

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

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cycle



Founded in 1878



ctc

TRAVELLING LIGHT ■ BIKES ON THE NATIONAL EXPRESS ■ FAMILY TOUR IN ICELAND ■ ROUND THE WORLD RECORD BREAKER ■ SCOTT HYBRID ON TEST



Coach class

Two cyclists take the National Express

Land of ice & fire

Family cycle-camping across Iceland

How and why to tour with less

Travel light

10
new products
tried & tested



ROUND THE WORLD RECORD BREAKER
Mark Beaumont interview



SCOTT STREET BIKE TESTED
Town & country hybrid



HEALTH ADVICE
Pilates and you

FROM THE EDITOR



Cycle touring lets you leave the baggage of everyday life behind. Mostly it's psychological. For a while you don't have to worry about work, that credit card bill, or the bit of DIY you've been meaning to get around to. It's just you and the turning world under your wheels.

But you literally leave stuff behind as well. You have to. You can only take what will fit in your bag or bags, and any excess weight is a ball and chain.

Conversely, there's something oddly liberating about travelling with no more luggage than will fit in a bag the size a shoebox. Or maybe less... Lightweight touring ninjas can evidently make do with a credit card, a gilet (with label cut out), the stub of a toothbrush, some chamois cream, and a multi-tool with holes drilled in it.

I thought I'd done fairly well paring my luggage down to 5-6kg for multi-day trips. That was before we asked for your tips.

Now I feel like I've been carting a suitcase around. Nick Crane: move over.



HAVE A FAMILY CYCLING SUMMER
Turn to page 30 to buy your copy of CTC's essential guide



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

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