## Welcome

One less car. That bike frame sticker is grammatically incorrect but otherwise dead right if it's stuck on a utility bike. Even more so if it's an e-cargo bike. Every electric cargo bike you see is - I'm sorry, I can't keep writing this; it makes the editor in me itch - one car fewer.

Whatever you think of other kinds of e-bikes and how they're used (and sceptics: I am with you when it comes to electric mountain bikes ridden by ablebodied adults in the prime of their lives - couldn't they try, y'know, pedalling a bit harder?], there is nothing to not like about e-cargo bikes. They carry children, groceries and car-boot-sized loads with a tiny fraction of a car's carbon emissions and other associated problems - and with multiple times the fun.

It's possible to make such journeys without electric assistance. My own 'family car', years ago, was a Thorn Me'n'U2 double-childback triplet towing either a trailer or a trailer cycle. That was fun, too. But it was also hard work on anything other than relatively flat roads. If e-cargo bikes had existed when my sons were small, I would've had one in a heartbeat, at least for the utility journeys.

These days, with children long since grown up, a solo bike with a rack or trailer will suffice for most things I need to move around. Sometimes it's been challenging. A filing cabinet I couldn't pick up by myself. The box of tiles that weighed 35kg. That sideboard. There will come a time when I can't manage those kinds of loads by leg power alone.

The good news is that e-cargo bikes will be even better by then!



**DAN JOYCE** Editor

# CONTENTS











On the cover Mother and daughter on an e-cargo trike. By miniseries/Getty Images

#### **FEATURES**

#### 32 Cardinal spins

Touring in 16 compass-point straight lines to the edges of the UK

#### 38 The family cargo bike

Five cyclists describe their experiences of switching from car to e-cargo bike for everyday journeys

#### 47 Show us the money

Warm words about active travel need to be backed by cash - now

#### **52** Springtime in Cyprus

Road bike touring in the eastern Mediterranean

#### **PRODUCTS**

#### **18 Shop Window**

A cross-section of new products

#### 20 Gear up

Components, accessories and books

#### 60 Belting town bikes

ARCC Abington and Trek District 4 Equipped tested

#### **66 Temple Cycles Adventure** Disc 3

A £1,600 tourer with a steel frame and disc brakes

#### **69** Multitools

The Swiss army knives of the cycling world

#### **REGULARS**

### 04 Freewheeling

Bits and pieces from the bike world

### **07** This is Cycling UK

Cycling UK's upcoming rebrand; safer cycling for women; Pedal for your Medal: and more

#### 16 You are Cycling UK

David Forbes's journey with the Inclusive Cycling Experience

#### 29 Letters

Your feedback on Cycle and cycling

#### 50 Weekender

The Downs Link - a family-friendly route from Surrey to the sea

#### 56 Cyclopedia

Questions answered, topics explained

#### 73 Travellers' Tales

Cycling UK members' ride reports







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. 70,500 members and affiliates

Chief executive: Sarah Mitchell. 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: editor@cyclinguk.org Designer: Christina Richmond Advertising: Oliver Willison T: 0203 198 3092 E: oliver.willison@jamespembrokemedia.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, BAI 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: Acorn Web Offset Ltd, Loscoe Close, Normanton Industrial Estate, Normanton, WF6 1TW T: 01924 220633

