



Marcher Castles Way, our latest route. See page 36

health improvements: "I've lost two stone, my blood pressure dropped from 200 to 125, and I can walk up the stairs again."

These stories illustrate how we're changing lives – one pedal stroke at a time.

Advocacy wins for safer and better cycling

Beyond getting people on bikes, we consistently advocate for safer, more accessible cycling throughout the UK. This year, your support helped us win some key policy victories.

- **Increased funding for active travel:** We secured a record budget for cycling, walking and wheeling in Scotland, and protected the Active Travel Schools programme in Northern Ireland.
- **Creating Safer Streets:** By working with councils and local groups, we're driving policies for safer roads, such as low-traffic neighbourhoods and 20mph limits.

These achievements are possible because of the collective voice and dedication of our members, proving that when we work together, we can create lasting change.

Blazing new trails: Marcher Castles Way and inclusive cycling

Thanks to your support, we've been able to launch exciting new initiatives that broaden cycling opportunities and make it more accessible.

- **Marcher Castles Way:** This beautiful, off-road challenge spans the English and Welsh borders,

offering a 290km adventure for cyclists. Funded by our members and supporters, along with a transformative partnership with the Gill Foundation, this route supports sustainable tourism, boosts local economies and provides a scenic, rewarding ride. You can read more about it on page 36.

- **The Inclusive Cycling Experience:** Supported by the Motability Foundation, this programme reaches communities in Greater Manchester and Inverness, offering adaptive cycles, including trikes and multi-wheeled bikes, along with confidence-building sessions. With options to try out different cycles for up to a month, participants can explore what suits them best, with hands-on support from our experts. This initiative enables more people to enjoy the freedom and benefits of cycling.

These projects demonstrate our commitment to ensuring cycling is open to all.

Strengthening our community of volunteers

The driving force behind Cycling UK is our network of dedicated volunteers, who contribute thousands of hours each year to inspire others. Here's how they've made a difference this year.

- **4,484 ride leaders:** Organising over 8,000 rides, these leaders are at the heart of our community, helping people find joy and freedom in cycling.
- **9,700 hours volunteered:** Our 957 core volunteers have provided invaluable support to programmes, campaigns and events.

We're also investing in our volunteers by introducing new training platforms, enabling them to grow their skills and lead with confidence. Their work is essential to making our mission possible.

Looking forward: building on our new strategy

With the launch of our 2024-29 strategy, we're excited to build on this year's achievements. Our goals for the future include:

1. **Changing public perceptions:** We'll focus on shifting the narrative so that everyone, even non-cyclists, recognises cycling's value.

David the handcyclist

David has cerebral palsy, which affects his legs and makes walking difficult. Through the Inclusive Cycling Experience Hub in Inverness, David discovered a new world of mobility. Despite normally relying on two sticks or a wheelchair and not being able to use a traditional cycle, David found freedom in a three-wheeled handcycle.

"The handcycle has enabled me to get outside and exercise, travelling distances I could never hope to walk or travel in my wheelchair," he said. "It's good exercise and gets me out in fresh air. I'm enjoying being out and about, searching for new places and expanding where I go, and I'm feeling fitter and happier."



We continued to campaign for safer routes for cycling

2. **Boosting participation:** Reducing barriers to entry and increasing diversity are key to expanding our cycling community.
3. **Enhancing safety and enjoyment:** By advocating for safer routes and better infrastructure, we'll make cycling an attractive option for everyone.
4. **Enabling local journeys:** We'll continue promoting cycling as an alternative for short local trips, reducing reliance on cars and benefiting the environment.

5. **Strengthening our foundation:** To achieve our goals, we'll keep building a resilient organisation that can drive change across the UK.

With your support, we're on track to create an even greater impact in the coming years. Thank you for riding with us on this journey – together, there's no limit to what we can accomplish. ●



4,484

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Read more

You can read the full, 66-page annual report online at cyclinguk.org/about. You can also find out more about the five-year strategy there