



Welcome

Cycling changes everyone's lives for the better – with the possible exception of those invested in the profits of the petrochemical and car industries. Too bad, oil barons!

When you ride a bike yourself, it's good for your physical and mental health. It's good for your independence, because it provides easily accessible personal mobility. It's good for your finances – at least when we're talking about a transport bike – because the running costs are so small. The only activity that comes close the personal benefits cycling brings is walking. And while walking is fine, you can't go as far as easily and it's not as much fun.

When just one other person rides a bike instead of driving, irrespective of whether you cycle or not, the air you breathe is a little cleaner. Your environment is a little quieter. There's potentially one car fewer in front of you in traffic jams and less competition for parking places. It's slightly safer crossing the road or dropping the kids off at school. Hospital and GP waiting times might be one person shorter, because cyclists suffer fewer sedentary-related illnesses.

The benefits to society and the environment might be almost imperceptible when one person starts cycling. Multiplied by tens, hundreds, thousands, or millions, it's transformative. And even when only one person gets on a bike, it can still change a world: theirs.

DAN JOYCE
Cycle Editor

Local riding
To find any Member Group or Cycling UK affiliate, visit cyclinguk.org/groups or phone **01483 238301**

CONTENTS



On the cover
Susan Robertson (p40) tries out a trike from Edinburgh ABC. By Andy Caitlin

Every issue

- 04 Freewheeling**
A short tour around the wonderful world of cycling
- 07 This is Cycling UK**
Paul Tuohy on cycling's health benefits; stopping urban developments from stifling cycling; Big Bike Revival report; transforming our streets; and more
- 16 My Bike**
Kate Whitaker's electric-assist semi-recumbent tandem
- 18 Shop Window**
Previews of new products
- 20 Gear up**
Components, accessories, and books reviewed, with casual gear previewed
- 31 Letters**
Your feedback on Cycle and cycling
- 48 Weekender**
April's Devon Dirt Challenge Ride
- 61 Cyclopedia**
Questions answered, topics explained
- 81 Travellers' Tales**
Cycling UK members' ride reports

This issue

- 34 Touring expectantly**
Cycle touring Denmark six months pregnant
- 40 Pedal power!**
Cycling isn't just practical and fun – it changes lives
- 51 The enigmatic Code**
It's time to revise the ambiguous Highway Code
- 54 A Hebridean Way**
Exploring Scotland's Western Isles in spring
- 66 Beyond gravel**
Big-wheeled all-rounders from Genesis and Giant
- 72 B'Twin Triban 500**
A carbon-forked road bike for £350
- 75 Rear pannier racks**
A cross-section of carriers for touring and transport

Top to bottom: Andy Caitlin, Dave Bain, Dan Joyce, Alamy

we are cycling UK

jamespembroke
media



Founded in 1878

CYCLING UK: Parklands, Railton Road, Guildford, GU2 9JX **E:** cycling@cyclinguk.org **W:** cyclinguk.org **T:** 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 approx. 65,000 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:** cycle@jamespembroke.com. **co.uk Head of Design:** Simon Goddard **Designer:** Katrina Ravn **Contributing editor:** Charlie Lyon **Advertising:** Jack Watts **T:** 0203 859 7099 **E:** jack.watts@jamespembroke.com. **co.uk Publisher:** James Houston. *Cycle* is published six times per year on behalf of Cycling UK by James Pembroke Media, 90 Walcot Street, Bath, BA1 5BG. **T:** 01225 337777. *Cycle* is copyright Cycling UK, James Pembroke Media, and individual contributors. Reproduction in whole or in part without permission from Cycling UK and James Pembroke Media 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 Media, and final approval by Cycling UK. **Printed by:** Precision Colour Printing, Haldane, Halesfield 1, Telford, TF7 4QQ. **T:** 01952 585585

