

# ZONE 1

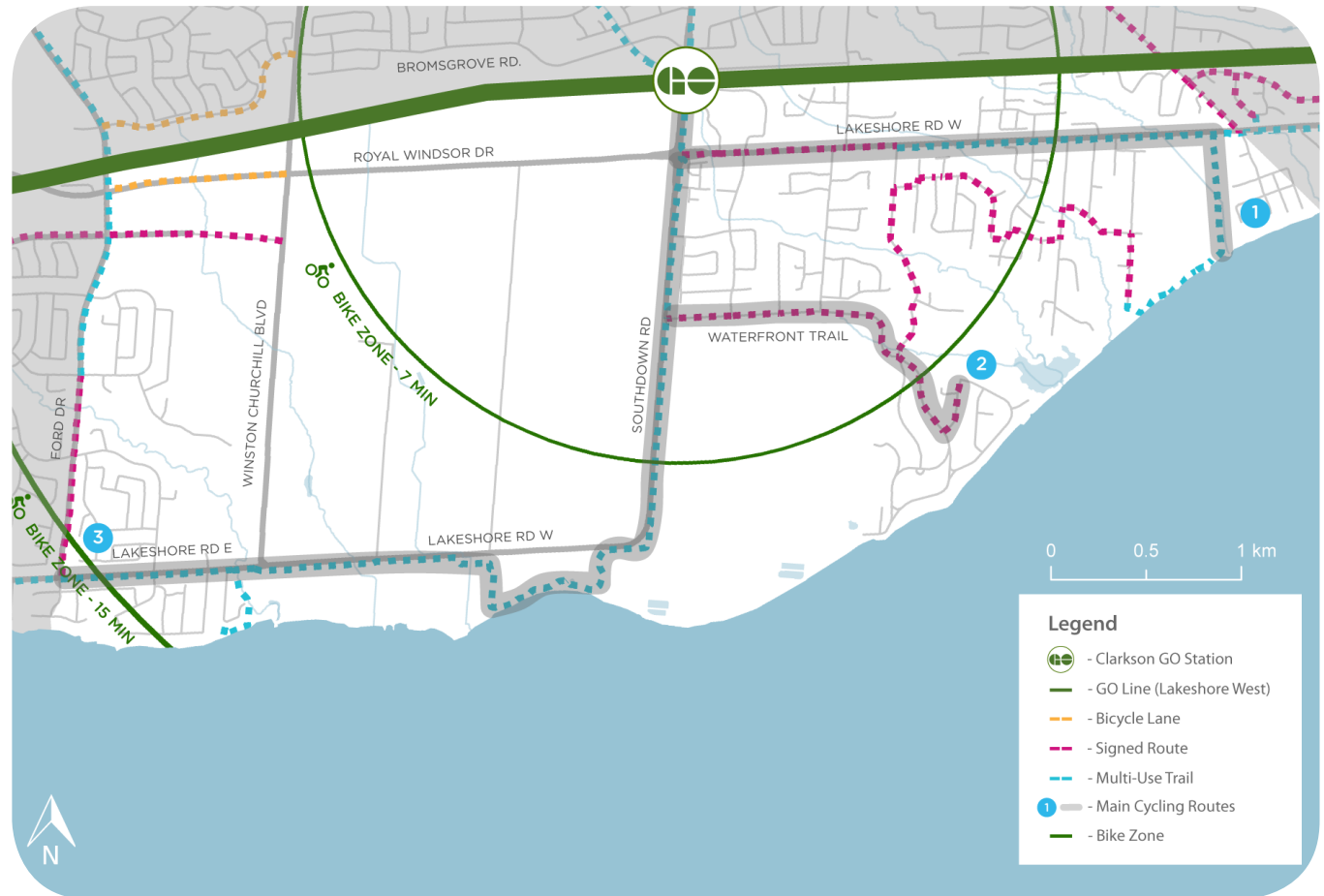


# CYCLING

Whether it's to boost your fitness, stay healthy, save money or be environmentally friendly, cycling to GO could be one of the best decisions you ever make. Enjoy the scenic view and bypass traffic for a more active commute to work.

Most cyclists in Zone 1 can bike to Clarkson GO within 15-minutes. The station is equipped with cycling infrastructure to help you get around, including:

- ✓ Access to GO via the signed bike routes along Lakeshore Rd West or the off-road multi-use trail along Southdown Rd.
- ✓ A pedestrian/cycling bridge over Southdown Rd, parallel to the tracks with access to the GO and the multiuse trail along Southdown.
- ✓ A paved, multiuse trail running along the east side of Southdown Rd, beginning south of Truscott Drive and ending at Lakeside Park.
- ✓ Access to the north parking lot (P1) via the Sheridan Creek Trail equipped with a crosswalk signal at Bromsgrove Rd.
- ✓ Six covered bike racks in addition to several non-covered bike racks.



For more information visit  
[smartcommutemiss.ca/clarksongo](http://smartcommutemiss.ca/clarksongo)



## BENEFITS OF CYCLING



### Burn Calories

Cycling is a great way to stay in shape. Riding a bike regularly helps to reduce body fat, improve cardiovascular fitness as well as increase muscular strength and flexibility.



### Reduce Stress

Cycling is good for your mental health. Studies have shown that cycling allows you to clear your head while reducing stress levels and combatting anxiety and depression.



### Save Money

Cycling can save you money. Upkeep of a car costs on average \$7,500 per year compared to the average cost of \$200 per year to maintain a bicycle.



### Avoid Traffic

Cycling can often get you to your destination in the same amount of time or quicker than driving because you are able to bypass traffic.



### Enjoy the Scenic Route

Cycling allows you to have a more scenic commute by exploring new pathways and trails.



## CYCLING TIPS

### OBEDIENCE TRAFFIC LAWS

Ride with the flow of traffic on the right-hand side of the road. Watch for parked and turning vehicles.

### USE HAND SIGNALS

Use hand signals to tell motorists, other cyclists and pedestrians what you intend to do.

### BE VISIBLE

Wear bright or reflective clothing so others can see you easily at night or in bad weather.

### CHECK YOUR EQUIPMENT

Ensure that your bicycle is tuned up and in good riding condition.

### PROTECT YOUR HEAD

Wear an approved bicycle helmet. It can greatly reduce your risk of permanent injury or death in case of collision or fall from your bike.

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## CYCLING RESOURCES

### CLARKSON GO

Learn what you need to know when cycling to Clarkson GO. Visit <http://bit.ly/2rANUPH> for more information. For GO Service updates, visit <http://bit.ly/lsPuge>

### CYCLING HANDBOOK

Stay informed on cycling safety with the Peel Region's Cycling Handbook. Visit <http://bit.ly/2xLyvCZ> to learn more.

### TRAILS & MAPS

Explore the City of Mississauga's trails at <http://bit.ly/2yCgDud> and Peel's Walk and Roll's interactive maps at <http://bit.ly/2gxiKcx>

### STATION MAPS

For detailed station maps of all the cycling amenities at this station visit <http://bit.ly/2zzB8sU>

### PRESTO

Use a PRESTO card for quick and convenient GO Transit payment that can save you money on fares. Visit <http://bit.ly/2hQBekV> for more information.

### FEEDBACK

Join Let GO Know and provide your feedback where it matters. Visit <http://bit.ly/2z1ACnv> to get involved today.

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