



FROM THE EDITOR

E-BIKES ARE cheating and riding one isn't proper cycling. Folding bikes aren't proper bikes and riding one is embarrassing. Not my opinions, but ones you'll sometimes see expressed on internet forums inhabited by Proper Cyclists. Proper Cyclists who have spectacularly missed the point of both kinds of bike.

E-bikes and folders aren't alternatives to 'proper' cycling; they're alternatives to *not* cycling. They enable people to cycle when they otherwise wouldn't. The cycling cake isn't being cut into smaller slices. It's a bigger cake. Who doesn't want more cycling or, for that matter, more cake?

I don't own an e-bike yet but it's only a matter of time. And I don't mean 20 or 30 years. Hills and distances can be a struggle even now. Not on most of my bikes, just one in particular: the cargo bike. With a heavy load, hills are as hard on that as I expect them to be on all bikes in years to come. An electric-assist kit like the one Richard Hallett tried this issue (p54) might be just the job, given that I don't want or need a completely new machine.

A folding bike, meanwhile, lets cycling seep into all those gaps in your life where you might otherwise be bereft of a bike. You don't wheel out your Brompton in preference to your beloved titanium bike (at least, I don't). You ride it when the alternatives are walking, taking a taxi, or waiting for a bus or the Tube. Want to spend more time cycling? Get a folder: job done.

DAN JOYCE
Cycle editor



CW from far left: Josie Dew, Tereza Pultarova, Richard Hallett

Contents

Membership
Get five years' membership for the price of four. Phone 01483 238301

EVERY ISSUE

- 04 BIG PICTURE**
Some of Cycling UK's 100 Women in Cycling
- 07 FROM THE CHIEF EXECUTIVE**
Paul Tuohy on empowering cycling
- 08 CYCLE SHORTS**
Born-again cyclist Eric Waters, Emily Chappell's custom Shand Stooshie, off-road access issues, Cycling UK's member conference, and more
- 20 SHOP WINDOW**
Interesting products coming soon
- 22 GEAR**
Clothing, accessories and books reviewed
- 31 LETTERS**
Your feedback on Cycle and cycling
- 60 Q&A**
Your technical, health and legal questions answered
- 81 TRAVELLERS' TALES**
Cycling UK members' ride reports
- 82 CTC CYCLING HOLIDAYS**
Let us take you there

THIS ISSUE

- 34 GOING COASTAL**
Josie Dew takes her 6-year-old and 3-year-old around the Isle of Wight
- 42 FUMING**
How bad is the air pollution you inhale when cycling, and what can you do about it?
- 48 AN END IN ITSELF**
Land's End to John o' Groats – and not for charity or the challenge of doing it
- 54 ELECTRIFY YOUR BIKE**
There's more to assisted cycling than hybrids with big batteries. How about your own bike, electrified?
- 64 COMPACT FOLDERS**
Two of the best small-wheeled folding bikes compared: the Brompton SL2 and the Birdy World Sport
- 73 BIKEPACKING SEATPACKS**
Four waterproof seatpacks for bivvying and more



ON THE COVER
The New Forest Cycling Week, by Selim Korycki



Founded in 1878



Cycling UK, Parklands, Railton Road, Guildford, GU2 9JX E: cycling@cyclinguk.org W: cyclinguk.org
T: 0844 736 8450* or 01483 238300

Cycle promotes the work of Cycling UK. Cycle's circulation is approx. 51,000. Cycling UK is one of the UK's largest cycling membership organisations, with 67,000 members and affiliates **Patron:** Her Majesty the Queen **President:** Jon Snow **Chief Executive:** Paul Tuohy. Cyclists' Touring Club, a Company Limited by Guarantee, registered in England No 25185, registered as a charity in England and Wales Charity No 1147607 and in Scotland No SC042541. **Registered office:** Parklands, Railton Road, Guildford, GU2 9JX. **CYCLE MAGAZINE:** **Editor:** Dan Joyce e: cyclinguk@ppublishing.co.uk **Head of Design:** Simon Goddard **Designer:** Katrina Ravn **Additional proofreading:** Julie Rand **Advertising:** Anna Vassallo tel: 0203 859 7100 e: annav@ppublishing.co.uk **Publisher:** James Houston. Cycle is published six times per year on behalf of Cycling UK by James Pembroke Publishing, 90 Walcot Street, Bath, BA1 5BG. Tel: 01225 337777. **Cycle** is copyright Cycling UK, James Pembroke Publishing and individual contributors. Reproduction in whole or in part without permission from Cycling UK 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 Cycling UK. Advertising bookings are subject to availability, the terms and conditions of James Pembroke Publishing, and final approval by Cycling UK. **Printed by:** Precision Colour Printing, Haldane, Halesfield 1, Telford, TF7 4QQ. **Tel:** 01952 585585

*0844 numbers are 'basic rate', costing under 5p/min plus your phone company's access charge on a BT landline. Other providers may charge more.