**Your guide to getting about in Brent**

**Cutting traffic congestion in Brent**

Traffic congestion is one of the major challenges facing London today. In Brent, we are working to reduce traffic on our roads by encouraging people to use public transport, walk, cycle or car-share. Brent has a good network of public transport, with regular buses and trains, and a variety of cycling facilities.

**Supporting cycling and walking**

We are committed to improving cycling and walking in Brent. We have a range of initiatives to encourage people to cycle and walk, including cycle lanes, cycle parking, and walking routes. We are also working to improve cycling facilities in schools, and to support cycling events in the borough.

**Free cycle training courses in schools and subsidised one-to-one or group riding sessions**

To encourage more people to cycle, we are offering free cycle training courses in schools and subsidised one-to-one or group riding sessions. These courses are available to anyone aged 11 or over, and are designed to help people of all abilities to get started on a bicycle.

**Getting around by bus**

**Metroline**

The number of buses on metropolitan services is limited to those necessary for essential journeys, such as school and work. For full details of services, see timetables at bus stops or at www.tfl.gov.uk.

**Night only routes**

Night only services generally run from about midnight until about 0530. In addition to the night services listed below, there are Night buses on some routes, which run during the day and night. These routes are highlighted in the London Cycle Scheme Network Map. For more information, see the London Cycle Scheme Network Map.

**Making the most of your borough by walking and cycling**

Brent has a variety of cafés, shops, and restaurants that are easily accessible by bike or on foot. We are also working to improve cycling facilities in schools, and to support cycling events in the borough.

**Bus services in the London Borough of Brent**

For details of bus services in Brent, see the London Cycle Scheme Network Map. For more information, see the London Cycle Scheme Network Map.

**Frequency between Trafalgar Square and the entrance to the Cricklewood Zone**

Night buses generally run from about 0000 until about 0530. In addition to the night services listed below, there are Night buses on some routes, which run during the day and night. These routes are highlighted in the London Cycle Scheme Network Map. For more information, see the London Cycle Scheme Network Map.