

THE MAGAZINE OF CTC - THE UK'S NATIONAL CYCLISTS' ORGANISATION

APR-MAY 2009 £3  
FREE TO CTC MEMBERS

# cycle



Founded in 1878



working for cycling

**Miles better**  
Staying comfortable  
on long rides

**Heavy  
haulage**  
Budget cargo  
bike on test

## Back to its routes

Map-and-bridleway  
mountain biking

OFF-ROAD ON THE ISLE OF WIGHT ■ HOLLAND ON A SHOPPER ■ LONG-RIDE COMFORT ■ DEALING WITH DRIVERS ■ BUDGET CARGO BIKE ON TEST ■ CTC ANNUAL REPORT



**DRIVING OUT  
DANGER**  
CTC's safety campaign



**HOPE  
TECHNOLOGY**  
UK-made bike bits



**FINDING  
NETHERLANDS**  
Holland on a shopper

## FROM THE EDITOR



Commuting a dozen miles a day is enough to give the average non-cyclist pause for thought. 'You must be fit,' they'll say, while thinking: health fanatic!

Mention that you've done 100 miles or more in a day, however, and you enter a whole new territory of exclamations, blank stares and mental disconnects. How much?! On your bike? In a day?

'That took me hours on my motorbike,' my friend said, when I told him I'd cycled the same 130-mile route as him from Crewe to the depths of Wales... on a bike loaded with the clothes, bedding, books, stereo, and sports gear needed for a term at university.

'You must be very fit!'

The thing is: you don't. Fairly fit, yes. Super fit, no. What curtails rides for regular cyclists isn't so much lack of fitness but lack of comfort. If you can stay comfortable – and you keep eating – you can keep riding.

I've never done really huge distances like the London-Edinburgh-London, but I know a man who has. Turn to page 46 for advice on enjoying rather than enduring any big ride.

*Dan*

**Cycle** is the magazine of CTC – the UK's national cyclists' organisation.

The magazine promotes the work of CTC and the CTC Charitable Trust (Registered Charity No. 1104324). Formed in 1878, CTC is the UK's largest cycling membership organisation with 70,000 members and affiliates. To join CTC, turn to page 82 and contact the Membership Dept.

**CTC, Parklands, Railton Road, Guildford, GU2 9JX**  
Tel: 0844 736 8450 Fax: 0844 736 8454  
Email: [cycling@ctc.org.uk](mailto:cycling@ctc.org.uk)  
Website: [www.ctc.org.uk](http://www.ctc.org.uk)

**CTC Patron:** Her Majesty the Queen

**President:** Jon Snow

**CTC Council Chair:** David Robinson

**Director:** Kevin Mayne

CTC (Cyclists' Touring Club) is a company limited by guarantee registered in England No. 25185

**Cycle Magazine**

**Editor:** Dan Joyce

email: [editor@ctc.org.uk](mailto:editor@ctc.org.uk)

**Designers:** Will Slater, Gemma Hancock & Gary Milne

**Advertising:** James Batten tel: 0207 306 0300 x 221

email: [ctc@mongoosemedia.com](mailto:ctc@mongoosemedia.com)

**Creative Director:** James Houston

**Publisher:** James Pembroke

Cycle is published six times per year on behalf of CTC by James Pembroke Publishing, 90 Walcot Street, Bath, BA1 5BG. Tel: 01225 337777. Cycle is copyright CTC, James Pembroke Publishing and individual contributors. Reproduction in whole or in part without permission from CTC and James Pembroke Publishing is forbidden. Views expressed in the magazine are those of the individual contributors and do not necessarily reflect those of the editor or the policies of CTC. Advertising bookings are subject to availability, the terms and conditions of Mongoose Media and final approval by CTC. Printed by St Ives (Plymouth) Ltd, Eastern Wood Road, Plympton, Plymouth, PL7 5ET. Tel: 01752 349431

**Cover picture:** by Specialized



22



46



66

# CONTENTS

## Features

### 22 Wight to ride

Mountain biking with maps and bridleways – and ferries

### 28 Finding Netherlands

Touring Holland on shopping bikes

### 35 Made in Britain: Hope

MTB technology that's made in Lancashire

### 38 Driving out danger

CTC's new campaign on road safety

### 42 CTC AGM Agenda

Followed by the Annual Report

### 46 Miles better

How to keep comfortable on long rides

### 53 21st century club riding

CTC's new member groups structure

### 58 Heavy haulage

Yuba Mundo cargo bike on test

## Regulars

04 **CTC shop**

06 **News**

16 **Your letters**

30 **Holiday guide**

32 **Down your way**

56 **Health**

58 **Cycling answers**

66 **Gear reviews**

72 **What's on**

76 **CTC small ads**

80 **CTC member benefits**

81 **Prize draw**

82 **CTC Contacts**

86 **Travellers' Tales**

87 **CTC Cycling Holidays**

**JOIN CTC FROM JUST £12 PER YEAR**  
Contact CTC Membership Department. Details on p82