riding and walking has increased dramatically over the course of the pandemic and continues to be on the rise, with more people increasing their physical activities.

Find some practical guidance and advice to support active commutes in your workplace.

Simple solutions to support active commutes in your workplace:

- **Recognise and incentivise those who commute actively** by featuring commuter profiles in your communications, running workplace challenges, or incentivising those who travel actively.
- Consider how your **end of trip facilities support your employees active commutes**.
- **Make it easy and attractive and draw attention to existing bicycle/walking routes** Use your internal communication channels to feature active transport modes and their benefits. You could include an image featuring a train station or a local central area with the caption: “from here it’s only a 20 minute ride to the CBD”. Support this with a local area map of the bicycle/walking routes.
- **Make it fun and run workplace events** which promote those bike riding in your workplace to encourage others to take part.
- **Run bike riding classes, bike mechanics and maintenance sessions to support bike riding.** Consider partnering with your building manager to get run these sessions.
- **Introduce initiatives such as walking meetings or encourage your staff to do an active commute** on their working from home days to ensure they’re getting their daily physical activity.
- **Promote the benefits of physical activity** and encourage the mix of public and active transport for your employees.



Run bike courses either within your workplace or through a **local council**. Check out our **guides to getting started. Steps to set up a workplace guided rides.** Steps to set up a workplace cycling course



Use our **End of Trip Facilities Guide** for tips on how to manage your active commute.



Create bike riding communities within your workplace, or share **commuter stories** to hear how other bike commuters have adopted a more active commute and get tips.



Promote our **bike facilities at transport interchanges**, for options to store bikes..

Contact us
For more information contact the Travel Choices team:

Email our team:
travelchoices@transport.nsw.gov.au