Features

32 Hebrides by hand
Cycle-camping the Scottish islands on an electric-assist handcycle

38 You're welcome
Cycle Friendly Places in Norfolk, Kent, and Cornwall

47 Active travel for all?
The barriers that prevent disabled people from cycling

50 Easy rider
The Amstel Gold Sportive by e-bike

Products

18 Shop window
New products coming soon

20 Gear up
Components, accessories, and books

60 Not carbon copies
Women’s-specific endurance road bikes from Decathlon and Cube

66 Islabikes eJoni
A lightweight e-bike aimed at older riders

69 Bikepacking bar rolls
Four bags to strap to your bike’s handlebar

Regulars

04 Freewheeling
Bits and pieces from the bike world

07 This is Cycling UK
New long-distance route in Norfolk; cycle holiday insurance; the second Cycling and Walking Investment Strategy; Cycling UK’s Summer Raffle

16 You are Cycling UK
Rachael Wigginton, cycle campaigner

29 Letters
Your feedback on Cycle and cycling

44 Weekender
Northern Ireland’s Newry Canal Way

54 Cyclopedia
Questions answered, topics explained

73 Travellers’ Tales
Cycling UK members’ ride reports

Welcome

Sometimes it’s the little things that make cycling journeys difficult, not the obvious ones. Years ago, after breaking my back, I made a trip across country that involved a 15-mile bike ride, two trains, and a couple of miles at the other end.

Recent surgery and a hip-to-armpit body cast were complicating factors solved by riding an upright Dutch roadster. The cycling was fine. The real problem was a lack of ramps. I couldn’t lift the bike at all. Not over the footbridge. Not on and off trains. Station staff and fellow passengers thankfully stepped in. Without their help, I’d have been stranded – like wheelchair users too often are on planes etc.

Inadequate provision for cyclists is, as Kate Ball explains in the feature on page 47, the main reason we don’t see disabled cyclists out and about more. If we build it, they will come. Or to put it another way: if we don’t, they won’t.

A change of perception is needed too. Cycling is often portrayed as sporty, sweaty, and physically challenging, despite being easier than walking. Compared to Shanks’s pony, a bike will take you four or five times as far for the same time and effort. Everyone’s bicycle or tricycle is a mobility aid.

The less fit and less able-bodied you are, the more of a game changer a bicycle or tricycle becomes. Whether your cycle is pedal-powered, hand-cranked, or electric-assist, it doesn’t just gift you convenience but freedom... assuming those thoughtless barriers are (sometimes literally) removed.