



## Try this Facebook route moderator

Help others on their Traws Eryri journeys

Cycling UK's off-road trails each have their own very popular Facebook groups, where people can exchange tips, ideas and experiences. Why not give something back to the charity by becoming a volunteer moderator for one of these groups, including the recently launched Traws Eryri route in Wales/ Cymru? This is a role that can be done from home and shouldn't take more than a couple of hours a week. You'll admit members, keep an eye on content and answer queries. We also have several 'in real life' opportunities in Scotland for ride leaders and event helpers. [volunteer.cyclinguk.org/opportunities](http://volunteer.cyclinguk.org/opportunities)

## Events



## Winter warmers

There are plenty of Christmas cycling capers taking place this festive season up and down the country. Why not get along to celebrate the Yuletide at one of them and enjoy good company, delicious treats and an excellent midwinter ride too? Not only are there Mince Pie Rides, such as South Devon CTC's on Sunday 3 December, but also Christmas dinners and lunches, as well as other activities like treasure hunts and more. Many require booking, so contact your nearest group for further details: [cyclinguk.org/group-listing](http://cyclinguk.org/group-listing).



## Watch this

Forget the Christmas classics: for an uplifting film filled with good cheer, look no further than Monet Adams's movie, *Along for the Ride*. Recently shown at the Kendal Mountain Festival, it charts the adventures of three bikepacking mothers and their children along Cycling UK's Norfolk-based route Rebellion Way in winter: Vicky Balfour and CeCe, Phoebe Sneddon and Torben, and Kelly Collinge and Atlas. It's bike touring as it should be: lessons, laughs, good times and, of course, cake! [bit.ly/cycle-alongfortheride](http://bit.ly/cycle-alongfortheride)



## On my bike

## Nick Crane

TV presenter, author & adventurer

### Why do you cycle?

The thrill of self-propelled, sustainable travel.

### How far do you ride each week?

Varies from 10 to 200 miles.



### Which of your bikes is your favourite?

Specialized Tarmac (carbon, Ultegra) for day rides. For local trips and lunch rides, an original 1985 Raleigh 753 (above) built by the TI-Raleigh Master of Ceremonies, Gerald O'Donovan. This bike was back-up to a modified twin that I rode with cousin Richard Crane across Asia to the 'centre of the Earth'.

### What do you always take with you when cycling?

Toolkit, pump, lights, bank card for coffee.

### Who mends your punctures?

I do, but I've switched to armoured tyres and can't remember the last time I had to press on a patch.



### It's raining: bike, public transport, or car?

Bike.

### Lycra or normal clothes?

Lycra for the Specialized. Civvies for the 753.

### If you had £100 to spend on cycling, what would you get?

App for bike routes.

### What's your favourite cycle journey?

Bay of Bengal – Kathmandu – Himalayas – Lhasa – Tibetan Plateau – Gobi Desert – Urumqi (46°16.8' N, 86°40.2' E).

### What single thing would most improve matters for UK cyclists?

A bike awareness segment in the driving test.



Nick Crane portrait: Christopher Crane