

this is cycling UK



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On our bikes

Active travel is becoming an economic necessity as well as an environmental one. **Sarah Mitchell** reflects on everyday cycling at home and abroad

As rising costs assail us from all sides, more and more of us have been turning to cycling – both as an alternative (cheaper!) way to get around and also to escape the news with some fresh air and fun.

Cycling UK is on hand to help would-be cyclists discover the joys of two (or three) wheels. After the successful launch of the Cantii Way in May we are excited to announce our new Norfolk route, the Rebellion Way, which launches in September. There are more details on page 8.

Active travel has been a hot topic in the media, with the announcement in June of the top team at Active Travel England. We're looking forward to seeing this team in action, supporting local authorities to deliver truly high quality cycling and walking infrastructure across England.

At the annual Westminster Parliamentary Bike Ride in June I was inspired by all-ability cycling campaigner Isabelle Clement's description of cycling as a 'mobility aid'. All-ability wheeling throws a different and exciting perspective on cycling, and in this issue we take a closer look at active travel for people with disabilities.

I have been out and about a lot over recent months, taking my bike on a whirlwind tour of Glasgow and Edinburgh to meet with the Scottish Advisory Council and Scottish ministers, as well as trying out some of the new infrastructure in

both, very different, cities. I was delighted to join the launch for *Out on Bikes with Grampy*, a book about cycling that is now in the bookbag for 55,000 early-years kids across Scotland, introducing them all to cycling. Read more at cyclinguk.org/grampybook.

Velo-City is the annual get-together of cycling people from all over Europe and beyond. This year was my first opportunity to attend. It was truly fascinating to learn about the different challenges and solutions around cycling in different countries and cultures. I wrote about this in a blog (cyclinguk.org/blog/opinion-learning-and-inspiration-velo-city-2022) and also spoke at a plenary session about our work across the UK.

Don't forget, while you're out on your bikes this summer,

that our annual raffle is now running. Prizes include an e-bike, a new Garmin Edge 1040 Solar and Varia taillight package, a Rapha commuter jacket and backpack set, and lots more. All raffle proceeds contribute to our charitable and campaigning work. You can find out how to enter the raffle on pages 14-15. Finally, our AGM comes at the start of September, and you can see the agenda and voting details in the insert included with this issue of Cycle. ●



Active travel can replace expensive car journeys

Left: Joolize Dymond

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of Big Bike Revival participants live in the bottom three deciles of deprivation.
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