Why do you cycle?
It’s a form of travel and enjoyment that brings me closer to people. A bike doesn’t put a cage around me like a car.

How far do you ride each week?
It differs widely. Sometimes 50 miles, sometimes 500 or more. My job involves cycling – I get to ride the routes I develop.

Which of your bikes is your favourite?
My 1970s Claud Butler, beautifully restored by my friend Walter from a small independent bike shop in Edinburgh, Velow Bikeworks.

What do you always take with you when cycling?
A pump, tyre lever(s), a spare tube and a sense of humour.

Who mends your punctures?
I do.

It’s raining: bike, public transport, or car?
Most of the time the bike, otherwise public transport.

Lycra or normal clothes?
Both, depending on the ride.

If you had £100 to spend on cycling, what would you get?
A return ticket to Oban. I’d spend the rest on seafood and a pint in the Pierhouse in Port Appin.

What’s your favourite cycle journey?
Probably the Tour Aotearoa (New Zealand), but we have many wonderful routes close to home.

What single thing would most improve matters for UK cyclists?
That more cyclists are in positions where crucial decisions are made – in politics, transport, planning, tourism and so on.

Markus Stitz
Bikepacker, author & route developer

Markus’s latest book, Bikepacking Scotland, is out now. Review next issue.

Events
Croeso i Cymru

This late August bank holiday (not Scotland), there are Cycling UK events at either end of Wales. The Swansea and Gower Cycling Festival, organised by Swansea CTC (right), runs from Thursday 24 to Monday 28 August, offering a range of rides to suit everyone from family and novice riders to those wanting a 65-mile challenge. At the other end of the country on Sunday 27 August, the 91-mile Wild Wales Challenge, run by Merseyside CTC, takes in steep climbs and long descents in the stunning scenery of the Eryri (Snowdonia) national park.

cyclinguk.org/events