



ecobirmingham challenge you to travel by bike more often this year!



As we start a new year in lockdown it's important to stay active for our physical and mental health. **From 6 January to 20 February, we challenge you to get out on your bike as much as possible** - even if that's a ride to your local park or shop, we know it will be worth it!

There are 9 boxes to tick off on the bingo card below. To keep you motivated we've got some **great prizes to giveaway** - [Kryptonite Bike Locks](#), [Loffi cycling gloves](#), bike lights, a free bike maintenance session and some fab bike key rings!

Brum By Bike Bingo



Find a scenic view



Cycle 8 miles & record it on Komoot



Ride to your local shop



Choose cycling for your daily exercise



Ride & share a route you haven't ridden before



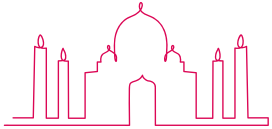
Share your commute cycle route



Cycle to the Supermarket



Cycle 15 miles & record it on Komoot



Cycle to a place of worship



@ecobirmingham

How to take part and win a prize!



- Tick off as many boxes on the Bingo card above between 6 January - 20 February 2021.
- Record and tag [ecobirmingham](#) on your ride on the free route-planning app [Komoot](#) (more info below). You can do this in the app by selecting 'Tag Participants' on your ride. (You will need to follow us first).
- Tag us in a photo/post or share your routes on social media, [Instagram](#), [Twitter](#) or [Facebook](#) using the hashtag [#BrumByBike](#) (Please make sure your posts are set to public so we can see and share them.)
- The challenge is open to everyone. You may enter the challenge as many times as you like.
- Find information about traffic free cycle routes in Birmingham [HERE](#)
- Remember we are encouraged to cycle as means of transport to help keep everyone safe during lockdown. We are also allowed to cycle as exercise once a day, on your own, with someone you live with (or when on your own, with 1 person from another household). You should stay local.
- Winners will be chosen at random throughout the challenge, so the more rides you tag us in and posts you share, the more chance you have at winning!

Happy cycling! We can't wait to see your adventures. We'd love it if you shared your adventures with us on [Komoot](#) and [Instagram](#). Tag @ecobirmingham and use hashtags [#BrumByBike](#) We will share our favourites, and do remember there are prizes!

Good Luck!



About Komoot



We want to share our favourite local cycle routes and encourage others to do the same. You can find ecobirmingham on [Komoot](#). We think it is a perfect platform for planning journeys like this and helps to make every day an adventure. If you're new to cycling, Komoot makes route planning super easy. Once you have set your destination, Komoot will plan the route for you!

Be sure to check out other people's highlights (like a great view, perfect cycle path or pit stop) and add your own as waypoints when planning your route. You can create an account, use route planning and navigation in your local area for free.

It is easy to get started. You just need to sign up, select your first FREE region to start exploring and use all the great features to plan and follow a route.

Find out how to unlock your free region [HERE](#) and more about how to use Komoot [HERE](#)

