



Helsinki by bike



koilukartta, which is available at all Sports Department outlets, public libraries and Jugendsali as well as the City Tourist Office. The map is also available at www.hel.fi/pyoraily, with a facility to measure distances. Suitable routes between different destinations can be found in the Route guide for bicycle and pedestrian traffic (www.ytv.fi). Information on different services and sights can be found on bikeway maps and route guides. General information on cycling in Helsinki is available at www.hel.fi/pyoraily. Information on bike tourism and other biking-related matters are available at www.poljin.fi.

The ready-made bike routes:

- Helsinki district routes, 27 in total. They vary between 12 and 27 km and present the history and development of different districts as well as natural and cultural sights. Brochures available at public libraries and on the internet (www.hel.fi/pyoraily).
- Cultural routes touring around Laajalahti and Seurasaari bay; detailed information at www.kulttuurisillat.fi. More routes like this will be made in spring 2008.
- New Urban Paths routes available at www.kaupunkipolut.fi.
- A map with three recommended routes with sights worth visiting is available at the City Tourist Office (Pohjoisesplanadi 19).

- The bikeway maps also indicate the guided national bike tourist routes for which more detailed Biking GT maps are for sale.

Public Transport

Bikes can be transported in the metro free of charge, however, preferably not during rush hours. Bikes are not allowed in buses and trams in Helsinki. Bikes can be taken in suburban trains outside rush hours; transport fee in 2008 3,8 € in the Metropolitan Area, and outside it in Helsinki commuter transport area the fee is 4,2 €. Helsinki commuter transport area extends to Karjaa, Riihimäki and Lahti. Outside this area, the transport fee is 9 €/bike in ordinary long distance trains. Bikes are not allowed in the Pendolino trains, the InterCity trains have three bike "seats" that have to be booked in advance. There is more space in the ordinary fast trains.

Have a nice bike hike!

City of Helsinki

Helsingin pyöräilyryhmä Sykkeli / kaupunkisuunnitteluvirasto, www.hel.fi/pyoraily.



Helsinki is a biker-friendly and interesting city. Biking is the best way of discovering cities, for biking is practical, fast, fun and also healthy, economic and environment-friendly. Helsinki boasts a very large bikeway network, both in an urban environment and in nature. There is history, atmosphere and exoticism along the bikeways. There is 1,200 km of bikeways in Helsinki, 500 km in recreational environments and 90 km at waterways.



Why take a bike hike

The bicycle is the best means of transport for discovering and experiencing new places. Biking is also faster than walking, and thus larger areas can be covered within the same time. Biking promotes both mental and physical well-being. Biking is an excellent way to relax and get in a happy mood.

It is a nice custom to take a bike hike after a day's work. Suitable routes would be seaside bikeways, different culture-related routes or new districts. Bike hikes can be taken solitary, twosome or even in a group. Children enjoy bike hikes with their parents and are surprisingly tenacious cyclists. Bike hiking is very edifying traffic education for children.



Biking is full of experiences. Summer is the best season for biking, but spring and autumn also have their attraction. The return of migratory birds, trees bursting into leaf, the general freshness and the warmth of the sun all spell spring. The autumn for its part means limpid days, rich colours and the beauty of the first snow.

Why choose Helsinki

There is a lot to see in Helsinki: historical sights, beautiful and interesting architecture, museums, monuments, areas built in different eras, grand landscapes, sea, man- or house parks and luxuriant nature. Helsinki is a biker-friendly city, and on a bike one can explore, see and



sense so much. In addition to ready made routes, bikers are free to compose tours of their own or just to peddle on and see what is coming. The sights are presented in the tourism pages of the City of Helsinki (www.hel.fi/matkailu). It is worthwhile to spend several days on a bike in Helsinki. Espoo and Vantaa are also worth a bike hike. The scope of accommodation in Helsinki is broad, from hostels and small hotels up to starred luxury.

Bikes can be rented in rental shops, e.g. Greenbike, tel. 050-4040400 (www.greenbike.fi) or at Töölönlahti recreation centre, tel. 477 69760.



Biking is safe, if the speed is kept within reasonable limits and caution is exercised. Traffic rules and information on traffic in general can be found on Pääkaupunkiseudun ulkoilukartta (Metropolitan area outdoor recreation map) and at www.hel.fi/pyoraily. Always wear a helmet and check that the reflectors and brakes are OK. Wear bright colours to improve your visibility.

Bikeways

There are totally some 1,200 km of bikeways in Helsinki, and abt. 2,600 km in the entire Metropolitan Area. The bikeways thus cover quite a large area. The bikeways can best be found on the *Pääkaupunkiseudun ul-*

